

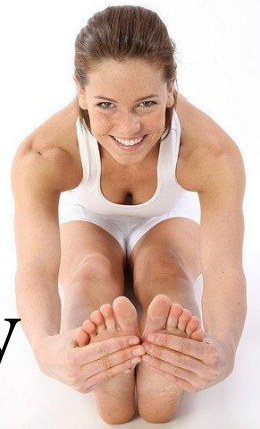
**Healthy lifestyle**

The bottom of the slide features a decorative graphic consisting of several overlapping, wavy lines in various shades of blue, creating a sense of movement and depth.

# Physical activity-our life!



**Physical activity is very important for the healthy lifestyle. For good health you should do exercises for 30 minutes a day.**



In the morning  
don't forget  
about physical exercises

Please stand and do exercises



The image is a vertical collage of fresh fruits. The left half is filled with a dense pile of bright red strawberries, showing their characteristic white seeds and green leafy tops. The right half features a cluster of apples with a gradient of colors from yellow to deep red. The text is overlaid on this background.

Concentrate on your food!

Don't read or watch TV when you eat.

Eat your food slowly and carefully

A close-up photograph of water being poured from a clear glass pitcher into a tall glass containing several ice cubes. The background is a solid, vibrant blue.

Drink a lot of water

Drink at least two  
liters of water every  
day.

Tea and coffee don't  
count!

A photograph of a tall glass filled with bright orange juice. To the right of the glass, several slices of fresh orange are visible on a white surface. The background is dark and out of focus.

Drink fruit juice

It is always good for  
you.

# Vitamins

**People need vitamins to stay healthy. They get them from the food. There are a lot of vitamins in fruit and vegetables.**



# *Fast food*

***You can hardly find any useful vitamins in  
Coke, chips and other fast food.***



# *Useful fruit and vegetables*

***Each vitamin is responsible for different things in the human body. We get vitamins from fruit and vegetables.***





# Vitamins

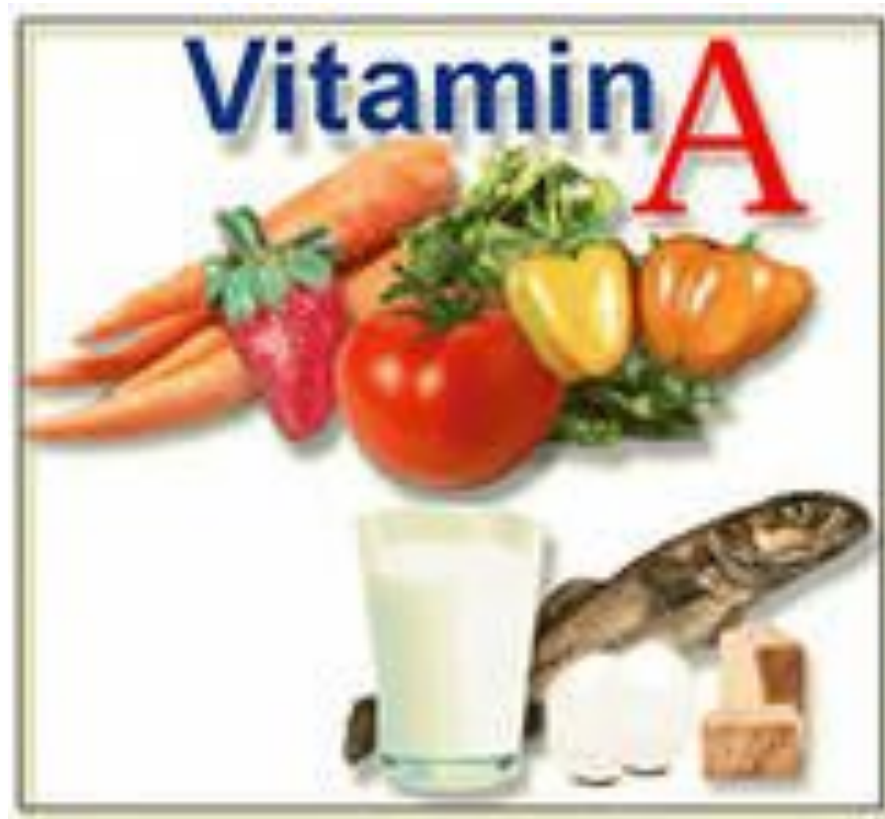
*There are about 10 major vitamins. They are usually named by a letter of the alphabet.*

*(A,B,C,D...)*



# Vitamin A

*It is in green and yellow vegetables, milk and eggs. Its necessary for eyesight.*



# Vitamin B<sub>1</sub>

*It is in meat, porridge and bread. It is responsible for the nervous system. Lack of this vitamin leads to serious illnesses and even death.*



# Vitamin B<sub>2</sub>

## Vitamin B<sub>2</sub>

Food sources of Riboflavin (vitamin B2):

Cereal, nuts, milk,  
eggs, green leafy  
vegetables  
and lean meat



# Vitamin B

*It is in fish, meat, cabbage, tomatoes, potatoes, nuts, pepper, mushrooms, carrots and greenery.*



# Vitamin B<sub>12</sub>

*It is in eggs, chicken , milk products, wheat, fish and oysters.*



# Vitamin C

*It is in every fruit and vegetable. You can find it in black currants, strawberry, oranges, onions, cabbage and green pepper. It is important for building bones and teeth. It helps to prevent colds.*




# Vitamin D

*It is in eggs. People can get it from sunlight. It makes our bones strong.*



## Vitamin D



The body itself makes vitamin D when it is exposed to the sun

Cheese, butter, margarine, fortified milk, fish, and fortified cereals are food sources of vitamin D



ADAM.



# Vitamin E

*It is necessary for skin and body. It is in the wheat and nuts.*



# Vitamin K

*It is in cabbage, wheat, fruit – bananas, kiwi and avocado.*



# Relate vitamins and products

**A**

**1**



**B**

**2**



**C**

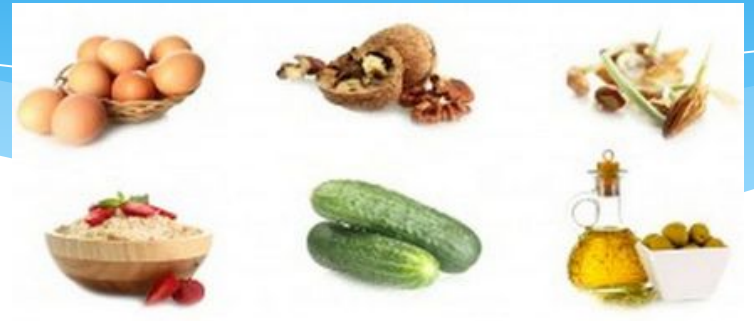
**3**



# Relate vitamins and products

**D**

**1**



**K**

**2**



**E**

**3**



A vibrant border of fresh vegetables and fruits surrounds the central text. The border includes a variety of items such as red and yellow bell peppers, green cucumbers, purple eggplants, red and yellow tomatoes, green leafy vegetables, white onions, and small round vegetables like radishes and mushrooms. The background is a plain, light color.

***you eat to live,  
but don't live to eat.***

*Rylik.ru*

# Problem pages

**1. You shouldn't eat hamburgers, because they are not good for you.**



**2. You shouldn't eat pizza. It is dangerous for health.**



**3. You shouldn't eat cakes, because they are fat and it is not good for you.**





**4. You shouldn't drink cola, because it is dangerous for your health.**



5. You shouldn't eat chips, because they aren't useful for your health.



*6. You shouldn't eat crisps, because they are harmful.*



*7. You shouldn't eat chocolate and sweets, because they are dangerous for health.*



**8. You shouldn't eat biscuits, because they are harmful for health.**





10. You shouldn't eat hot-dogs, because they are not good for you.



## ***So, to keep healthy, we should:***

- 1. First of all to eat useful food full of vitamins;***
- 2. To eat more fruits and vegetables, especially apples and kiwi: “An apple a day, keeps the doctor away.”;***
- 3. To go in for sport: to swim, to play tennis, to play football, to ski and skate;***
- 4. To go to fitness centres and sports clubs;***
- 5. Not to eat fat food: hamburgers, chips, crisps and cakes.***



# Keep fit and healthy

## **We should:**

- \* eat various food;**
- \* eat more fresh fruit and vegetables;**
- \* eat low fat food;**
- \* have breakfast every day;**
- \* not to eat cakes and sweets every day;**
- \* not to eat at night.**

# To grow big and strong we should:

- \* go for a walk every day;*
- \* do some sport every week;*
- \* play computer games and watch TV less than two hours a day;*
- \* Sleep eight or nine hours a day;*

You shouldn't smoke!



You shouldn't drink alcohol.



you shouldn't smoke hookah



# Not good for us:

\* *physical inactivity*



Thank you for your  
attention:)

love  
happy.