

The background features a blue gradient with stylized sun and moon graphics. The sun is depicted with yellow rays and a white crescent, while the moon is a white crescent. There are also pink and yellow abstract shapes scattered throughout.

Bad And Good Habits

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What good and bad health habits can people have?



Bad Habits

smoking

taking drugs



drinking

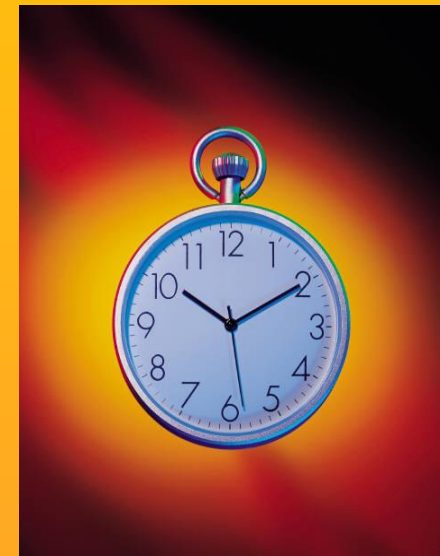
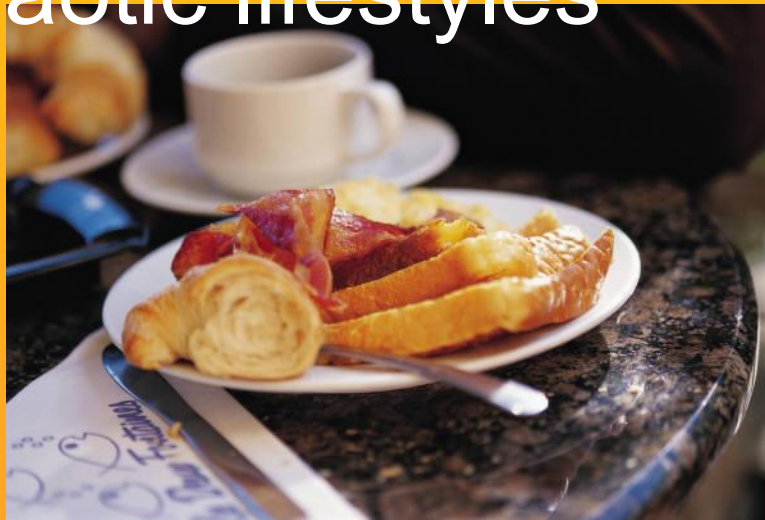


Snacking and skipping breakfast ,eating

Bad Habits

sweets

Physical inactivity and
chaotic lifestyles



Snacking and skipping
breakfast ,eating
sweets

Sleeping
too much
or too little

Exercising

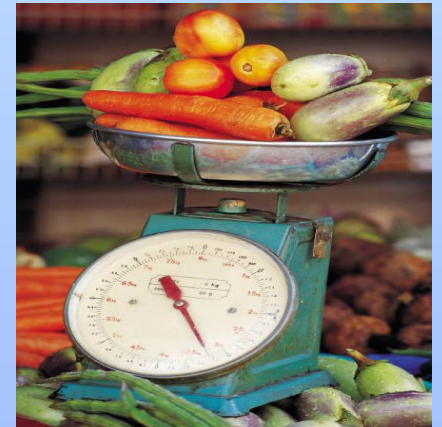
Good Habits



Exercising

Eating high- fibre food

Good Habits



Eating high- fibre food

low-fat food

fruit and vegetables

Regularity in life

Good Habits

Regularity in life

Spending time outdoors

Sleeping 7-8 hours



Habits

Eating good plain food

Smoking

Exercising

Snacking

Drinking too much alcohol

Taking drugs

A healthy diet

Physical inactivity

Too many sweets

Sleeping too much or too little

Regularity in life

Skipping breakfast

Obesity

Disease

Wholemeal bread

High-fibre food

Low-fat food

High-fat food

health

Spending time outdoors

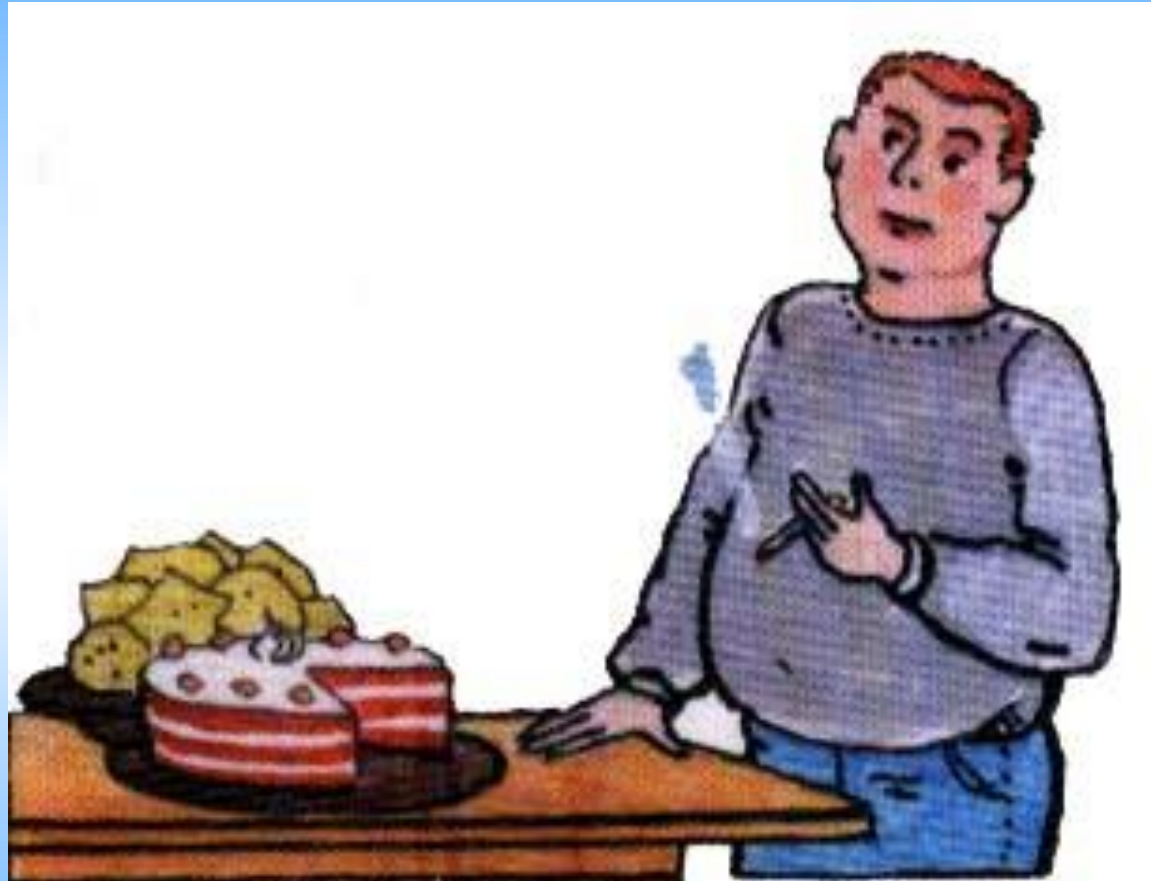
Chaotic lifestyle

Can you speak about your habits?

- An apple a day keeps the doctor away.
- Laughter is the best medicine.
- Good health is above wealth.
- Early to bed and early to rise make a man healthy, wealthy and wise.



What can you say about Bob' s habits?



Would you like to give him a piece of advice?

Work out good fitness rules to remember. Continue the following.

- Get up early and go to bed...
- Take regular...
- Eat healthy...
- Never smoke or...
- Don't eat much...
- Every morning and evening clean...
- Wash...





Литература

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