

GREEN TEA
DAILY LIFE
VEGETABLES



CEREALS



FITNESS



WALKS ON FRESH AIR



WATER 2L A DAY



POSITIVE



FRUIT





HEALTHY LIFESTYLE

[n],[t],[r],[l],[d],[ŋ].

- **basketball** [ˈbɑːskɪtb :l]
- **golf** [gɒlf]
- **judo** [ˈdʒuːdʊ]
- **tennis** [ˈtenɪs]
- **gymnastics** [dʒɪmˈnæstɪks]
- **boxing** [ˈbɒksɪŋ]
- **cricket** [ˈkrɪkɪt]
- **football** [ˈfʊtb :l]
- **chess** [tʃes]

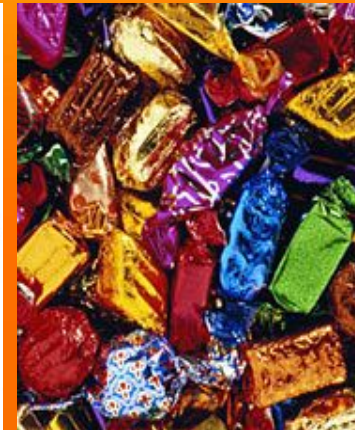
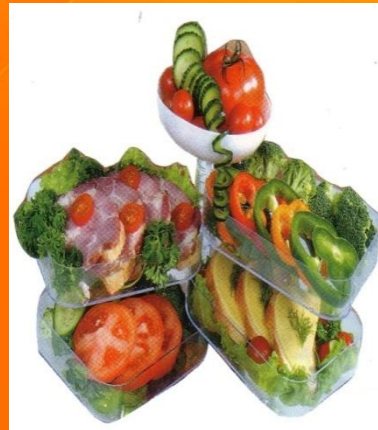
Food

healthy

unhealthy

- FRIUT
- FISH
- WHOLEMEAL BREAD
- VEGETABLES
- LOW-FAT-FOOD
- JUICE
- HONEY
- NUTS

- HIGH FAT-FOOD
- MEAT
- FRESH BREAD
- SWEETS
- SNACKS
- CAKES
- COCA-COLA



Famous vitamins are A, B and C.



Vitamin C

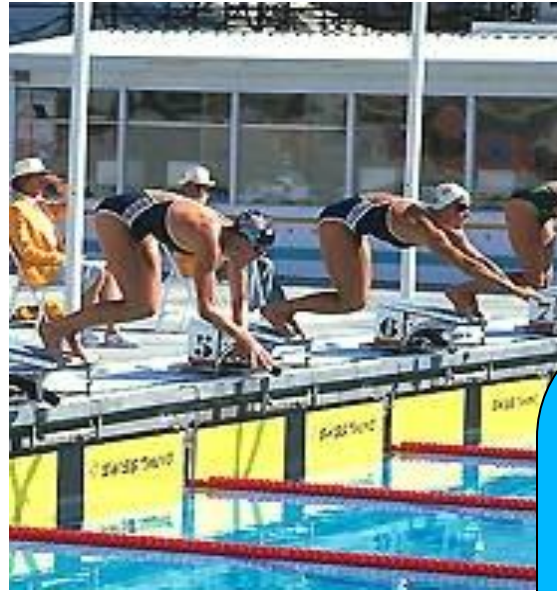
Citrus fruits, green peppers, strawberries, tomatoes, broccoli and sweet and white potatoes are all excellent sources of vitamin C



Let's do exercises for your eyes.



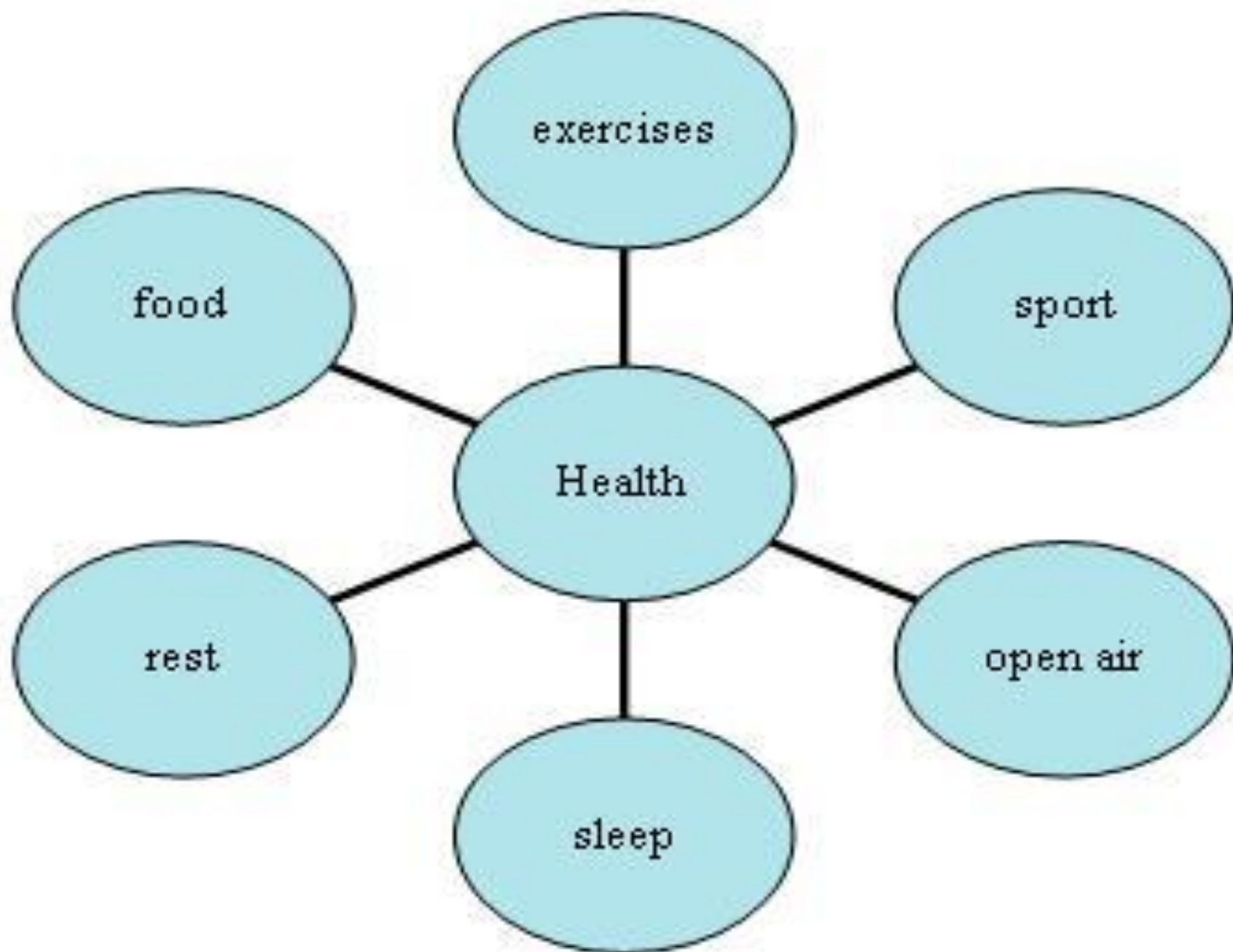
My favourite sport is...



My hobby is sport.
I am a sports fan.
I like basketball,
volleyball, tennis.

Work on the poem.

To be healthy in your life
Don't forget to do all five!
Get up early, quick and bright
Exercises with all your might.
In the morning jump and run
Eat your healthy breakfast
Train your body, train your brain
And all bad habits pass away.



**Thank you for
attention!!!**