

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”

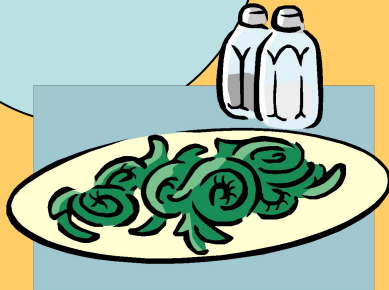
Henry Davie

(1817 – 1862)



HEALTH

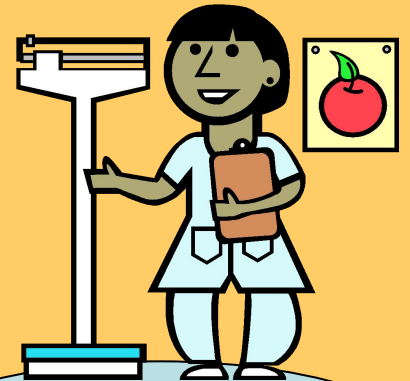
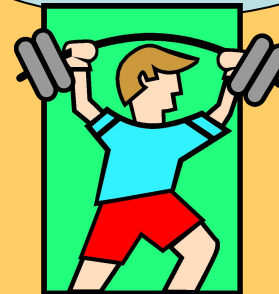
Eating low fat food



Eating whole meal bread



Exercising



Dieting

Eating high fibro food



BAD HABITS

smoking

drinking alkhogol

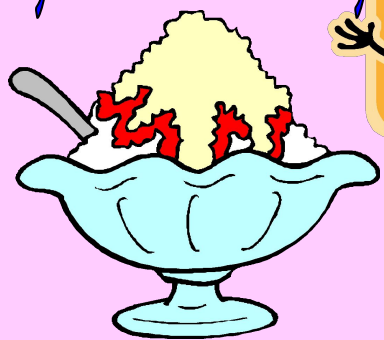


environmental influence



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



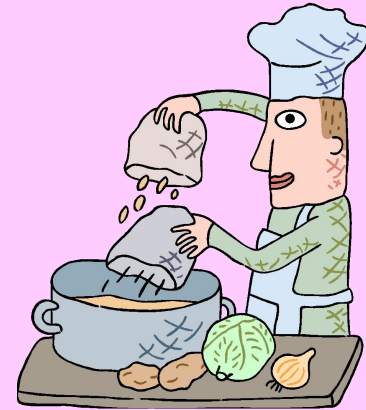
Why do these teenagers look nice and healthy?

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....

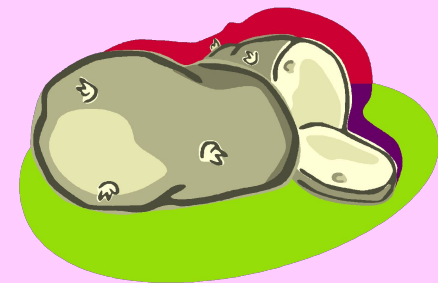
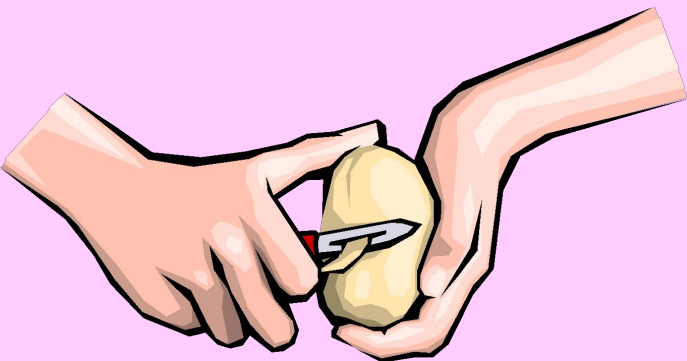
A minute for joke



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

?

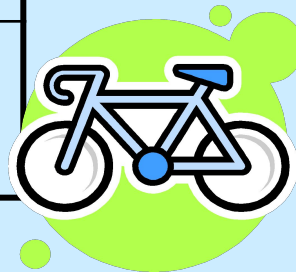
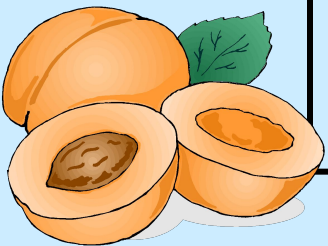
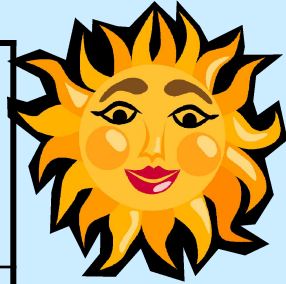
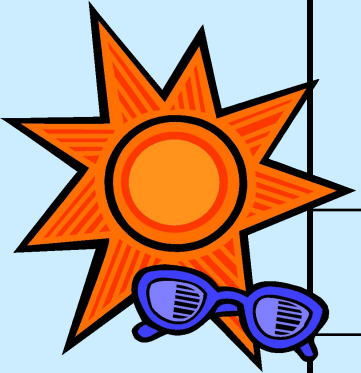
In my opinion I shouldn't



?

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

hurled

relaxing

get fat

loss of memory

slow reactions

nothing

yellow

tasty

teeth

fit the body

unhealthy skin

get slim

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

Henry Davie
(1817 – 1862)

Take care of YOU!



GOODBYE!!!