

Healthy Living Guide

# Healthy Living Guide

how to keep fit



how to look great

“Every man is a builder of a temple called his body”

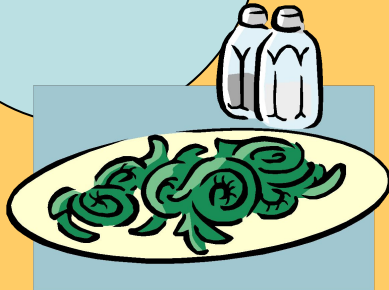
Henry Davie

(1817 – 1862)



# HEALTH

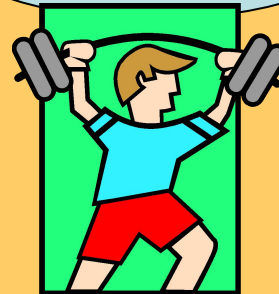
Eating low fat food



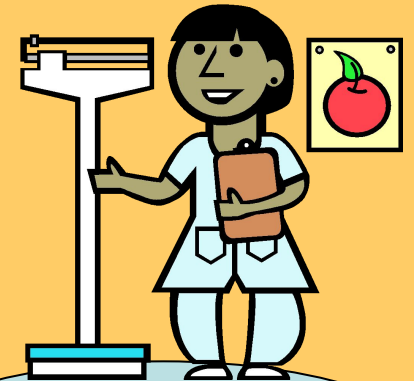
Eating whole meal bread



Exercising



Eating high fibro food



Dieting

# BAD HABITS

## smoking

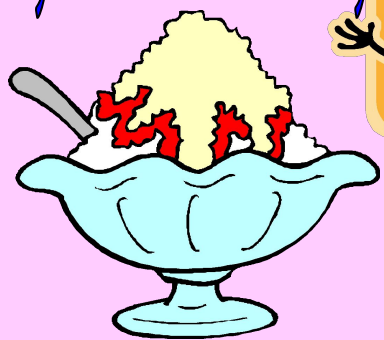
## drinking alkhogol

*environmental influence*



## eating sweets

*Physical inactivity*





# A GUIDE TO HEALTHY TEETH

## RULES

1. Brush and floss your teeth regularly.
2. Use fluoride toothpaste.
3. Eat nutritious food and limit your snacks.
4. Get a new toothbrush every few months.
5. Don't smoke!



**We want to find out what you know about teeth.  
Please , answer these questions.**

# PRESENT PERFECT CONTINUOUS

НАСТОЯЩЕЕ ЗАВЕРШЕННО-ДЛИТЕЛЬНОЕ

You use this tense when you want to emphasize  
the fact that  
a recent event continued to happen for some time

I have been making a sandwich for 2  
hours.

I have been making a sandwich since 9  
o'clock for... (в теч ...)

(not) been V + ing

... has

since (с...)

зл.

Ед.ч.



# *You health habits influence your appearance greatly*



*Why do these teenagers look nice and healthy?*

smoke a lot  
exercise a little  
get enough vitamins  
sleep too much

eat low – fat food  
drinking alcohol  
diet too much  
constantly snack

*These teenagers look nice and healthy because they....*

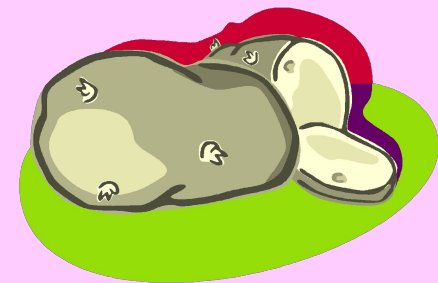
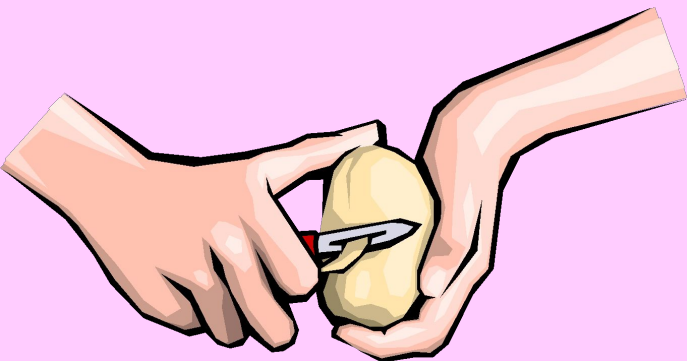
# A minute for joke



How to divide a potato???

**Teacher:** If I take a potato and divide it into two parts, then into four parts, and each of the four parts into two parts, what shall I have?

**Pupil :** Potato salad.





# What should you do to be healthy?



I think I should

?

I am sure I must

?

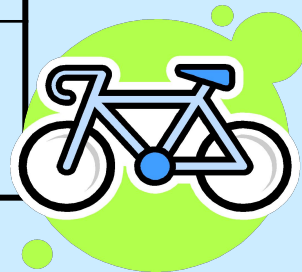
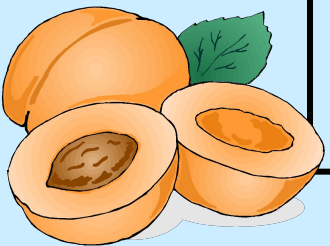
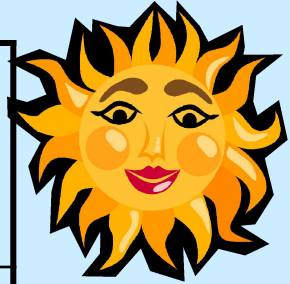
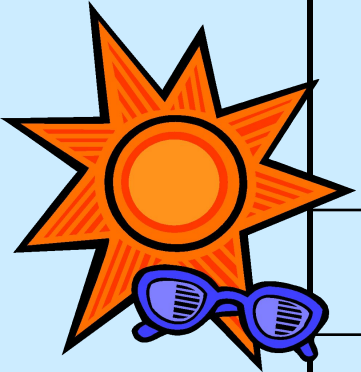
In my opinion I shouldn't

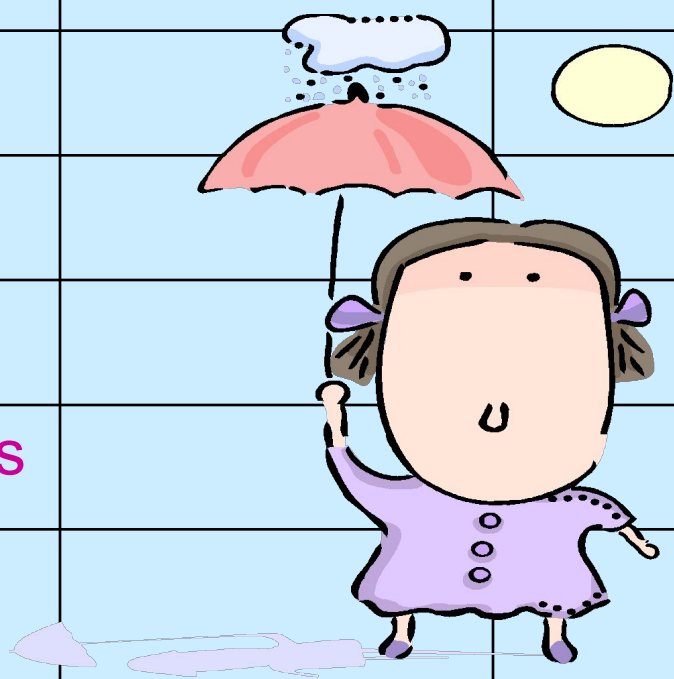
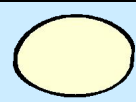
?

As far as me I mustn't

?

# Do you care about your health?



habits	good points	bad points
smoking		
exercising		
dieting		
sleeping		
eating sweets		
drinking alcohol		

Use the expressions to fill the table

**hurting**

*relaxing*

get fat

*loss of memory*

*slow reactions*

nothing

yellow

*tasty*

teeth

fit the body

*get slim*

unhealthy skin

“Every man is a builder of a temple called his body”

Henry Davie  
(1817 – 1862)

**Take care of YOU!**



**GOODBYE!!!**