

Ментальные карты. Подготовка к ГИА

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ТЕМЫ ВЫСКАЗЫВАНИЙ

Internet

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Reading and
books

Foreign
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Career
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School

FAMILY

Keep fit

City or
country?

Reading and books

Why reading is not so popular nowadays?

Do you like reading? Why?

Why do teenagers prefer e-books instead of paper copies of books?

How books affect my life?

What book would you recommend to others?



Вернуться к темам

Reading and books

Why reading is not so popular nowadays?

Do you like reading? Why?

Why do teenagers prefer e-books instead of paper copies of books?

How books affect my life?

What book would you recommend to others?

To my mind, reading is not so popular nowadays as it was a couple of decades before for the only reason.

- ✓ Modern teenagers have for more ways to entertain themselves. They have an opportunity to play computer games, listen to countless number of songs and watch any films or serials they like on the Internet. More than that, most libraries have their own sites on the Internet now. You just type in the title of the book and read it on-lain.

Вернуться к темам

скрыть ответ

Reading and books

Why reading is not so popular nowadays?

Do you like reading? Why?

Why do teenagers prefer e-books instead of paper copies of books?

How books affect my life?

What book would you recommend to others?

I am fond of reading. It is really my cup of tea. I prefer read various books for several reasons.

1. I like comedy because it helps me to relax after a hard day and cheer me up.
2. I love reading scientific books because it helps me learn new things.
3. I read detective and adventure stories because they have an amazing plots and interesting characters.

Вернуться к темам

скрыть ответ

Reading and books

Why reading is not so popular nowadays?

Do you like reading? Why?

Why do teenagers prefer e-books instead of paper copies of books?

How books affect my life?

What book would you recommend to others?

I believe that most teenagers prefer e-books instead of paper copies for various reasons.

Firstly, paper books can be too heavy to be taken with you, and what is about e-books, you can read it wherever you go.

Secondly, e-books always have a lot of pictures and even music files.

Third, it is environmentally-friendly to use e-books.

Moreover, paper books are much more expensive than electronic copies.

Вернуться к темам

скрыть ответ

Reading and books

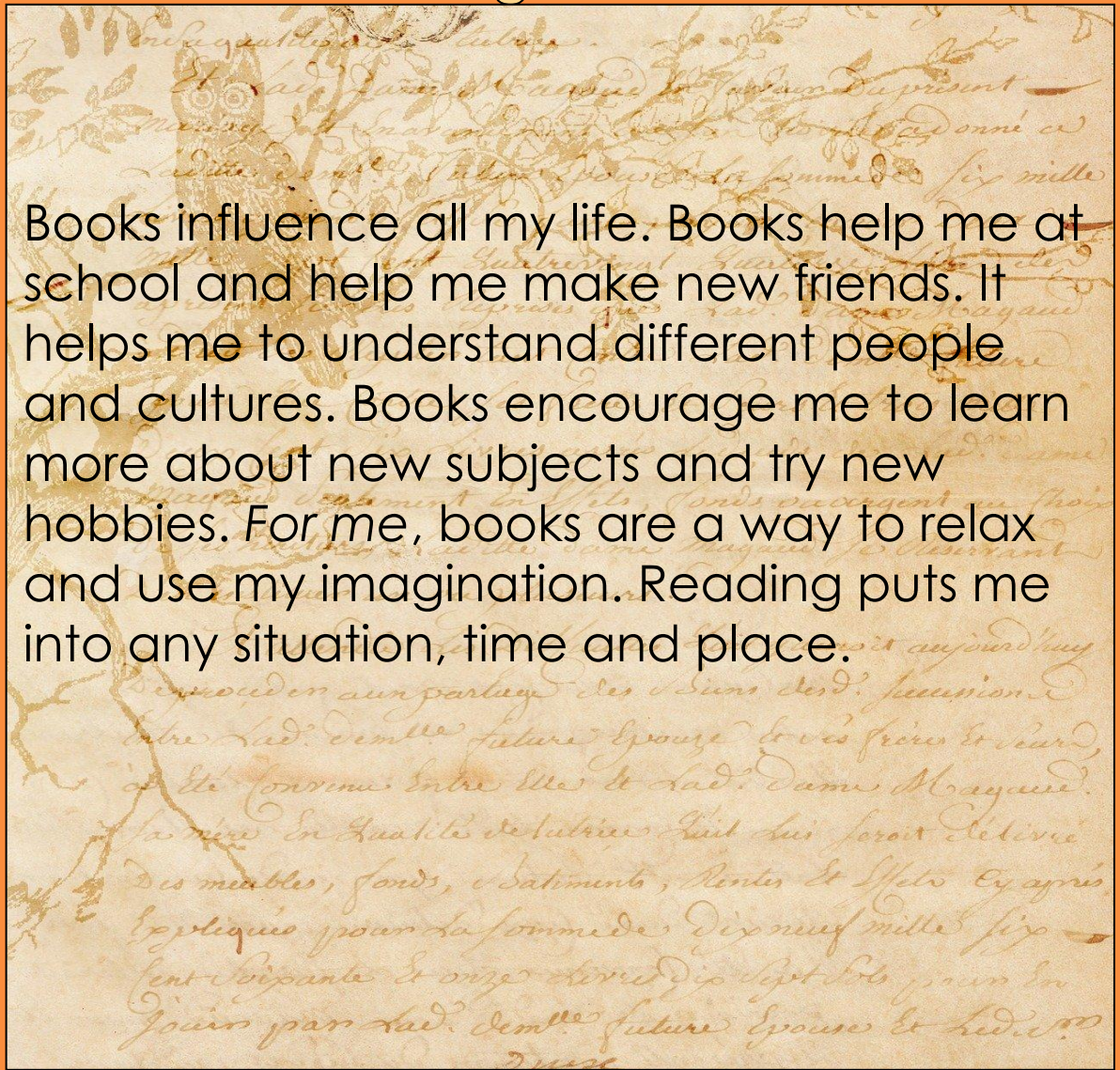
Why reading is not so popular nowadays?

Do you like reading? Why?

Why do teenagers prefer e-books instead of paper copies of books?

How books affect my life?

What book would you recommend to others?



Books influence all my life. Books help me at school and help me make new friends. It helps me to understand different people and cultures. Books encourage me to learn more about new subjects and try new hobbies. For me, books are a way to relax and use my imagination. Reading puts me into any situation, time and place.

Вернуться к темам

скрыть ответ

Reading and books

Why reading is not so popular nowadays?

Do you like reading? Why?

Why do teenagers prefer e-books instead of paper copies of books?

How books affect my life?

What book would you recommend to others?

My favorite genres of books are science fiction and comedy.

This week I have been reading "Good Omens" by Terry Pratchett and Neil Gaiman. I really like this story, because its plot is exciting and unpredictable. The main characters are the angel Aziraphale and the demon Crowley. They are best friends who are trying to save the world from the Apocalypse. "Good Omens" is written in beautiful language and is read in one breath!

I will recommend this book to my friends because it is amazing.

Вернуться к темам

скрыть ответ

[← Вернуться к темам](#)

Internet



How can I use the Internet?

[показать ответ](#)

What dangers children can face on the Internet?

[показать ответ](#)

How the Internet can help students?

[показать ответ](#)

How the Internet is changing the world?

[показать ответ](#)

Internet is a combination of different kinds of mass media, means of communication and entertainment sources. I can get news, read books, watch films, listen to music, play games, communicate with my pen-friends and even shop on the Internet anytime.

How can I use the Internet?

[показать ответ](#)

What dangers children can face on the Internet?

[показать ответ](#)

How the Internet can help students?

[показать ответ](#)

How the Internet is changing the world?

[показать ответ](#)

- ❖ *First*, they can watch video for adults, which is not good for their mentality.
- ❖ *Second*, they can be piled with numerous nasty messages and become a victim of cyber-bulling.
- ❖ *Third*, some personal or secret information can be stolen from your computer when you use the Internet.
- ❖ *More than that*, they can become a victim of fraud while shopping on-line.
- ❖ *Besides*, some personal or secret information can be stolen from your computer when you use the Internet.

How can I use the Internet?

показать ответ

What dangers children can face on the Internet?

показать ответ

How the Internet can help students?

показать ответ

How the Internet is changing the world?

показать ответ

•Internet is a wonderful source of information. Most libraries have their own sites on the Internet now. You just type in the title of the book or even the topic you are searching for and have the result almost in no time. More than that, you can find necessary information for your studies.

How can I use the Internet?

[показать ответ](#)

What dangers children can face on the Internet?

[показать ответ](#)

How the Internet can help students?

[показать ответ](#)

How the Internet is changing the world?

[показать ответ](#)

E-mail has become the greatest way of communication. You can send a letter without the need of buying an envelope, and the letter will be delivered in a few seconds.

How can I use the Internet?

показать ответ

What dangers children can face on the Internet?

показать ответ

How the Internet can help students?

показать ответ

How the Internet is changing the world?

показать ответ

□ Вернуться к темам

Television



Why is television popular?

How often do you watch TV?

What do you dislike most about TV?

What are your favorite TV programs?

□ Вернуться к темам

Television

In my opinion, television is becoming more and more popular nowadays. There are many types of TV: ordinary, cable, satellite. There are hundreds of different channels where everyone can find something to he\she liking. I believe that teenagers especially love sitcoms, reality shows, and TV shows.

СКРЫТЬ
ОТВЕТ

Why is television popular?

How often do you watch TV?

What do you dislike most about TV?

What are your favorite TV programs?

□ Вернуться к темам

Television

As for me, I don't spend much time watching TV. It is usually one hour on a day on week days and about three hours on Saturday and Sunday, that is about 11 hours a week. I can't afford more because I'm very busy with my school exercises. Also, I don't watch TV often to save my health.

СКРЫТЬ
ОТВЕТ

Why is television popular?

How often do you watch TV?

What do you dislike most about TV?

What are your favorite TV programs?

□ Вернуться к темам

Television

I rarely watch TV, so, in my point of view, there are some disadvantages about TV.

1. I hate the endless advertising.
2. In the modern world, there are too many movies and shows with violence and cruel murders on TV.
3. Watching TV is bad for health. It makes people lazy and they have less time to other activities. Moreover, TV hurts eyes.

СКРЫТЬ
ОТВЕТ

Why is television popular?

How often do you watch TV?

What do you dislike most about TV?

What are your favorite TV programs?

□ Вернуться к темам

Television

As for me, I really love watching Animal Planet and BBC Wildlife Specials. These programs are not only very exciting, but also educational. It helps me to improve my English skills and learn more about different animals.

СКРЫТЬ
ОТВЕТ

Why is television popular?

How often do you watch TV?

What do you dislike most about TV?

What are your favorite TV programs?

Foreign languages

What do you do to improve your English skills?

Why do many people learn foreign languages?

Why it is important to learn English?

Why is English so popular?

Вернуться к темам



Foreign languages

What do you do to improve your English skills?

Why do many people learn foreign languages?

Why it is important to learn English?

Why is English so popular?

I do a lot of things to improve my English skills.

- *First of all*, I read a lot of texts in English to raise my reading skills.
- *Secondly*, I do grammar tasks and learn texts by heart.
- *Third*, I listen to music in English and watch British TV series in the original language to increase my listening skills.

Вернуться к темам



скрыть ответ




Foreign languages

What do you do to improve your English skills?

Why do many people learn foreign languages?

Why it is important to learn English?

Why is English so popular?



I think that lots of people learn foreign languages because international relations in all spheres of economy are getting stronger and stronger. So, companies need specialists of all types with knowledge of foreign languages. *I believe,* people who want to be successful in their career study languages. The most popular foreign languages are English, German and Chinese.

Вернуться к темам



скрыть ответ

Foreign languages

What do you do to improve your English skills?

Why do many people learn foreign languages?

Why it is important to learn English?

Why is English so popular?

I think it is important for many reasons.

- **First**, knowledge of a foreign language helps people communicate from different parts of the world.
- **Secondly**, there are many opportunities to have a business.
- **Third**, foreign languages will help you get a good education and find a high-paying job.

Вернуться к темам



скрыть ответ


Foreign languages

What do you do to improve your English skills?

Why do many people learn foreign languages?

Why it is important to learn English?

Why is English so popular?



I believe, English is popular in the modern world because it is the national language in many countries, such as the UK, USA, Canada, Australia, New Zealand and so on. In my opinion, English is very important because It is the official language of some international organizations such as the Olympic Committee, the UN and others.

Вернуться к темам



скрыть ответ

What kind of person can be called a best friend?

Can a quarrel destroy a true friendship?

Why does a person need friends?

Who is your best friend?



What is your attitude to friendship?

Friendship

Вернуться к
темам

What kind of person can be called a best friend?

Can a quarrel destroy a true friendship?

Why does a person need friends?

Who is your best friend?

What kind of person can be called a best friend?

I guess that the best friend is a person who will never leave you alone. He will always help you in difficult times, support you and give you good advices. You can trust him completely.

(скрыть
ответ)

What is your attitude to friendship?

Friendship

Вернуться к
темам

What kind of person can be called a best friend?

Can a quarrel destroy a true friendship?

Why does a person need friends?

Who is your best friend?

Can a quarrel destroy a true friendship?

I believe that even best friends can sometimes fall out. But it seems to me that a true friendship will never be destroyed by a small conflict. Sooner or later, friends will make up and forget about the quarrel. This is just a little test that you need to overcome in order to save your friendship.

(скрыть
ответ)

What is your attitude to friendship?

Friendship

Вернуться к
темам

What kind of person can be called a best friend?

Can a quarrel destroy a true friendship?

Why does a person need friends?

Who is your best friend?

Why does a person need friends?

I believe that everyone needs friends for various reasons.

- Friends can have common interests and watch movies together.
- A friend will cheer you up when you're sad.
- You can share your secrets with a friend.

(скрыть
ответ)

What is your attitude to friendship?

Friendship

Вернуться к
темам

What kind of person can be called a best friend?

Can a quarrel destroy a true friendship?

Why does a person need friends?

Who is your best friend?

Who is your best friend?

My best friend is a person I've known for years! We have a lot in common. We like listening to music, watching films, and going out together. Moreover, we often play board games, such as chess. My friend is someone I could spend forever with!

(скрыть
ответ)

What is your attitude to friendship?

Friendship

Вернуться к
темам

What kind of person can be called a best friend?

Can a quarrel destroy a true friendship?

Why does a person need friends?

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What is your attitude to friendship?

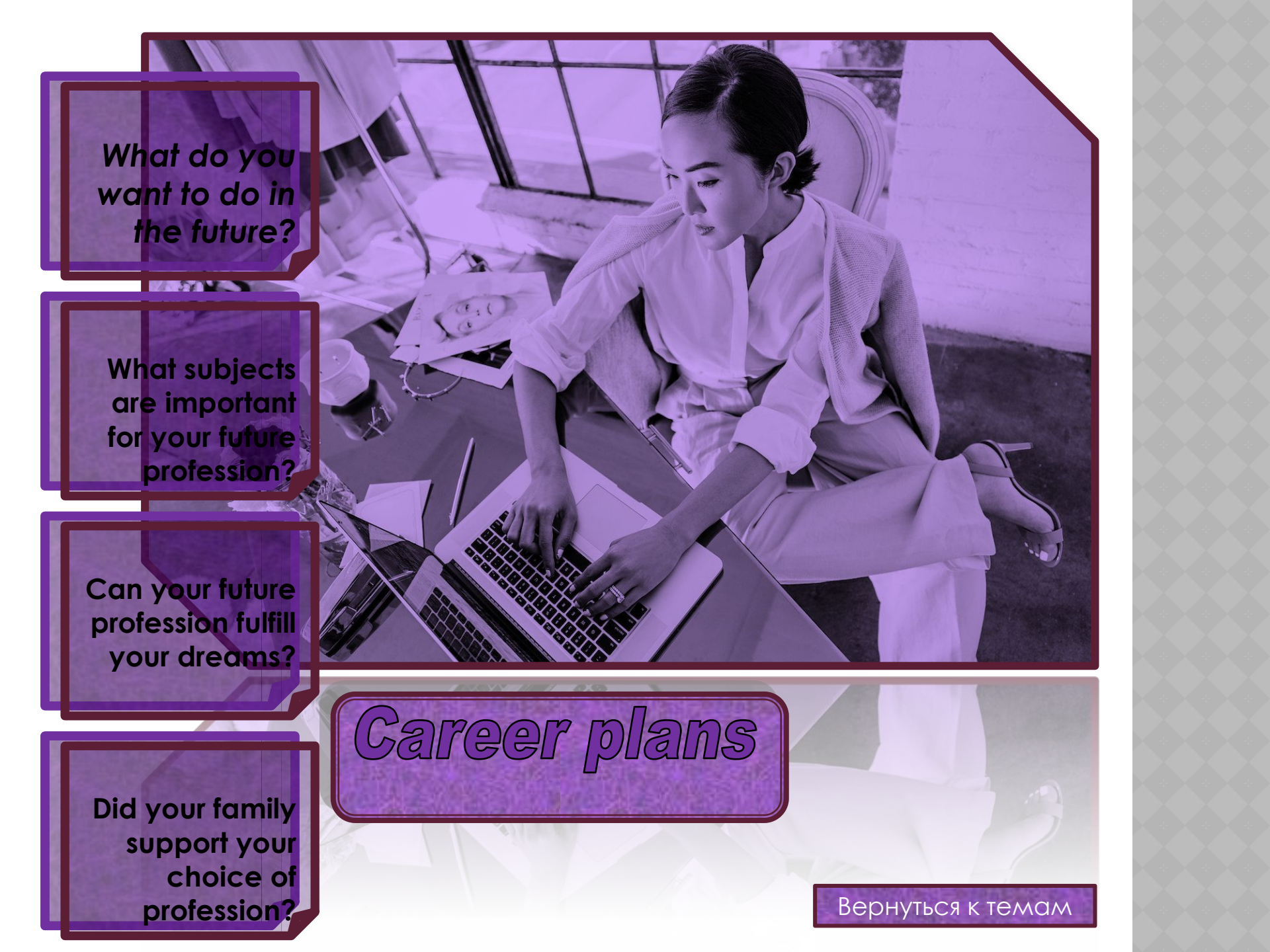
I believe that friendship is necessary for everyone. It makes you feel better when you know that you are not alone and have friends. Life is much more fun with your friends, because they help you solve problems and raise your mood.

(скрыть
ответ)

What is your attitude to friendship?

Friendship

Вернуться к
темам



**What do you
want to do in
the future?**

**What subjects
are important
for your future
profession?**

**Can your future
profession fulfill
your dreams?**

**Did your family
support your
choice of
profession?**

Career plans

[Вернуться к темам](#)

What do you want to do in the future?

What subjects are important for your future profession?

Can your future profession fulfill your dreams?

Did your family support your choice of profession?

What do you want to do in the future?

I am very interested in learning foreign languages, and that is why I want to become an interpreter. I want to learn several languages because I think that it would help me find a high-paying job. I can work for a well-known firm. Moreover, I will be able to communicate freely with different people and learn their culture and traditions.

СКРЫТЬ
ОТВЕТ

Career plans

Вернуться к темам

What do you want to do in the future?

What subjects are important for your future profession?

Can your future profession fulfill your dreams?

Did your family support your choice of profession?

What subjects are important for your future profession?

*In my opinion, English, Russian and Society are the most important subjects for my future job. **Firstly**, I should to know Humanities. **Secondly**, knowledge of Social Studies will help me to enter the Institute. **Third**, I need to know a lot about the culture and traditions of other countries.*

СКРЫТЬ
ОТВЕТ

Career plans

Вернуться к темам

**What do you
want to do in
the future?**

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are important
for your future
profession?**

**Can your future
profession fulfill
your dreams?**

**Did your family
support your
choice of
profession?**

Can your future profession fulfill your dreams?

As for me, I have always dreamed of traveling all over the world, meeting different people and exploring their lifestyles. Working as a translator will help me visit other countries and study different cultures. My future profession can fulfill my cherished desires.

СКРЫТЬ
ОТВЕТ

Career plans

Вернуться к темам

**What do you
want to do in
the future?**

**What subjects
are important
for your future
profession?**

**Can your future
profession fulfill
your dreams?**

**Did your family
support your
choice of
profession?**

Did your family support your choice of profession?

My family members approved that I chose to work as a translator in the future. My mother said that this is a very exciting job that will help me develop. My father said that he supports my desire to learn foreign languages, because it is very relevant in our time.

СКРЫТЬ
ОТВЕТ

Career plans

Вернуться к темам

SPORT

What is your attitude to sports?

What do you dislike about sport?

What sports do you like the most?

Do you watch the Olympic Games?

Do you play sports?

Вернуться к темам



SPORT

What is your attitude to sports?

What do you dislike about sport?

What sports do you like the most?

Do you watch the Olympic Games?

Do you play sports?

Вернуться к темам

What is your attitude to sports?

As for me, I really love sports and respect the people who do it. Sport helps to maintain health, be confident in your abilities, and be competitive. It teaches you to win and lose. More than that, sport makes people strong and resilient, builds character and develops a sense of coordination.

(скрыть ответ)

SPORT

What is your attitude to sports?

What do you dislike about sport?

What sports do you like the most?

Do you watch the Olympic Games?

Do you play sports?

Вернуться к темам

What do you dislike about sport?

I believe that it is necessary to play sport, but it has some disadvantages. Sports are dangerous and can cause injuries. In addition, sports take a lot of time and energy. A person gets very tired if he\she play sports for too long.

(скрыть ответ)

SPORT

What is your attitude to sports?

What do you dislike about sport?

What sports do you like the most?

Do you watch the Olympic Games?

Do you play sports?

Вернуться к темам

What sports do you like the most?

I like to watch sports on TV. I often watch football competitions, figure skating and box. My favorite sports are weightlifting, track and field athletics, wrestling and table tennis. Besides, I believe that synchronized swimming is one of the most beautiful sports.

(скрыть ответ)

SPORT

What is your attitude to sports?

What do you dislike about sport?

What sports do you like the most?

Do you watch the Olympic Games?

Do you play sports?

Вернуться к темам

Do you watch the Olympic Games?

As for me, I like the Olympic Games. *First of all*, because it brings the world together and reminds us of how important peace is on Earth. *Secondly*, I believe that the Olympic Games are a chance to meet famous people. *Third*, it allows you to communicate with foreigners and learn something new.

(скрыть ответ)

SPORT

What is your attitude to sports?

What do you dislike about sport?

What sports do you like the most?

Do you watch the Olympic Games?

Do you play sports?

Вернуться к темам

Do you play sports?

I try to exercise as much as possible. I make sure to do morning exercises for 15 minutes every day. I often go for a run in the morning. Besides, I often play sport games with my friends. We play football, basketball and volleyball.

(скрыть ответ)

School

A photograph of a classroom. In the foreground, there are several wooden desks and chairs arranged in rows. To the left, there is a green chalkboard and a bulletin board with various papers pinned to it. A window on the right side of the room shows a view of trees with yellow autumn leaves. The room is brightly lit by natural light from the window.

What lessons do you like best?

What do you want to improve in your school?

What school activities do you take part in?

What are the most difficult subjects for you?

What sections do you have at your school?

[Вернуться к темам](#)

School

What lessons do you like best?

My favorite subjects are Art, English and Literature. I like them, because I find them very interesting. I like to read books, especially in English. I also like to draw and listen to classical music.

What lessons do you like best?

What do you want to improve in your school?

What school activities do you take part in?

What are the most difficult subjects for you?

What sections do you have at your school?

(скрыть
ответ)

Вернуться к темам

School

What do you want to improve in your school?

I like my school, but there are some things I would like to improve. So, it would be cool to have more parties than we have now. This helps students take a little break from their studies.

Besides, students will be better off if they don't have so much homework to do.

What lessons do you like best?

What do you want to improve in your school?

What school activities do you take part in?

What are the most difficult subjects for you?

What sections do you have at your school?

(скрыть
ответ)

Вернуться к темам

School

What school activities do you take part in?

I always take part in various events, such as contests and school parties. I especially love the New Year holidays and the Autumn Score. In addition, I always participate in sports competitions in basketball and volleyball.

What lessons do you like best?

What do you want to improve in your school?

What school activities do you take part in?

What are the most difficult subjects for you?

What sections do you have at your school?

(скрыть
ответ)

Вернуться к темам

School

What are the most difficult subjects for you?

I believe that the most difficult subjects are Literature, History and Mathematics. To prepare well for these lessons, I need to read and remember a lot of information. This is difficult for me as my memory is not very good. Moreover, mathematics requires me to memorize a large number of complex formulas, which can be very complex.

What lessons do you like best?

What do you want to improve in your school?

What school activities do you take part in?

What are the most difficult subjects for you?

What sections do you have at your school?

(скрыть ответ)

Вернуться к темам

School

What sections do you have at your school?

There are a lot of interesting sections in my school. First, students can play a variety of sports games in the physical education section. Secondly, my school has Arts and Music sections where students can play musical instruments and draw. Third, we have a chess section.

What lessons do you like best?

What do you want to improve in your school?

What school activities do you take part in?

What are the most difficult subjects for you?

What sections do you have at your school?

(скрыть
ответ)

Вернуться к темам



Talent

What is talent to you?

Do you have any talents?

Вернуться к
темам

*What kind of talent
would you like to have?*

*Can talent help you
become a successful
person?*



Talent

What is talent to you?

Do you have any talents?

What is talent to you?

I believe that talent is a special gift that a person has since childhood . A talented person is endowed and knows how to create beautiful things. Talents can be different. A person may be able to draw well, write poems or stories, cook beautiful cakes, or just can get along well with people around them.

Вернуться к
темам

(Скрыть
ответ)

*What kind of talent
would you like to have?*

*Can talent help you
become a successful
person?*



Talent

What is talent to you?

Do you have any talents?

Do you have any talents?

As for me, I believe that my talent is the ability to get along well with other people. I can easily find new friends or join a new company. I like to communicate with different people. It's easy for me to find a common language with a person I don't know well.

Вернуться к
темам

(Скрыть
ответ)

*What kind of talent
would you like to have?*

*Can talent help you
become a successful
person?*



Talent

What is talent to you?

Do you have any talents?

What kind of talent would you like to have?

I would like to have some creative abilities that would help me develop myself. I would like to be able to sing, draw or dance well. Besides, I've always admired young people who write and publish their own books. I think it's amazing!

Вернуться к
темам

(Скрыть
ответ)

What kind of talent
would you like to have?

Can talent help you
become a successful
person?



Talent

What is talent to you?

Do you have any talents?

Can talent help you become a successful person?

As for me, I believe that talent can definitely help me become successful in life. If I have any skills, I can use them for my future profession. If I know how to build a good relationships with people, I can become a translator or an agent in any large travel company. I believe that these are prestigious professions that are well paid.

Вернуться к
темам

(Скрыть
ответ)

What kind of talent
would you like to have?

Can talent help you
become a successful
person?

FAMIL Y



What can you tell us about your parents?

Why is having siblings a good thing?

Who is the perfect father for you?

Who is the perfect child?

Who is the perfect mother for you?

Вернуться к темам

FAMIL Y

(СКРЫТЬ ОТВЕТ)

What can you tell us about your parents?

My mother creates a friendly and cheery atmosphere in our family home. She can understand and forgive me. My father always cheers me up. He's smart and responsive. I think my parents are great parents. I really appreciate and respect them.

What can you tell us about your parents?

Why is having siblings a good thing?

Who is the perfect father for you?

Who is the perfect child?

Who is the perfect mother for you?

Вернуться к темам

FAMIL Y

(СКРЫТЬ ОТВЕТ)

Who is the perfect father for you?

For me, the ideal father is a person who will always help you when you are in trouble. Father is a good storyteller who remembers a lot of jokes. It can turn a daily routine into a holiday. He always supports your best interests. A good father is ready to do anything for the sake of the family and its well-being.

What can you tell us about your parents?

Why is having siblings a good thing?

Who is the perfect father for you?

Who is the perfect child?

Who is the perfect mother for you?

Вернуться к темам

FAMIL Y

(СКРЫТЬ ОТВЕТ)

Who is the perfect child?

A good child is a person who is always ready to compromise. He or she is very loving and caring. He always finds time to spend with his parents. He supports and helps them. A good child really loves and respects their parents.

What can you tell us about your parents?

Why is having siblings a good thing?

Who is the perfect father for you?

Who is the perfect child?

Who is the perfect mother for you?

Вернуться к темам

FAMIL
Y

(СКРЫТЬ ОТВЕТ)

Who is the perfect mother for you?

In my opinion, the ideal mom is a person who can teach you a lot of useful things. She will always give you good advice. A good mom loves your music and games. She'll always find time to hear you out.

What can you tell us about your parents?

Why is having siblings a good thing?

Who is the perfect father for you?

Who is the perfect child?

Who is the perfect mother for you?

Вернуться к темам

FAMIL Y

(СКРЫТЬ ОТВЕТ)

Why is having siblings a good thing?

I believe that having siblings is good for many reasons.

- 1. They can help you if you have problems with your studies.
- 2. You always have people with whom you can have fun. Your brothers and sisters can be your best friends.
- 3. You will never feel lonely because they are always there.

What can you tell us about your parents?

Who is the perfect father for you?

Who is the perfect child?

Who is the perfect mother for you?

Why is having siblings a good thing?

Вернуться к темам



What are the advantages of living in a big city?

What are the disadvantages of living in the city?



What are the disadvantages of living in the country?

What are the advantages of living in the countryside?

City or country?

[Вернуться к темам](#)



What are the advantages of living in a big city?


I think that living in a big city has a lot of advantages. First of all, some parts of the city look amazing. Secondly, people in a big city have a wide selection of libraries, museums, and theaters. Third, everyone has the opportunity to get a good education or a high-paying job in the city.



(Скрыть ответ)

What are the advantages of living in a big city?

What are the disadvantages of living in the city?



What are the disadvantages of living in the country?

What are the advantages of living in the countryside?

City or country?

Вернуться к темам



What are the disadvantages of living in the city?


I suppose that life in a big city is very stressful, because a huge number of people live in big cities. It is for this reason that the centers are always full of noisy activity day and night. Moreover, the roads in the city are extremely unsafe, because there are many dangerous vehicles in the cities, such as cars, bikes, etc. Because of this, accidents and traffic jams often occur.



(Скрыть ответ)

What are the advantages of living in a big city?

What are the disadvantages of living in the city?

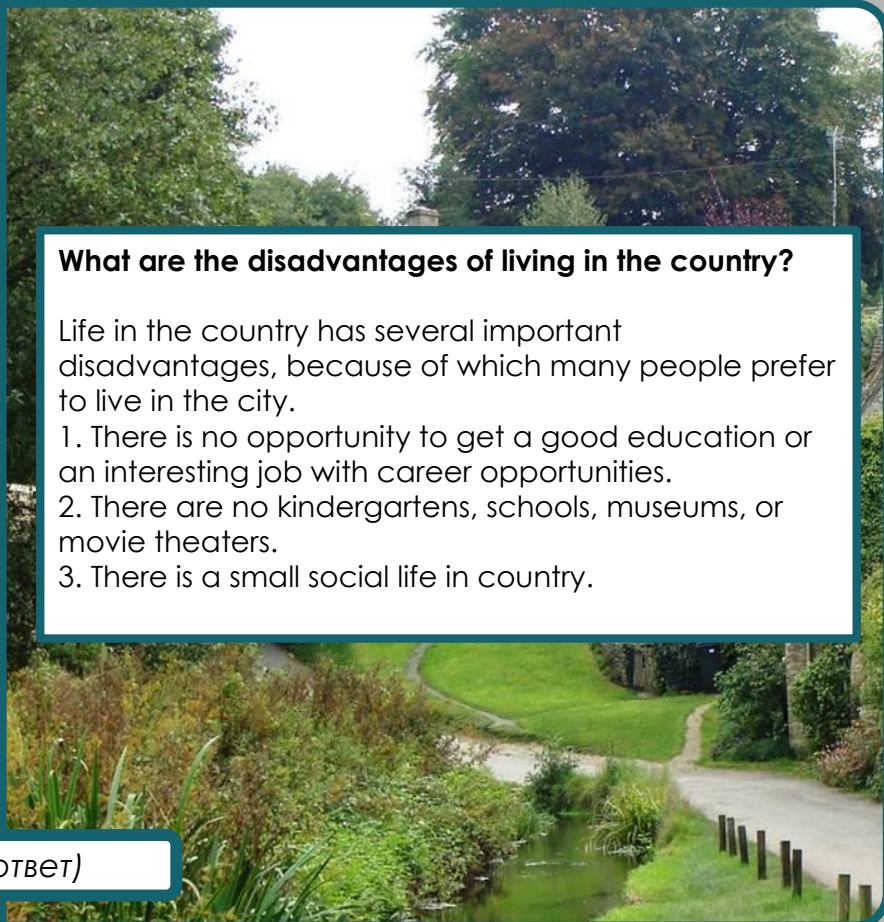


What are the disadvantages of living in the country?

What are the advantages of living in the countryside?

City or country?

Вернуться к темам



What are the disadvantages of living in the country?

Life in the country has several important disadvantages, because of which many people prefer to live in the city.

1. There is no opportunity to get a good education or an interesting job with career opportunities.
2. There are no kindergartens, schools, museums, or movie theaters.
3. There is a small social life in country.

(Скрыть ответ)

What are the advantages of living in a big city?

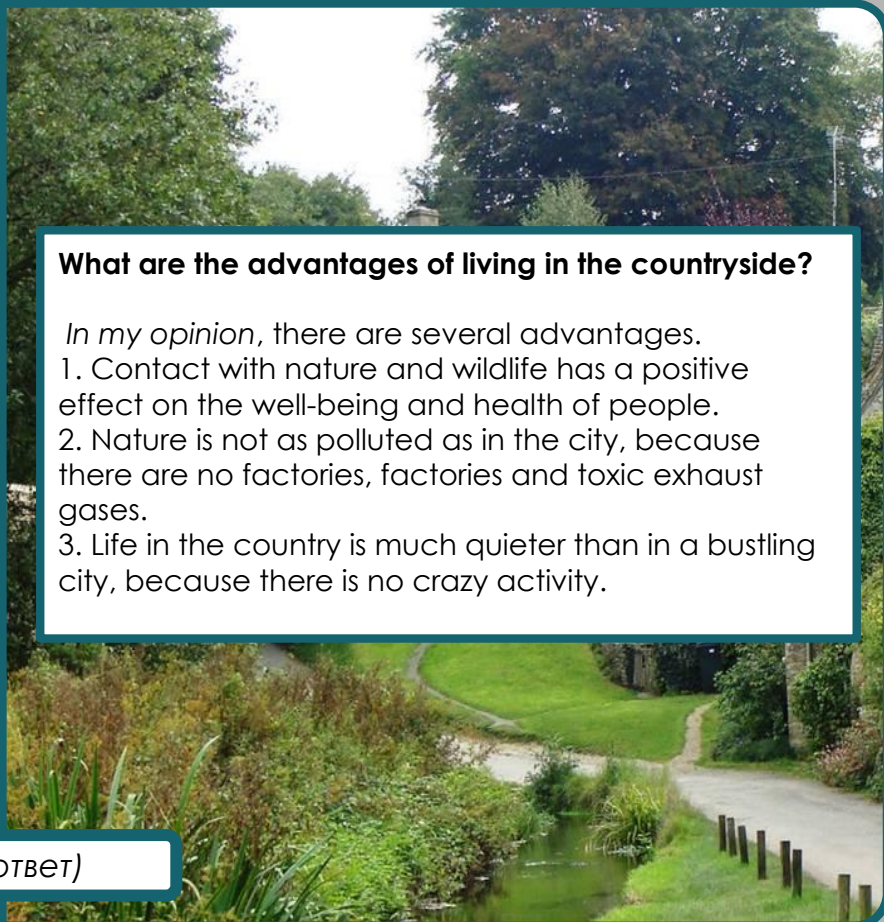
What are the disadvantages of living in the city?

What are the disadvantages of living in the country?

What are the advantages of living in the countryside?

City or country?

Вернуться к темам



What are the advantages of living in the countryside?

In my opinion, there are several advantages.

1. Contact with nature and wildlife has a positive effect on the well-being and health of people.
2. Nature is not as polluted as in the city, because there are no factories, factories and toxic exhaust gases.
3. Life in the country is much quieter than in a bustling city, because there is no crazy activity.

(Скрыть ответ)

What are the advantages of living in a big city?

What are the disadvantages of living in the city?

What are the disadvantages of living in the country?

What are the advantages of living in the countryside?

City or country?

Вернуться к темам

Keep fit



Вернуться к темам

Why is a healthy lifestyle popular these days?

What foods are good for your health?

What bad habits do you know?

What do you do to keep fit?

Keep fit



Вернуться к темам

Why is a healthy lifestyle popular these days?

I believe that the reason for this is fashion trends. Nowadays, many people invest a lot of time and effort to improve their health and well-being. For example, many people do sports, go to gyms and run in the morning. Moreover, to be competitive, you need to be strong and successful. In addition, in the modern world there are a huge number of opportunities to play sports and develop.

(СКРЫТЬ ОТВЕТ)

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What foods are good for your health?

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What do you do to keep fit?

Keep fit



Вернуться к темам

What foods are good for your health?

There are many useful products. Green tea protects your teeth, onions are good for your nerves, and milk makes your bones stronger. Bananas are good for the muscles, carrots are good for the eyes, grapefruit helps to lose weight. Moreover, some herbs help to lose weight, but at the same time stay strong and flexible without heavy diets and exercises. A person should eat more vegetables and fruits in order to maintain health.

(СКРЫТЬ ОТВЕТ)

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Вернуться к темам

What bad habits do you know?

There are so many things that negatively affect human health. *First*, smoking and alcohol are harmful to the lungs and liver. *Secondly*, overeating or snacking between meals makes a person feel bad. *Third*, lack of sleep makes a person tired and weak.

(СКРЫТЬ ОТВЕТ)

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Вернуться к темам

What do you do to keep fit?

As for me, I try to exercise regularly. For example, I play volleyball and basketball, run in the morning and always do exercises. Moreover, I do not drink alcohol and cigarettes, do not eat fast food and follow the correct daily routine.

(СКРЫТЬ ОТВЕТ)

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