

Lesson for the 7 th form: «Health is above wealth»



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Name the words on health beginning with each letter of the alphabet:

A	H	O	V
B	I	P	W
C	J	Q	X
D	K	R	Y
E	L	S	Z
F	M	T	
G	N	U	



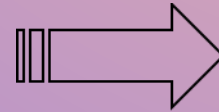
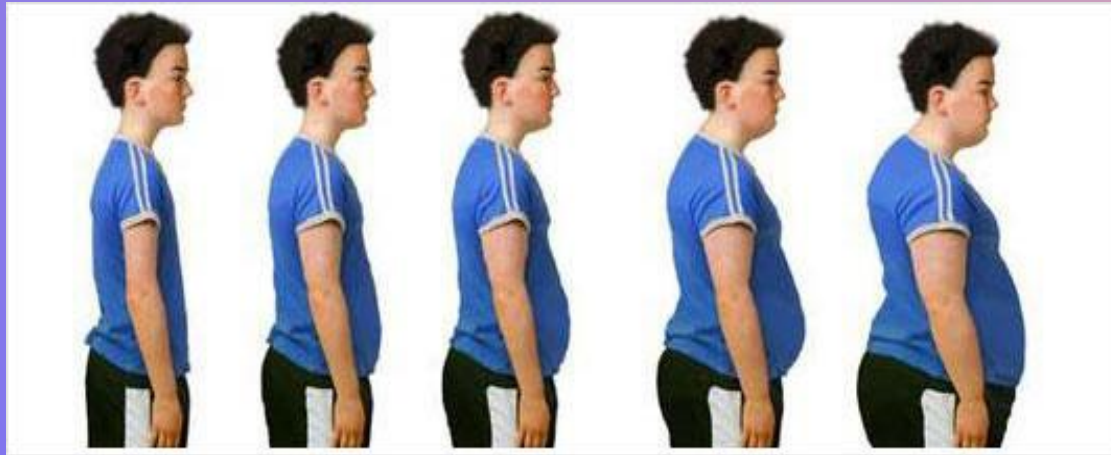
Let's discuss:

- **What bad and good habits are there in Russia and in Great Britain?**
- **What medical problems teens might have in Russia and in Great Britain?**



Bad health habits in Great Britain:

The greatest problem for teens in GB is **inactivity and obesity**.
In the UK, 3 in 10 children aged 2-15 years are obese.



It leads to diabetes, stomach and heart diseases.

Bad Health Habits in Russia:

The first health problem in Russia is **smoking**.
31% of boys and 16% of girls have this bad habit!



Smoking leads to lung disease and cancer.

Say what medical problems you might have if you:

Use computer too much time

Physically inactive



Smoke

Skip meals

Get wet

Watch TV a lot

Eat many sweets and high fat food

Let's have a rest.

I wiggle my fingers,
I wiggle my toes,
I wiggle my shoulders,
I wiggle my nose.

Now no more wiggles are left in me
So I will be still as can be.



Make a list of good habits.

Use the following words:

vegetable and fruits, much coffee,
sweets and chips,
fat and fiber, join a gym,
keep fit, junk food,
sports club,
rest and good sleep,
watch TV and play computer games,
smoking, drugs and alcohol

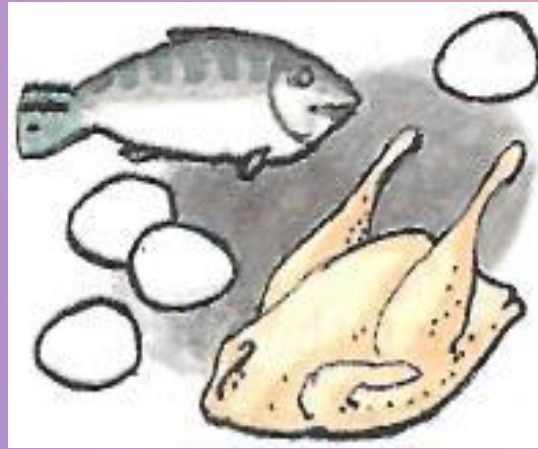


We shouldn't:
smoke
take drugs and alcohol
drink much coffee
eat junk food
watch TV a lot

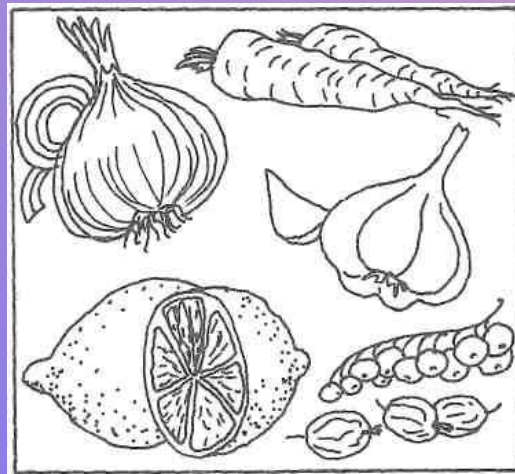
How can we keep our health?



We should:
eat fruit and vegetables a lot
join a gym and keeping fit
eat less fat and more fiber
sleep seven or eight hours



We must say **”Yes”** to good habits !



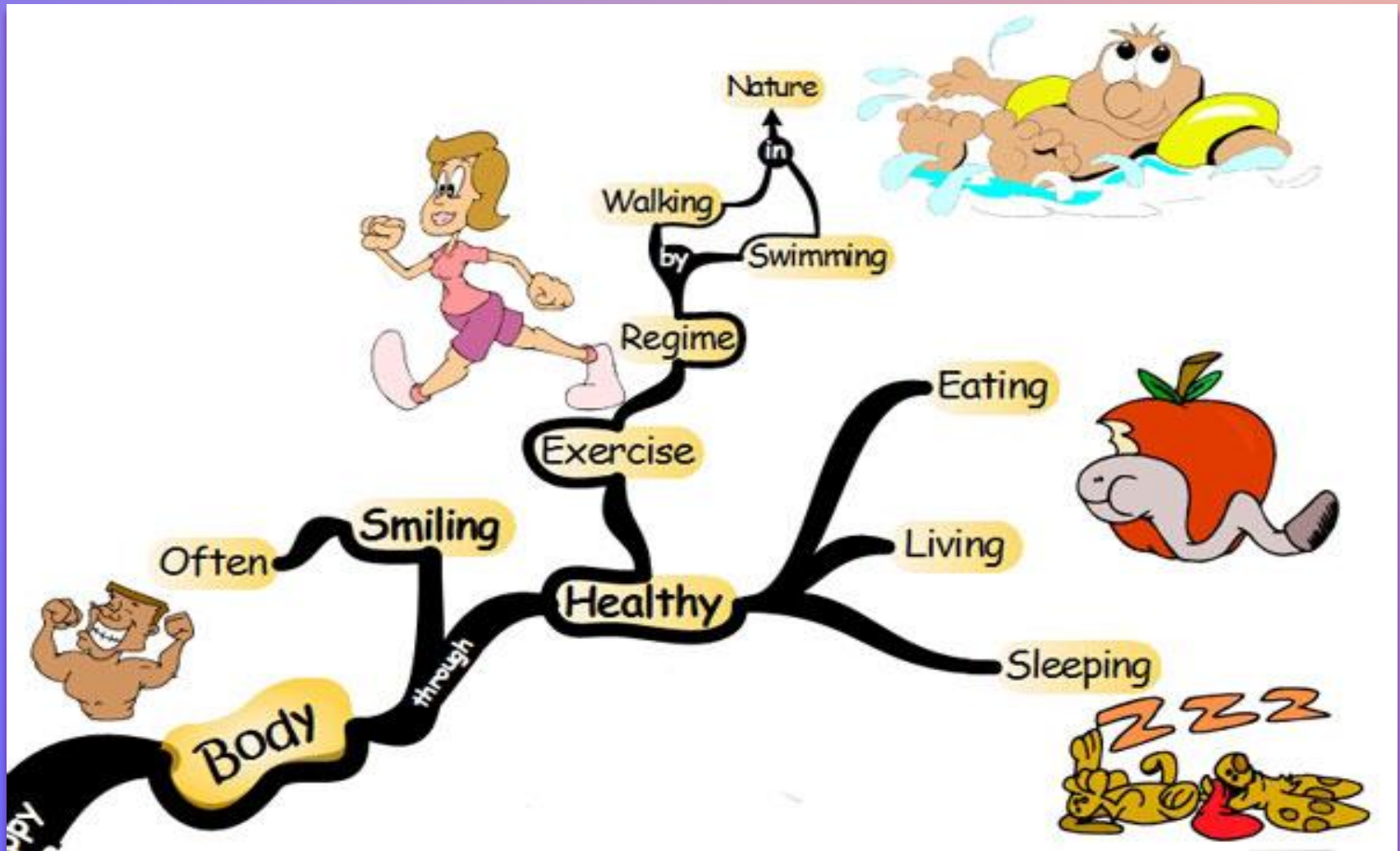


**We must say “No”
to bad
habits !**

Do you know proverbs about the health?

- **An apple a day keeps the doctor away**
- **Eat with pleasure drink with measure**
- **The first health is wealth**
- **A sound mind in a sound body**
- **After dinner sit a while, after supper walk a mile**
- **Early to bed and early to rise makes a man healthy, wealthy and wise**

Our health is in our hands isn't it?



Thanks for attention!

**Be healthy and remember
that the health is above wealth!**



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