

Military doctor



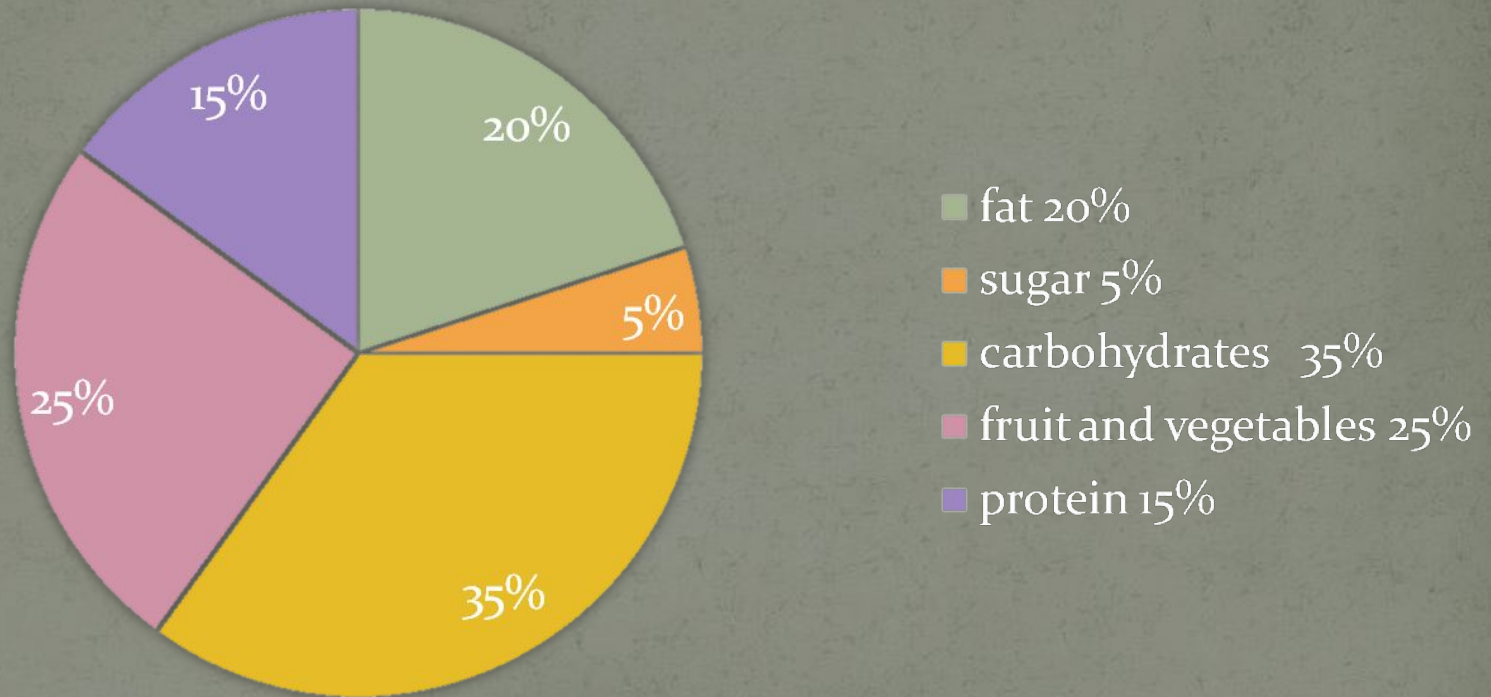
Decide which of these activities are good or bad for you

- eating fruit and vegetables
- watching TV
- going to the gym
- missing breakfast
- smoking cigarettes
- drinking a lot of water
- doing morning exercises
- eating sweets and chocolate
- walking in the park
- playing computer games
- having junk food and fizzy drinks
- dancing

Doctor's advice

What should we do to keep fit?

A balanced diet



RECOMMENDATIONS

- Avoid eating meat more than twice a day
- Eat more fresh fruit and vegetables
- Don't miss your breakfast
- Drink more water
- Don't eat much junk food

Now you give advice using *should/shouldn't*



RECOMMENDATIONS

- Go in for sport, it can help you look better.
- It can burn more calories
- It can help you sleep better.



. Sleep helps keep us physically healthy

Here are some of the signs that you may need more sleep:

- difficulty waking up in the morning
- inability to concentrate
- falling asleep during classes
- feelings depression

Why Is Sleep Important

?

(discuss in pairs)



Health is the main value for all the people. We should take care of it. We should have a balanced diet, go in for sports and avoid bad habits. When we are healthy – we are happy!



Match the proverbs with their Russian equivalents.

1. Early to bed and early to rise makes a man healthy, wealthy and wise.
 2. An apple a day keeps the doctor away.
 3. A merry heart is good medicine.
 4. Good health is above wealth.
 5. An hour's sleep before midnight is worth two after.
 6. A healthy mind in a healthy body.
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- a. Час сна до полуночи стоит двух после полуночи.
 - в. Смех – лучшее лекарство.
 - с. Кто рано ложится и рано встаёт, здоровье, богатство и ум наживёт.
 - d. В здоровом теле – здоровый дух.
 - e. Ешь по яблоку в день и будешь здоров.
 - f. Здоровье дороже богатства.