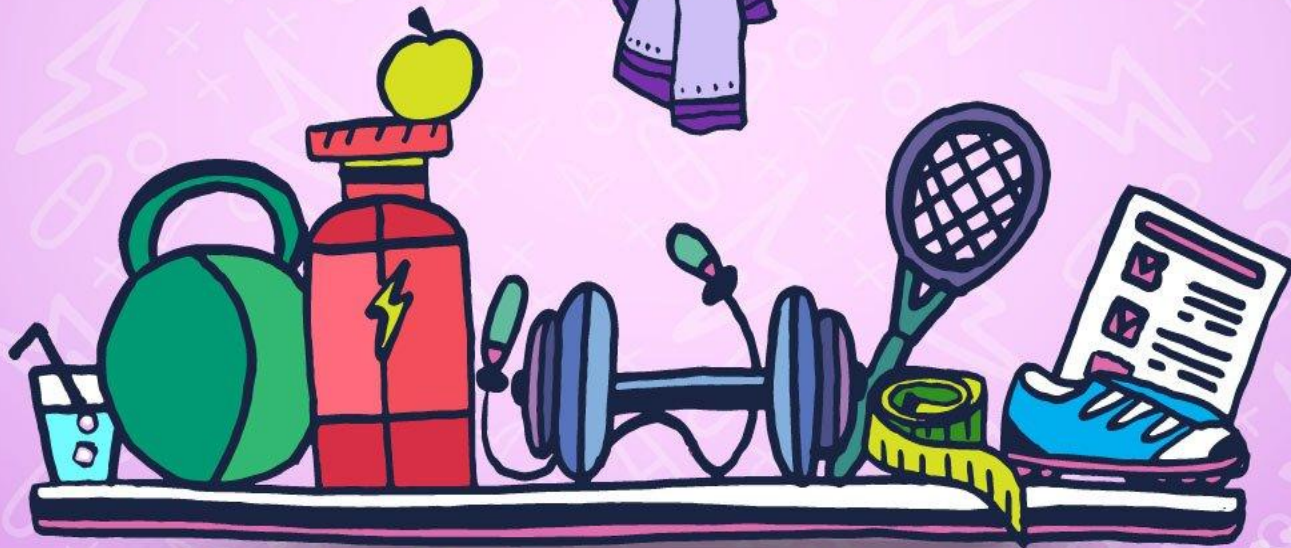


Health & Fitness



BRAINSTORMING

Is your diet healthy?

How many fruits and vegetables do you eat in a day?

How many times do you eat fast food in a week?

How many glass of water do you drink?

Do you eat a lot of healthy food?

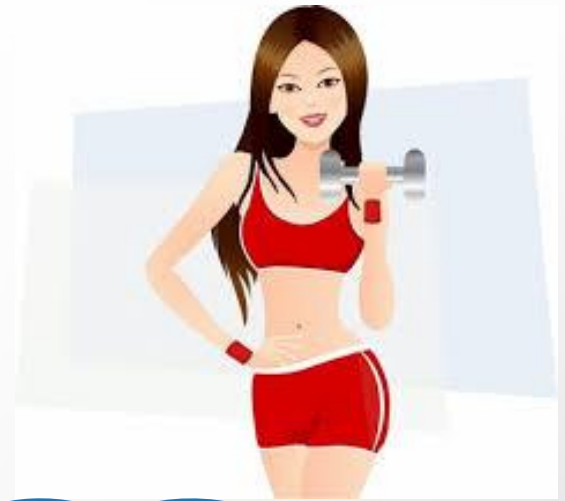
What is your daily diet?

Discussion:

- ❖ Do you know about HEALTHY PLATE?
- ❖ Describe the picture.
- ❖ Do you have some advices to be healthy?



FITNESS



**Do you like
practice sports?**

**What do you do
to be fitness?**

**Do you work
out in a gym
or at home?**

**Give some
advices to
be fitness.**

SPORTS AND EXERCISES

LET'S TALK ABOUT PICTURES.



LET'S WATCH A VIDEO

It is a video about gym from a very nice serie "FRIEND"

- [HTTPS://WWW.YOUTUBE.COM/WATCH?V=OH8PFS0LTKC&T=106S](https://www.youtube.com/watch?v=OH8PFS0LTKC&t=106s)

ENJOY IT