

HEALTHY LIFESTYLE

Stay Fit,

Happy

and Healthy



Task 3. You are going to give a talk about a healthy lifestyle. You will have to start in 1.5 minutes and speak for not more than 2 minutes (10-12 sentences).

Remember to say:

- what a healthy lifestyle is and what areas it consists of
- what people can do to stay healthy
- what way to be healthy you choose and why

You have to talk continuously.

Healthy Habits Questionnaire

Do you have Healthy Habits?

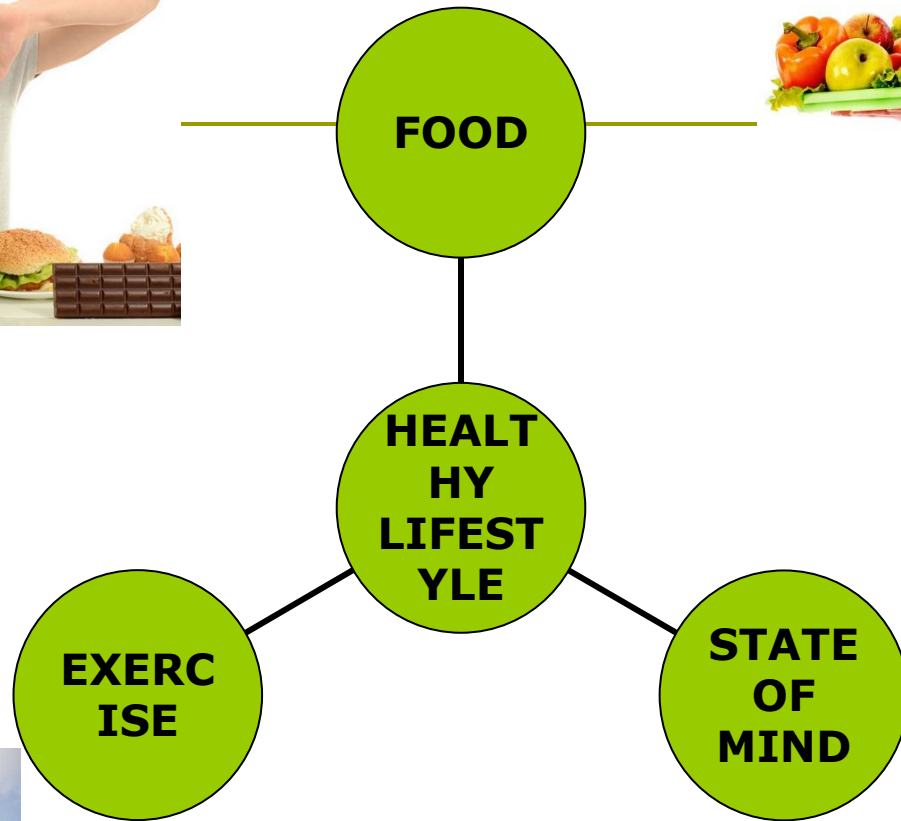
- 1 You're **starving**! What do you have as a snack?
 - a an apple and a glass of milk
 - b nothing – I'll wait until dinner
 - c a bag of crisps, some biscuits and a fizzy drink
- 2 You've got an important Maths test! What do you have for breakfast?
 - a cereal with milk and a glass of orange juice so I can **concentrate** well in the test
 - b a cereal bar to eat on the way – that way, I have time for some last-minute **revision**
 - c nothing
- 3 You're feeling a bit tired but you haven't done any exercise for a few days. What will you do?
 - a join in a game of football in the park for half an hour
 - b relax tonight and go to the gym tomorrow
 - c relax on the sofa and watch TV
- 4 There's a good film on TV later, but you have to get up early tomorrow. What do you do?
 - a **record** the film and go to bed
 - b stay up to watch the film
 - c watch the film, then check my emails
- 5 You've had a terrible day. How will you let off steam?
 - a play tennis with a friend, then **talk through** my problems
 - b sit in front of the TV and try to forget
 - c cry all night

Your score

Mostly As: Well done! You know how you need to live to stay healthy. **Keep it up** but don't forget to **treat yourself once in a while**, too! The **key** is to have a **balanced** life.

Mostly Bs: Good **nutrition**, exercise and plenty of rest and sleep is needed for good health. Make some small changes and you'll feel a lot healthier!

Mostly Cs: You have terrible habits! **Stressing out**, eating badly and not sleeping enough is a **recipe for disaster!** Make some changes!



Healthy Diet

- Read the diary page.
- Guess the girl's name according to the verdicts below.
- Write down the words and word expressions related to HEALTHY FOOD.
- Present your vocabulary list to the class.

A TEENAGE DIET

A recent issue of the magazine *Shout* examined the diets of three teenage girls and gave a verdict on each one. Read this diary of what one girl ate, then work out (from the three verdicts on the next page) what her name is.



I wouldn't say I was a fussy eater and the only thing I really don't like is fish – I'm always scared I'll swallow a bone! I try to eat a balanced diet and I always have breakfast, lunch and tea which are quite healthy because I have them at home. Sometimes I'm not so good between meals and eat crisps and chocolate, and there's a McDonald's near my house, so it's really easy to go in there and buy a burger! I never used to eat vegetables but I'm starting to eat more of them now. I try to eat fruit fairly often too, but looking at what I've eaten all week, there doesn't seem to be much fruit ...!

SATURDAY

BREAKFAST: Rice Krispies and toast
LUNCH: Chicken soup
MID-AFTERNOON: Cheese and onion crisps, Mars Bar
TEA: Lasagne, chips and garlic bread
IN BETWEEN: 2 Kit Kats
SUPPER: Packet of crisps, toast

SUNDAY

BREAKFAST: Porridge, toast and jam
LUNCH: 2 bread rolls with sausage
MID-AFTERNOON: Stick of rock
TEA: Roast beef, potatoes, cauliflower, roast potatoes, broccoli, sweetcorn, apple pie
IN BETWEEN: Sandwich, Kit Kat
SUPPER: Cornflakes, cheese and onion crisps

MONDAY

BREAKFAST: Porridge and toast
MID-MORNING: Apple
LUNCH: Chicken soup
TEA: Ham salad, pasta and roast potatoes
IN BETWEEN: Tomato flavoured crisps
SUPPER: Crunchy Nut Cornflakes

TUESDAY

BREAKFAST: Porridge
LUNCH: Tomato soup and bread
MID-AFTERNOON: 4 Gingernut biscuits
TEA: Scotch pie, chips and beans
IN BETWEEN: Ice-cream cone, Glacier Mints
SUPPER: Crunchy Nut Cornflakes

WEDNESDAY

BREAKFAST: Porridge
LUNCH: Ham sandwich
MID-AFTERNOON: 2 biscuits
TEA: Spaghetti bolognese and garlic bread, ice-cream and fruit
IN BETWEEN: Wotsits, Monster Munch
SUPPER: Another bowl of Crunchy Nut Cornflakes with ice-cold milk!

A Teenage Diet

Verdict 1. Laura's diet is quite impressive. She has lots of fruit and vegetables and has three meals each day. Apart from the odd sweet Laura's pretty healthy.

Verdict 2. Pamela is pretty healthy – she usually eats three main meals, although she is quite keen on sweets and crisps. If she tried swapping a couple of pieces of fruit for sweets or crisps each day, she could help her diet.

Verdict 3. Lucy's main meals are OK, but her snacks *could* become a bit more healthy. She *should* cut down on peanut butter and chocolate spread. If Lucy started to eat breakfast and fruit, her diet would be healthier.

Healthy Diet



- eat a balanced diet
- have three meals a day
- always have breakfast
- eat at home
- eat more fruit and vegetables
- cut down on sweets and crisps

Exercising and keeping fit

□ **Listen and match.** *p.2-05EF87-fipi*

The speaker talks about

1. the local sports centre.

2. doing sports at home.

3. his/her typical day off.

4. a disagreement with a friend.

5. healthy eating habits.

6. the most popular sports.

□ **Choose a speaker (A-E) and say what he/she does to keep fit.**

What we do to keep fit

Tips

- Doing physical exercises (at home, at a sport centre)
- Walking
- Doing various sports (swimming, jogging)
- Eating appropriate (simple) food (no sweets or fizzy drinks)

Effects

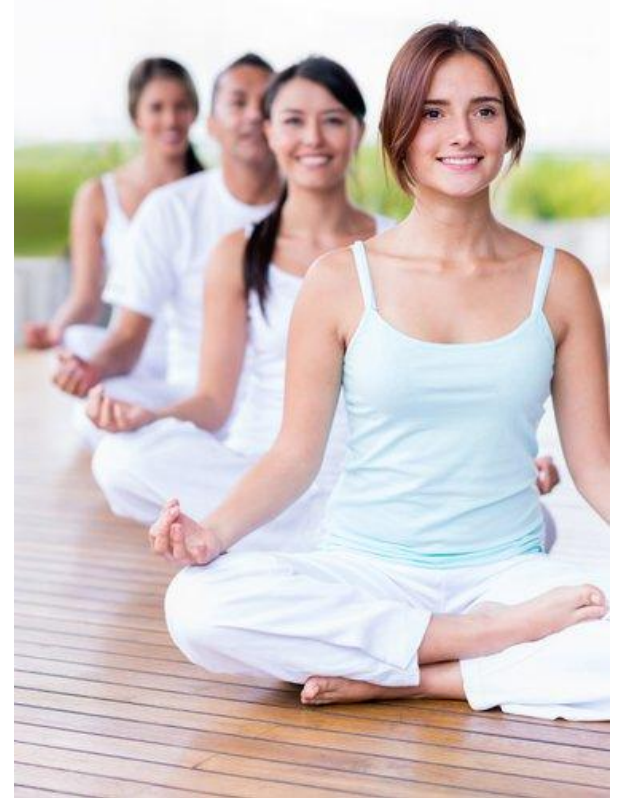
- Makes your heart and muscles stronger
- Makes you more flexible
- Helps create a happy feeling in your brain
- Makes you feel better



State of mind – Coping with stress

Choose the best tips (1 for each member of your group) and explain your choice as in the example.

- ❑ Making a list of all the things to do in order of importance
 - ❑ Setting oneself clear goals
 - ❑ Joking and talking to a friend
 - ❑ Joining a sports club
 - ❑ Going to keep fit classes
 - ❑ Keeping to a balanced diet
 - ❑ Closing eyes and thinking of somewhere quiet and relaxing
- e.g. I think the best tip is...because if you... (do smth), you will...*



Making Individual Choice

- Watch the video *Speak about yourself*
As for me, I always...because...
To tell the truth, I'd like to ...because...



Food

**Exerc
ising**

**State
of
mind**

Put a tick (✓) in a box if you know...

- what a healthy lifestyle is and what areas it consists of
- what people can do to stay healthy
- what way to be healthy you choose and why

Be ready to tell about healthy lifestyle according to the plan.

Be Healthy: ☀️ Be Happy

