

The 10th of MAY

Tuesday

● Write five ways to keep fit.

You shouldn't

- Smoke
- Watch TV too long
- Clean your teeth once a day
- Eat too many sweets
- Spend much time indoors
- Eat between meals



- healthy diet
- physical activity
- balanced diet
- To do one's best



- To get a cold
- To catch a cold
- To come down with a cold
- to have a cold



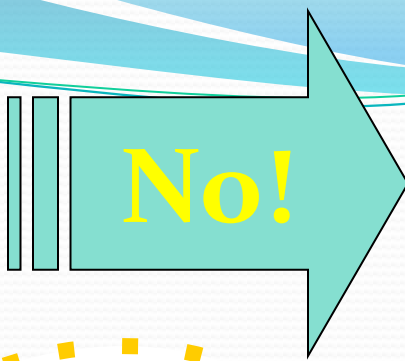
Eat to live not live to eat

Good for health

- Cleaning teeth
- · Washing a face and hands
- · Doing sports
- · Not eating at night
- · Following a diet
- · Eating more fruits and vegetables
- · Counting calories
- · Getting vitamins

Bad for health

- · Smoking
- · Taking drugs
- · Taking / drinking alcohol
- · Eating too much sweets
- · Skipping breakfast
- · Eating high fibre food
- · Eating low fat food
- · Physical inactivity
- · Obesity
- · Sleeping too much or too little
- · Snacking





Be healthy!