

# Health & Fitness



## BRAINSTORMING

Is your diet healthy?

How many fruits and vegetables do you eat in a day?

**How many times do you eat fast food in a week?**

How many glass of water do you drink?

Do you eat a lot of healthy food?

What is your daily diet?



# Discussion:

- ❖ Do you know about HEALTHY PLATE?
- ❖ Describe the picture.
- ❖ Do you have some advices to be healthy?



# **FITNESS**

**Do you like  
practice sports?**



**What do you do  
to be fitness?**

**Do you work  
out in a gym  
or at home?**

**Give some  
advices to  
be fitness.**

# SPORTS AND EXERCISES

LET'S TALK ABOUT PICTURES.



## LET'S WATCH A VIDEO

It is a video about gym from a very nice serie "FRIEND"

- [HTTPS://WWW.YOUTUBE.COM/WATCH?V=OH8PFSOLTKC&T=106S](https://www.youtube.com/watch?v=OH8PFSOLTKC&T=106S)

## ENJOY IT