

# A Healthy Mind in a Healthy Body



# Proverbs

1. Early to bed and early to rise makes a man healthy, wealthy and wise.
  2. An apple a day keeps the doctor away.
  3. A merry heart is good medicine.
  4. Good health is above wealth.
  5. An hour's sleep before midnight is worth two after.
  6. A healthy mind in a healthy body.
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- a. Здоровье дороже богатства.
- в. В здоровом теле – здоровый дух.
- с. Кто рано ложится и рано встаёт, здоровье, богатство и ум наживёт.
- d. Смех – лучшее лекарство.
- е. Ешь по яблоку в день и будешь здоров.
- f. Час сна до полуночи стоит двух после полуночи.

# Decide which of these activities are good or bad for you

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- eating fruit and vegetables
- watching TV
- going to the gym
- missing breakfast
- smoking cigarettes
- drinking a lot of water
- doing morning exercises
- eating sweets and chocolate
- walking in the park
- playing computer games
- having junk food and fizzy drinks
- dancing

# Modal verbs

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**Must**

**Mustn't**

**Should**

**Shouldn't**

**Ought to**

**Ought not to**

**We use these modal verbs to give advice or recommendation**

# Healthy Diet

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- Meat
- Dairy
- Fruit and vegetables
- Bread / Cereal
- Fats / Sugar

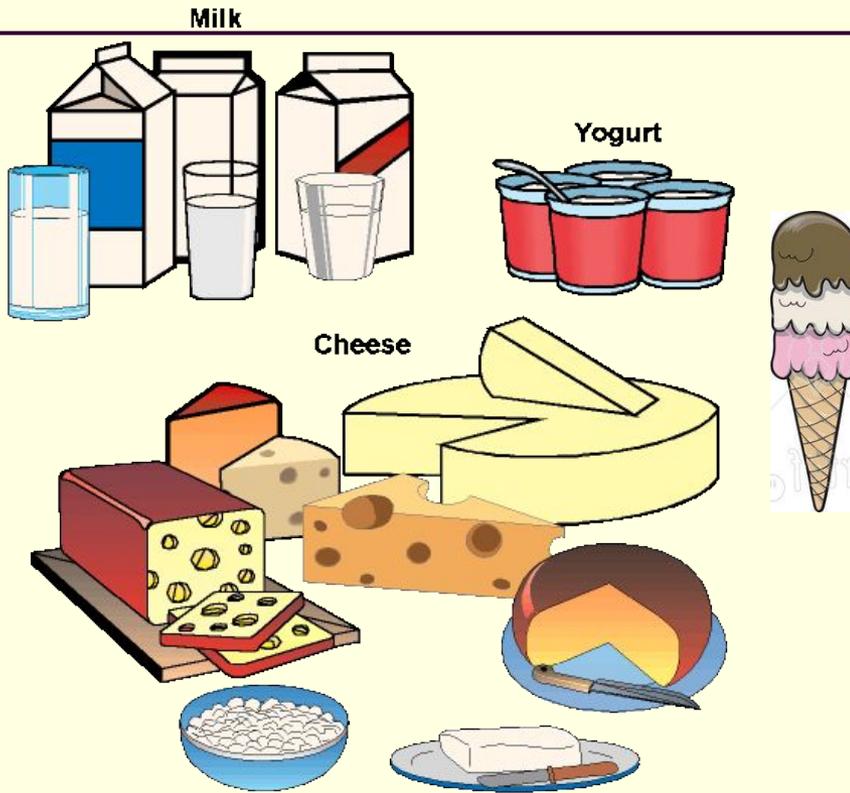
# Meat group

Meat helps us to have a strong and healthy body by providing protein



Hickory Smoked Turkey

# Milk group



**Dairy builds strong teeth and bones by providing calcium.**

# Fruit and vegetables



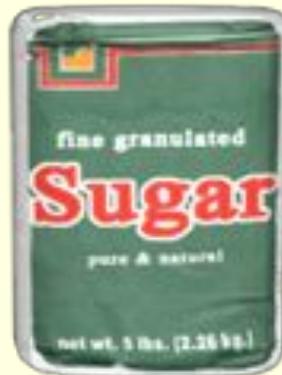
**Fruit and vegetables are good for us by providing vitamins.**

# Bread and cereal group

Bread and cereals give us energy providing protein, iron and B vitamins.



## Fats and sugar



Fats and sugar are fast sources of energy.

# Food Pyramid

It's healthy to eat more from the bottom levels of the Pyramid and fewer from the top.

**LEVEL 4: Oils, Fats and Sweets**  
Try to use only a small amount of oils, fats and sugars.

**LEVEL 3: Milk, Yogurt & Cheese Group and Meat, Poultry, & Fish Group**  
**Dairy Products:**

2 to 3 servings each day

**Meats & Fish:**

2 to 3 servings each day

**LEVEL 2: Vegetable and Fruit Groups**

**Vegetables:**

3 to 5 servings each day

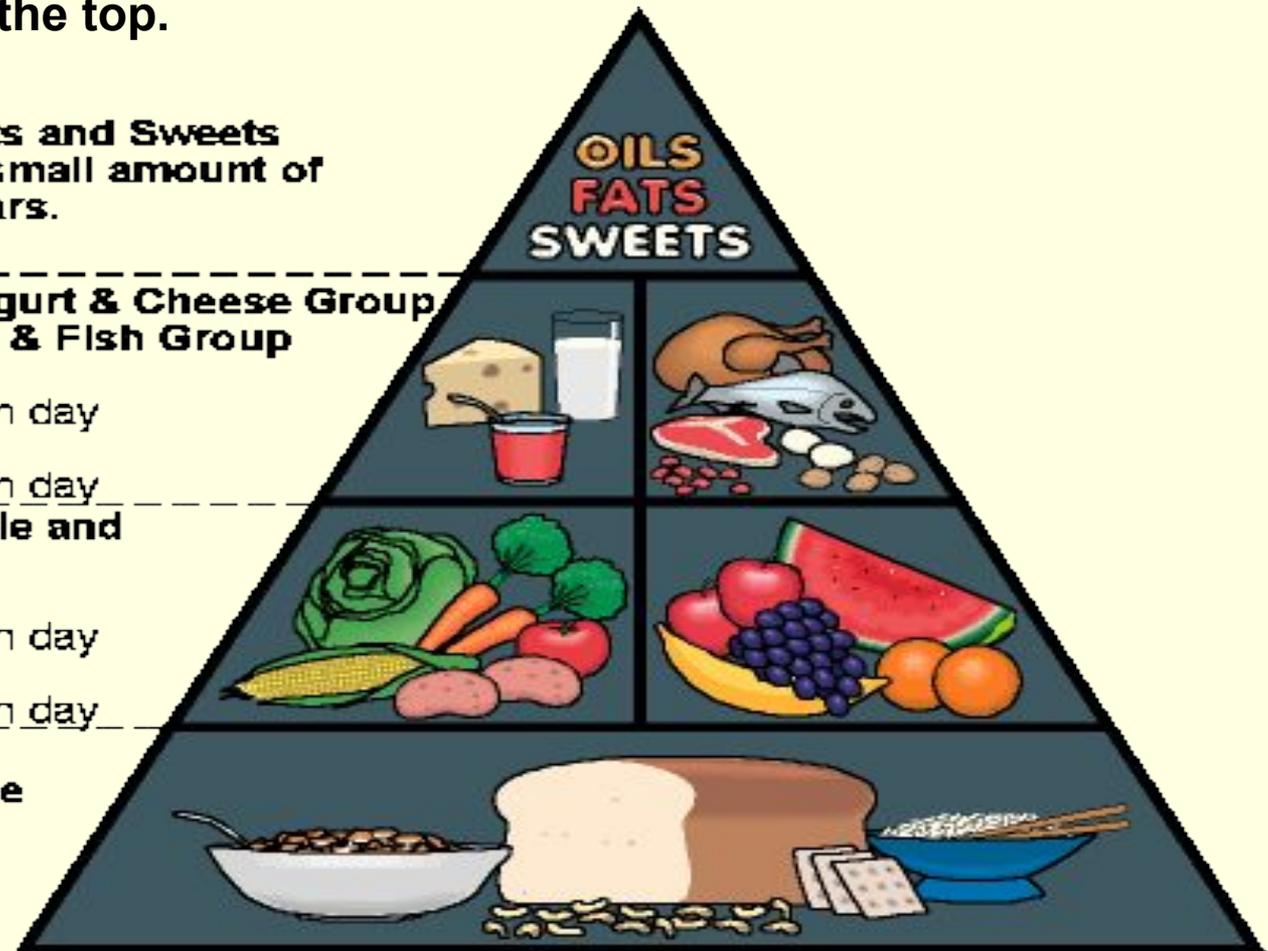
**Fruits:**

2 to 4 servings each day

**LEVEL 1:**

**Bread, Cereal, Rice & Pasta**

6 to 11 servings each day



- I'm ill.

### **Asking about health**

- Are you all right?
- You don't look well. What's wrong?
- Is something wrong?
- What's the matter?
- You look terrible. What's the matter?

### **Describing health problems**

- I'm ill.
- I feel terrible.
- I've got a sore throat (headache, stomachache, cold, flu, cough...)
- My head (tooth, leg, ear...) hurts.

### **Sympathizing**

- Oh, dear!
- Oh no, that's awful!
- I'm sorry to hear that.
- That's terrible!
- I hope you feel better soon!

### **Giving advice**

- You should...
- You ought to...
- You must / mustn't
- Why don't you... ?