

***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*



Food for health



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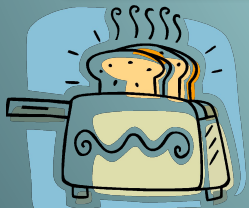
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Eat to live not live to eat

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For health



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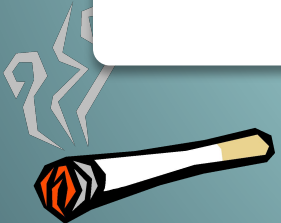
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Eat to live not live to eat



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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.*
8. *....activity 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

Yes!

Harmony with nature

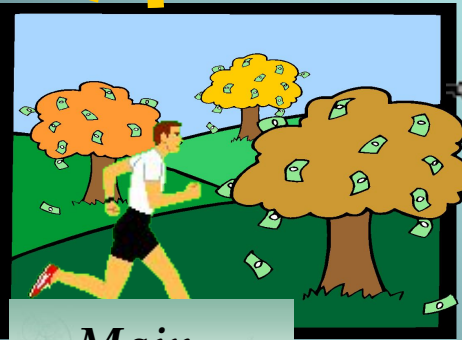
No!

Alcohol

Drugs

Smoking

Physical inactivity



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*Thank you for the lesson*



**Be healthy!**