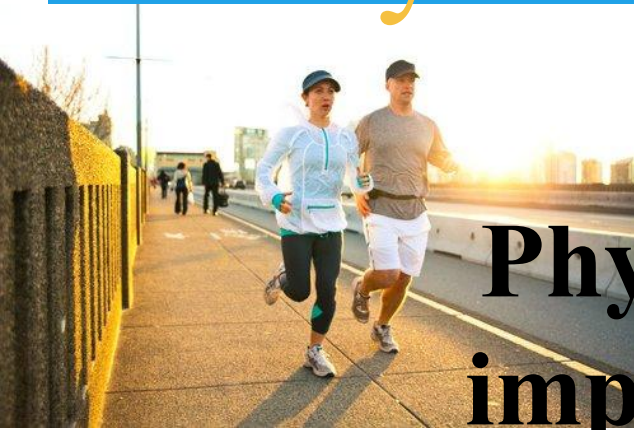


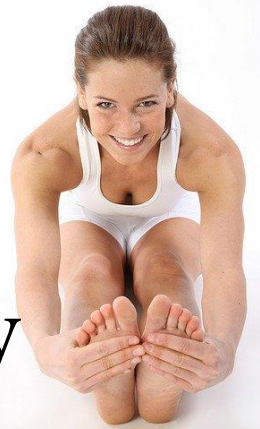
# Healthy lifestyle

The bottom of the slide features a series of overlapping, wavy lines in various shades of blue, creating a sense of movement and depth against the solid blue background.

# Physical activity-our life!



**Physical activity is very important for the healthy lifestyle. For good health you should do exercises for 30 minutes a day.**



In the morning  
don't forget  
about physical exercises

# Please stand and do exercises







Concentrate on your food!

Don't read or watch TV when  
you eat.

Eat your food slowly and  
carefully



A close-up photograph of water being poured from a glass pitcher into a tall glass containing several ice cubes. The background is a solid blue color.

Drink a lot of water

Drink at least two  
liters of water every  
day.

Tea and coffee don't  
count!

A close-up photograph of a tall glass filled with bright orange juice. In the foreground, there are several slices of fresh orange. The background is a solid black color.

Drink fruit juice

It is always good for  
you.

# Vitamins

**People need vitamins to stay healthy. They get them from the food. There are a lot of vitamins in fruit and vegetables.**



# *Fast food*

***You can hardly find any useful vitamins in Coke, chips and other fast food.***





# *Useful fruit and vegetables*

***Each vitamin is responsible for different things in the human body. We get vitamins from fruit and vegetables.***





# Vitamins

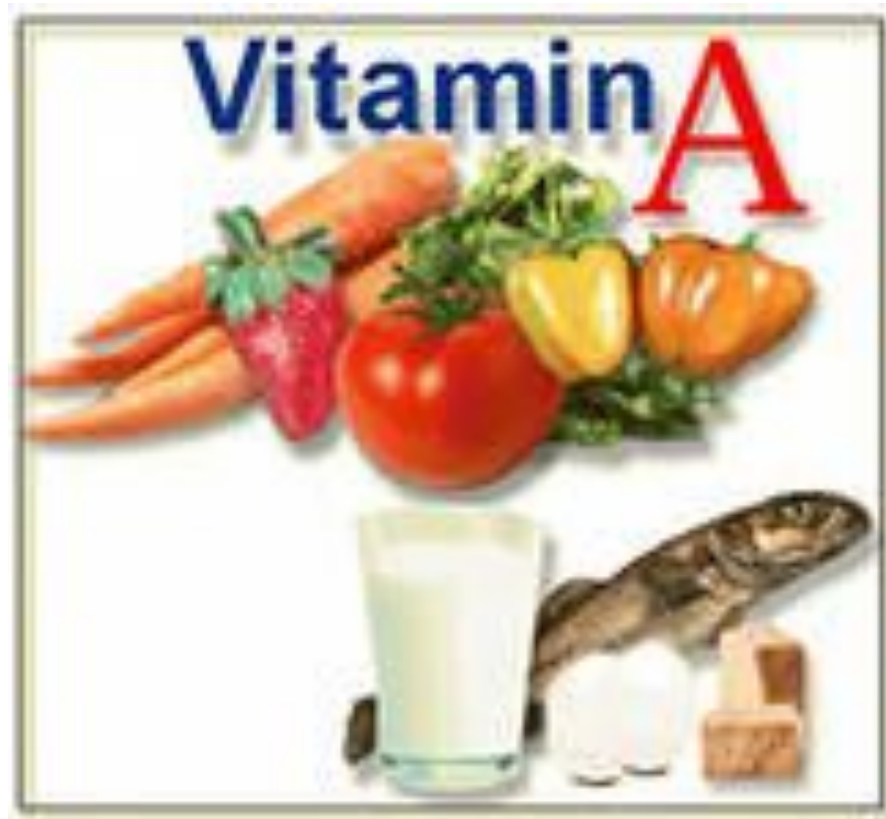
*There are about 10 major vitamins. They are usually named by a letter of the alphabet.*

*(A,B,C,D...)*



# Vitamin A

*It is in green and yellow vegetables, milk and eggs. Its necessary for eyesight.*



# Vitamin B<sub>1</sub>

*It is in meat, porridge and bread. It is responsible for the nervous system. Lack of this vitamin leads to serious illnesses and even death.*





# Vitamin B<sub>2</sub>

## Vitamin B<sub>2</sub>

Food sources of Riboflavin (vitamin B2):

Cereal, nuts, milk,  
eggs, green leafy  
vegetables  
and lean meat



# Vitamin B

***It is in fish, meat, cabbage, tomatoes, potatoes, nuts, pepper , mushrooms, carrots and greenery.***



# Vitamin B<sub>12</sub>

*It is in eggs, chicken , milk products, wheat, fish and oysters.*





# Vitamin C

*It is in every fruit and vegetable. You can find it in black currants, strawberry, oranges, onions, cabbage and green pepper. It is important for building bones and teeth. It helps to prevent colds.*



# Vitamin D

*It is in eggs. People can get it from sunlight. It makes our bones strong.*



## Vitamin D

The body itself makes vitamin D when it is exposed to the sun



Cheese, butter, margarine, fortified milk, fish, and fortified cereals are food sources of vitamin D



ADAM.

# Vitamin E

*It is necessary for skin and body. It is in the wheat and nuts.*





# Vitamin K

*It is in cabbage, wheat, fruit – bananas, kiwi and avocado.*



# Relate vitamins and products

**A**

**1**



**B**

**2**



**C**

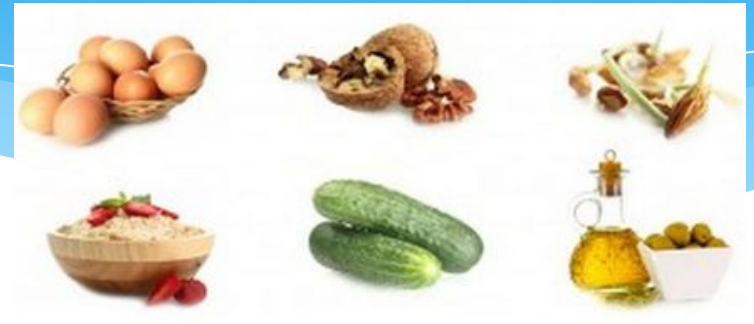
**3**



# Relate vitamins and products

**D**

**1**



**K**

**2**



**E**

**3**







*you eat to live,  
but don't live to eat.*

*Rylik.ru*

# Problem pages

- 1. You shouldn't eat hamburgers, because they are not good for you.*





**2. You shouldn't eat pizza. It is dangerous for health.**





*3. You shouldn't eat cakes, because they are fat and it is not good for you.*



**4. You shouldn't drink cola, because it is dangerous for your health.**



5. You shouldn't eat chips, because they aren't useful for your health.





*6. You shouldn't eat crisps, because they are harmful.*



*7. You shouldn't eat chocolate and sweets, because they are dangerous for health.*



**8. You shouldn't eat biscuits, because they are harmful for health.**





9. You shouldn't eat ice-cream, because it's not good for you  
sore-throat.



*10. You shouldn't eat hot-dogs, because they are not good for you.*



## ***So, to keep healthy, we should:***

- 1. First of all to eat useful food full of vitamins;***
- 2. To eat more fruits and vegetables, especially apples and kiwi: “An apple a day, keeps the doctor away.”;***
- 3. To go in for sport: to swim, to play tennis, to play football, to ski and skate;***
- 4. To go to fitness centres and sports clubs;***
- 5. Not to eat fat food: hamburgers, chips, crisps and cakes.***



# Keep fit and healthy

**We should:**

- \* eat various food;*
- \* eat more fresh fruit and vegetables;*
- \* eat low fat food;*
- \* have breakfast every day;*
- \* not to eat cakes and sweets every day;*
- \* not to eat at night.*

# To grow big and strong we should:

- \*go for a walk every day;*
- \*do some sport every week;*
- \*play computer games and watch TY less than two hours a day;*
- \*Sleep eight or nine hours a day;*

You shouldn't smoke!





You shouldn't drink alcohol.



you shouldn't smoke hookah



# Not good for us:

- \* *physical inactivity*





Thank you for your  
attention:)

be  
happy.