

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;

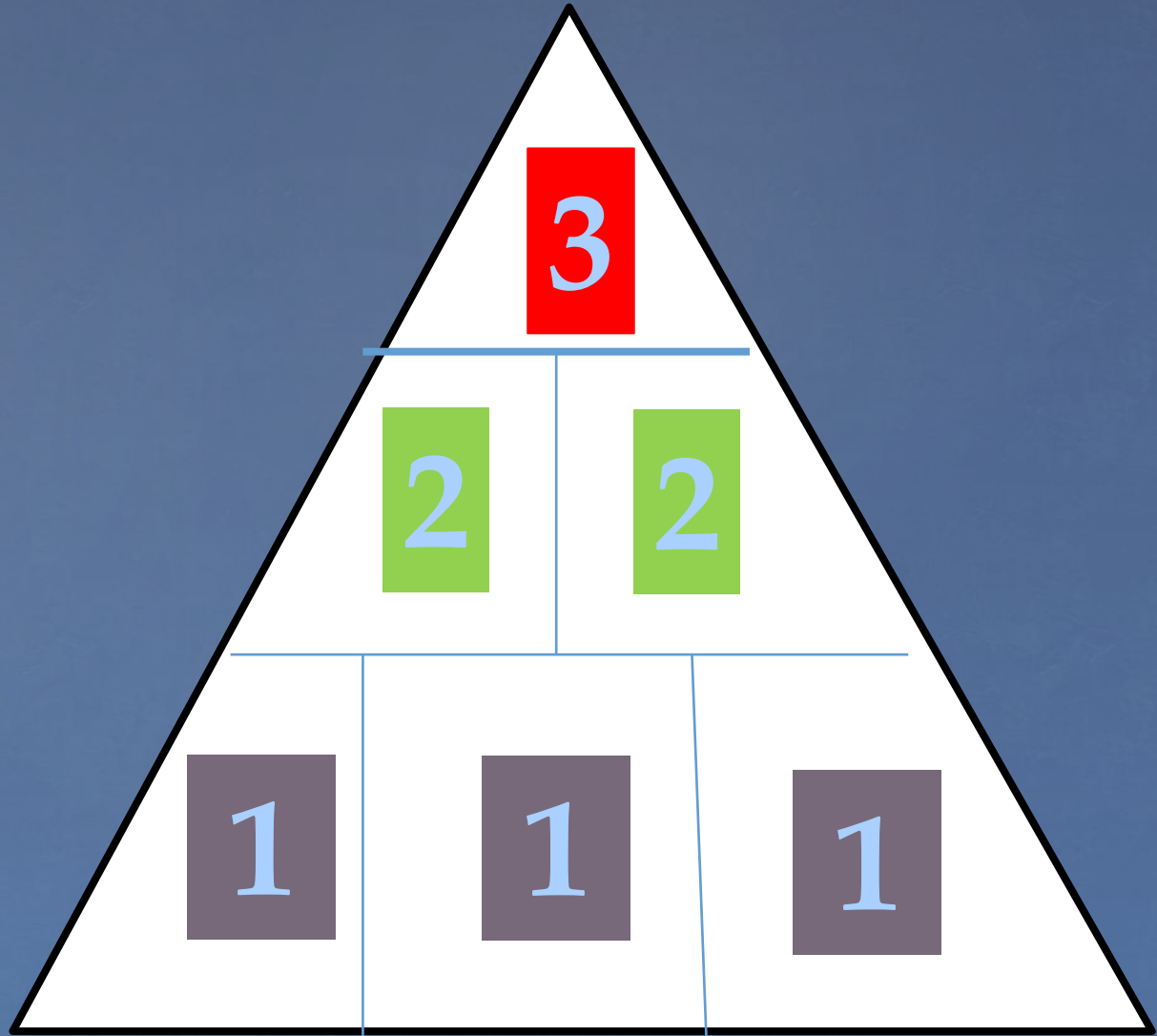
Level: Pre-Intermediate

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