



***Health is above
wealth.***

Healthy living guide



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1. Speak about health
2. Practice in
listening, reading,
speaking.

Health

Good for health

- Physical activity
- Fast food
- To diet
- To gain weight
- To lose weight
- Fruits
- vegetables

Bad for health

- Fat
- Convenience food
- Balanced diet
- Skip meals
- To do exercise
- To have excess weight

Health

Good for health

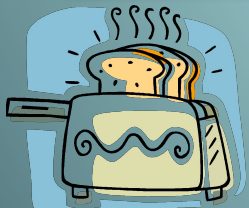
- *Physical activity*
- *To lose weight*
- *Fruits*
- *Vegetables*
- *Balanced diet*
- *To do exercise*

Bad for health

Fast food
To diet
To gain weight
Fat
Convenience food
Skip meals
To have excess weight



ood for health



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Eat to live not live to eat

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For health



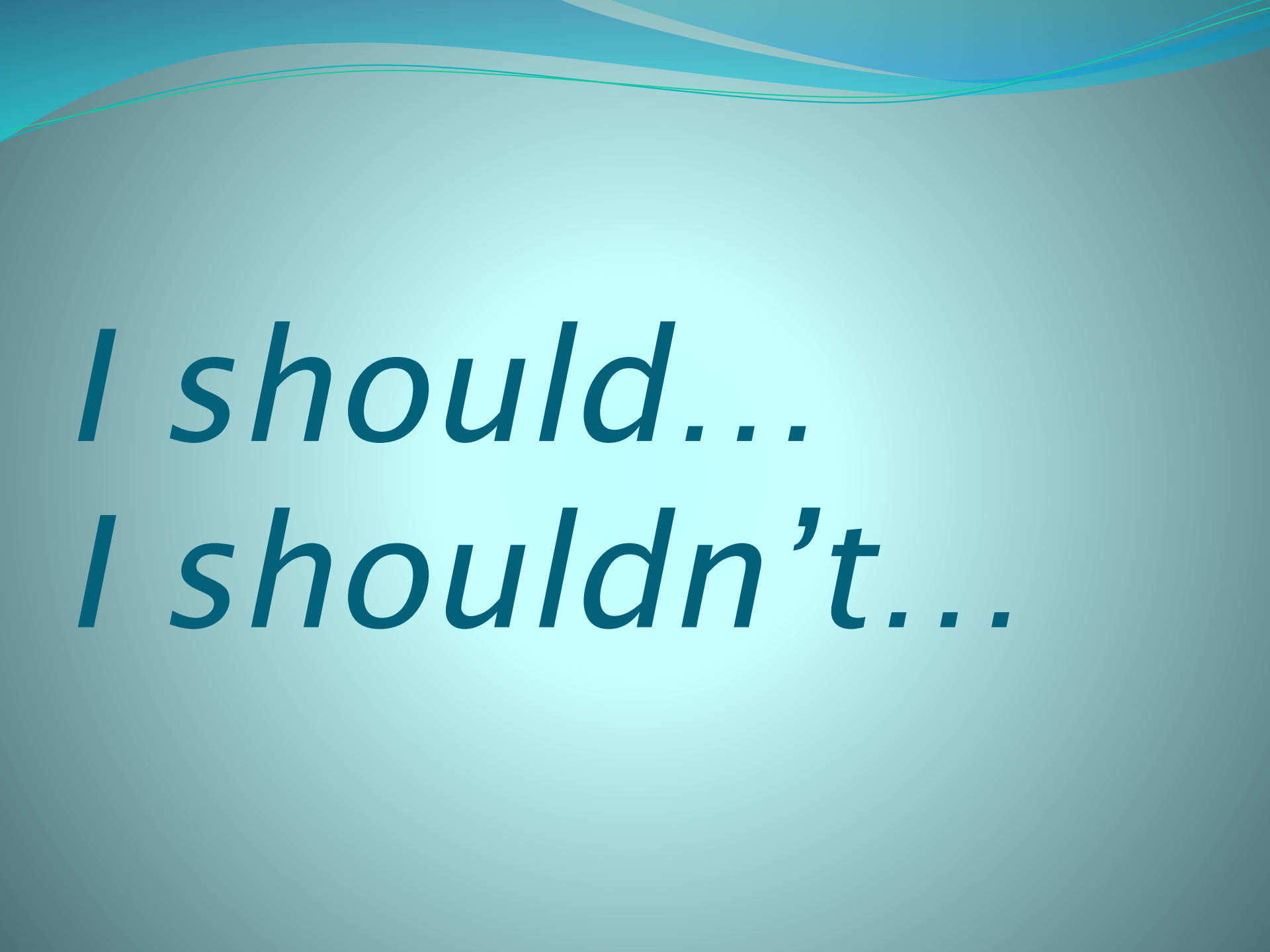
Eat to live not live to eat



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I should...

I shouldn't...

Match the expressions with their translation

- 1.physical activity
- 2.to burn calories
- 3.convenience food
- 4.A balanced diet
- 5.fast food
restaurants
- 6.to contain energy
- 7.to contain fat

- 1.сжигать калории
- 2.полуфабрикаты
- 3.сбалансированная диета
- 4.физическая активность
- 5.содержать энергию
- 6.содержать жир
- 7.рестораны быстрого обслуживания

Match the verbs with the nouns:

1.weight

2.exercise

3.calories

4.convenience food

a) to have

b) to lose

c) to burn

d)to do

- 1.If you burn more calories, you lose more
- 2.Everybody must take ... every day.
- 3.... that are strict can make you fatter.
- 4.You can eat as many and as you want.
- 5.Coffee is ... for you.
- 6.You don't have to do If you don't eat too much.
- 7.... is good for you.
- 8activity is very important for our health.

*Words: physical, fruits, exercise, vegetables, fruits, diet, vitamins,
weight, good.*

1.If you burn more calories, you lose more *weight*.

2.Everybody must take *vitamins* every day.

3. *Diet* that are strict can make you fatter.

4.You can eat as many *vegetables* and *fruits* as you want.

5.Coffee is *good* for you.

6.You don't have to do *exercise* If you don't eat too much.

7. *Fruits* is good for you.

8. *Physical* activity is very important for our health.

No smoking.

No bad
habits

Healthy
food

Sport

Ye
s!

Harmony
with nature

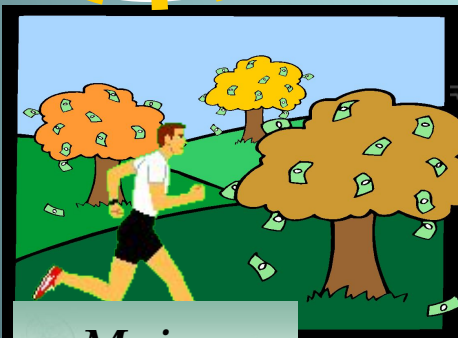
No!

Alcohol

Drugs

Smokin
g

Physical
inactivit
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Thank you for the lesson



Be healthy!