

# Healthy Lifestyle!

**Topic:** Healthy lifestyle

**Objectives:** - to give information about traditional food in Great Britain;

- to practice pair and group work;

- to develop pupils' skills in reading, listening, speaking;

- to engraft healthy way of life;

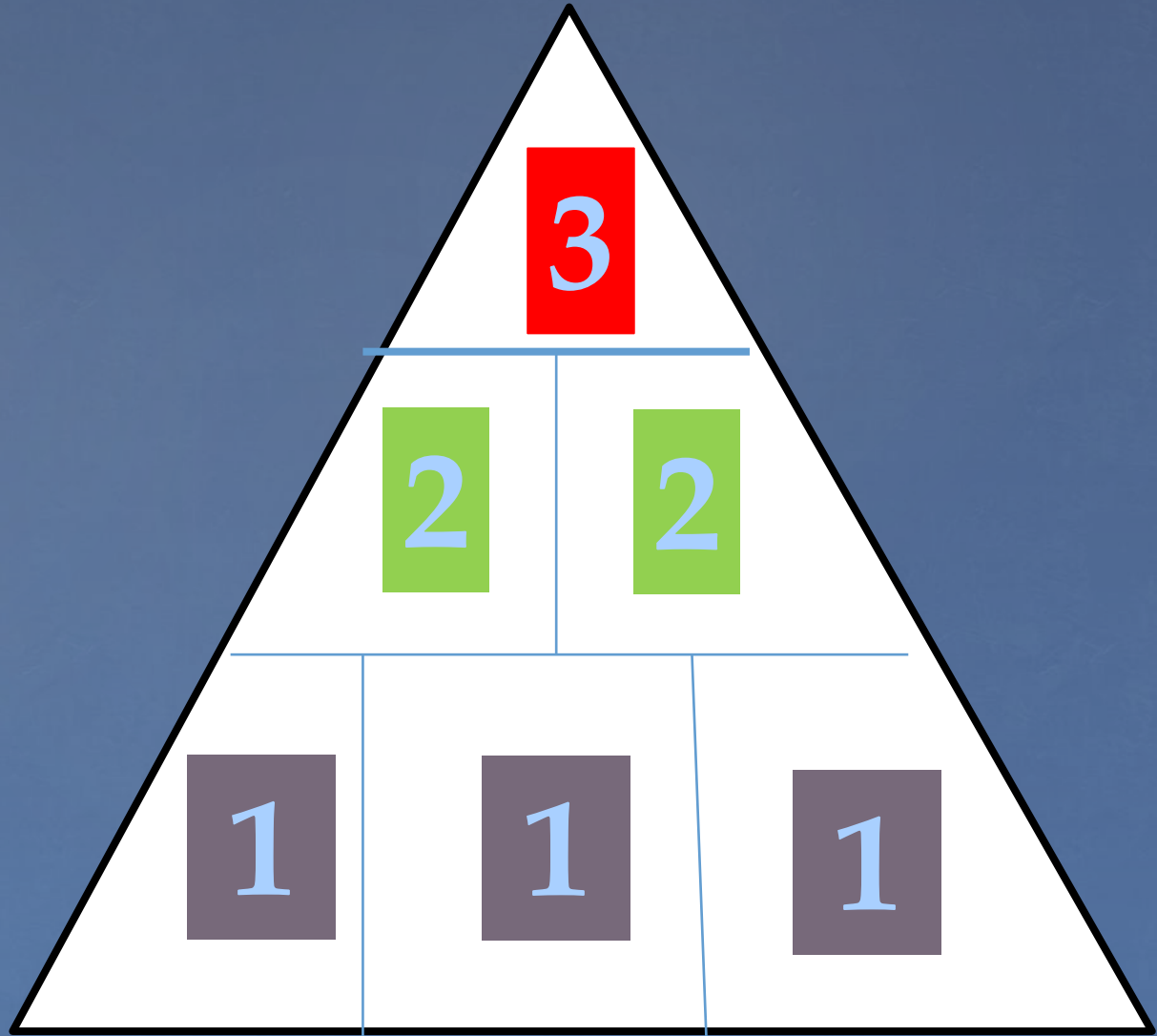
**Level:** Pre-Intermediate

**Equipment:** a multimedia projector, a computer, a screen, cards, a book.

# Self-assessment pyramid

*Put in the pyramid:*

1. three things you have learned today;
2. two questions you would still like answered;
3. one thing you already knew.



# “ How fit are you?”

1. How often do you eat fruit or green vegetables?

Always – 3    sometimes – 2    never – 1

2. Do you go for a walk in fresh air?

Always – 3    sometimes – 2    never – 1

3. Do you do morning exercises?

Always – 3    sometimes – 2    never – 1

4. How often do you work 10 hours a day?

Always – 3    sometimes – 2    never – 1

5. Do you smoke cigarettes?

Always – 3    sometimes – 2    never – 1

6. How often do you have a breakfast?

Always – 3    sometimes – 2    never – 1

7. Do you sleep eight hours a night?

Always – 3    sometimes – 2    never – 1