

# HEALTHY LIFESTYLE

Stay Fit,

Happy

and Healthy



**Task 3. You are going to give a talk about a healthy lifestyle. You will have to start in 1.5 minutes and speak for not more than 2 minutes (10-12 sentences).**

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## **Remember to say:**

- what a healthy lifestyle is and what areas it consists of
- what people can do to stay healthy
- what way to be healthy you choose and why

**You have to talk continuously.**

# Healthy Habits Questionnaire

## *Do you have Healthy Habits?*

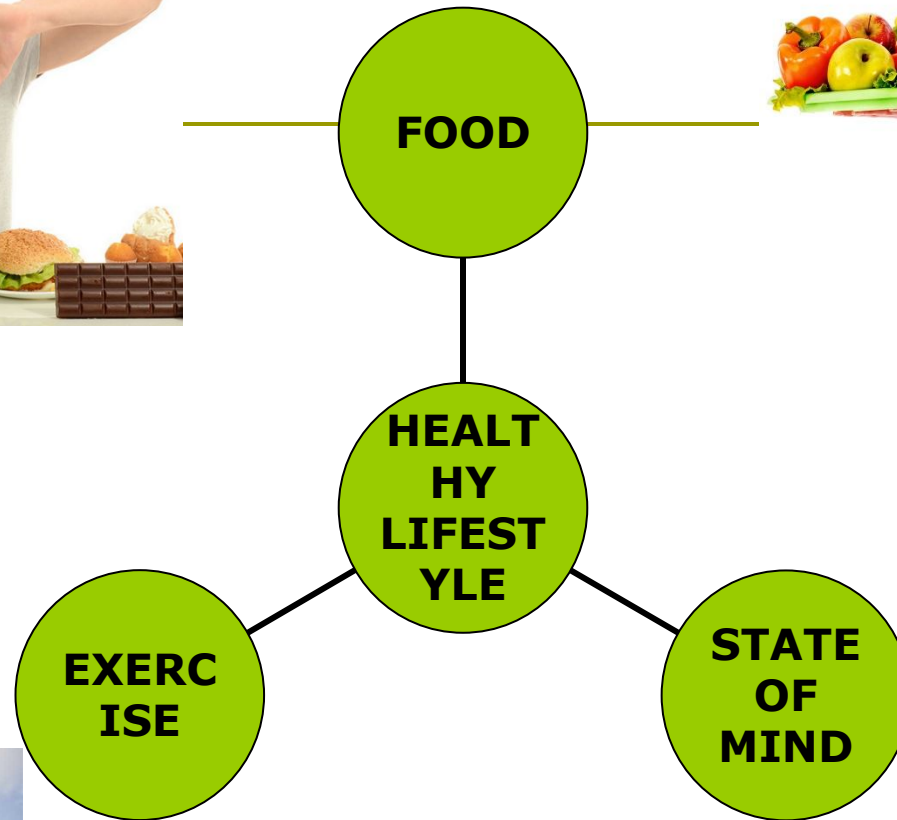
- 1 You're **starving**! What do you have as a snack?
  - a an apple and a glass of milk
  - b nothing — I'll wait until dinner
  - c a bag of crisps, some biscuits and a fizzy drink
- 2 You've got an important Maths test! What do you have for breakfast?
  - a cereal with milk and a glass of orange juice so I can **concentrate** well in the test
  - b a cereal bar to eat on the way — that way, I have time for some last-minute **revision**
  - c nothing
- 3 You're feeling a bit tired but you haven't done any exercise for a few days. What will you do?
  - a join in a game of football in the park for half an hour
  - b relax tonight and go to the gym tomorrow
  - c relax on the sofa and watch TV
- 4 There's a good film on TV later, but you have to get up early tomorrow. What do you do?
  - a **record** the film and go to bed
  - b stay up to watch the film
  - c watch the film, then check my emails
- 5 You've had a terrible day. How will you let off steam?
  - a play tennis with a friend, then **talk through** my problems
  - b sit in front of the TV and try to forget
  - c cry all night

### **Your score**

**Mostly As:** Well done! You know how you need to live to stay healthy. **Keep it up** but don't forget to **treat yourself once in a while**, too! The **key** is to have a **balanced** life.

**Mostly Bs:** Good **nutrition**, exercise and plenty of rest and sleep is needed for good health. Make some small changes and you'll feel a lot healthier!

**Mostly Cs:** You have terrible habits! **Stressing out**, eating badly and not sleeping enough is a **recipe for disaster**! Make some changes!





# Healthy Diet

- Read the diary page.
- Guess the girl's name according to the verdicts below.
- Write down the words and word expressions related to HEALTHY FOOD.
- Present your vocabulary list to the class.

## A TEENAGE DIET

A recent issue of the magazine *Shout* examined the diets of three teenage girls and gave a verdict on each one. Read this diary of what one girl ate, then work out (from the three verdicts on the next page) what her name is.



I wouldn't say I was a fussy eater and the only thing I really don't like is fish – I'm always scared I'll swallow a bone! I try to eat a balanced diet and I always have breakfast, lunch and tea which are quite healthy because I have them at home. Sometimes I'm not so good between meals and eat crisps and chocolate, and there's a McDonald's near my house, so it's really easy to go in there and buy a burger! I never used to eat vegetables but I'm starting to eat more of them now. I try to eat fruit fairly often too, but looking at what I've eaten all week, there doesn't seem to be much fruit ...!

### SATURDAY

**BREAKFAST:** Rice Krispies and toast  
**LUNCH:** Chicken soup  
**MID-AFTERNOON:** Cheese and onion crisps, Mars Bar  
**TEA:** Lasagne, chips and garlic bread  
**IN BETWEEN:** 2 Kit Kats  
**SUPPER:** Packet of crisps, toast

### SUNDAY

**BREAKFAST:** Porridge, toast and jam  
**LUNCH:** 2 bread rolls with sausage  
**MID-AFTERNOON:** Stick of rock  
**TEA:** Roast beef, potatoes, cauliflower, roast potatoes, broccoli, sweetcorn, apple pie  
**IN BETWEEN:** Sandwich, Kit Kat  
**SUPPER:** Cornflakes, cheese and onion crisps

### MONDAY

**BREAKFAST:** Porridge and toast  
**MID-MORNING:** Apple  
**LUNCH:** Chicken soup  
**TEA:** Ham salad, pasta and roast potatoes  
**IN BETWEEN:** Tomato flavoured crisps  
**SUPPER:** Crunchy Nut Cornflakes

### TUESDAY

**BREAKFAST:** Porridge  
**LUNCH:** Tomato soup and bread  
**MID-AFTERNOON:** 4 Gingernut biscuits  
**TEA:** Scotch pie, chips and beans  
**IN BETWEEN:** Ice-cream cone, Glacier Mints  
**SUPPER:** Crunchy Nut Cornflakes

### WEDNESDAY

**BREAKFAST:** Porridge  
**LUNCH:** Ham sandwich  
**MID-AFTERNOON:** 2 biscuits  
**TEA:** Spaghetti bolognese and garlic bread, ice-cream and fruit  
**IN BETWEEN:** Wotsits, Monster Munch  
**SUPPER:** Another bowl of Crunchy Nut Cornflakes with ice-cold milk!

# A Teenage Diet

**Verdict 1.** Laura's diet is quite impressive. She has lots of fruit and vegetables and has three meals each day. Apart from the odd sweet Laura's pretty healthy.

**Verdict 2.** Pamela is pretty healthy – she usually eats three main meals, although she is quite keen on sweets and crisps. If she tried swapping a couple of pieces of fruit for sweets or crisps each day, she could help her diet.

**Verdict 3.** Lucy's main meals are OK, but her snacks *could* become a bit more healthy. She *should* cut down on peanut butter and chocolate spread. If Lucy started to eat breakfast and fruit, her diet would be healthier.

# Healthy Diet

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- ❑ eat a balanced diet
- ❑ have three meals a day
- ❑ always have breakfast
- ❑ eat at home
- ❑ eat more fruit and vegetables
- ❑ cut down on sweets and crisps

# Exercising and keeping fit

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▣ **Listen and match.** *p.2-05EF87-fipi*

***The speaker talks about***

***1. the local sports centre.***

***2. doing sports at home.***

***3. his/her typical day off.***

***4. a disagreement with a friend.***

***5. healthy eating habits.***

***6. the most popular sports.***

▣ **Choose a speaker (A-E) and say what he/she does to keep fit.**



# What we do to keep fit

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## Tips

- ❑ Doing physical exercises (at home, at a sport centre)
- ❑ Walking
- ❑ Doing various sports (swimming, jogging)
- ❑ Eating appropriate (simple) food (no sweets or fizzy drinks)

## Effects

- ❑ Makes your heart and muscles stronger
- ❑ Makes you more flexible
- ❑ Helps create a happy feeling in your brain
- ❑ Makes you feel better

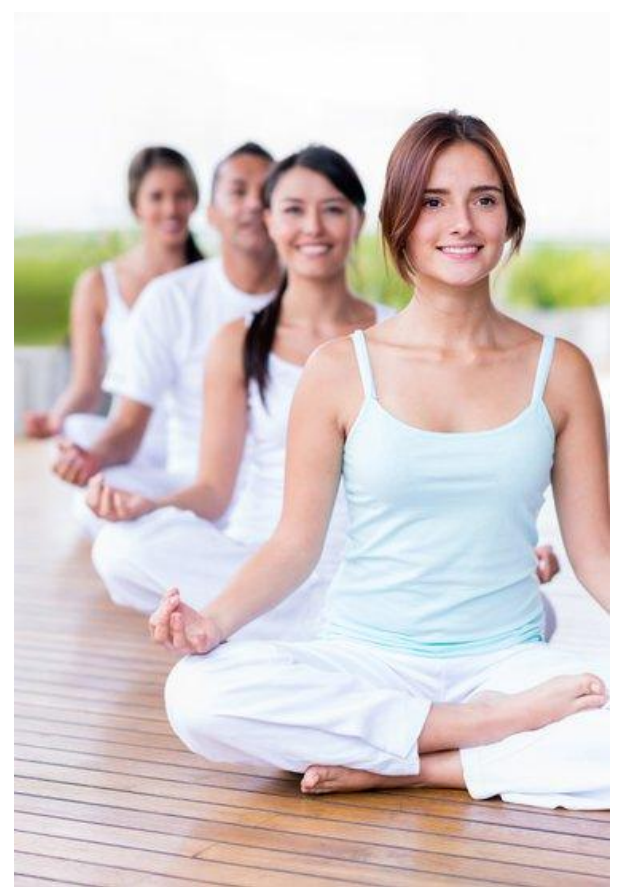


# State of mind – Coping with stress

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**Choose the best tips (1 for each member of your group) and explain your choice as in the example.**

- ❑ Making a list of all the things to do in order of importance
  - ❑ Setting oneself clear goals
  - ❑ Joking and talking to a friend
  - ❑ Joining a sports club
  - ❑ Going to keep fit classes
  - ❑ Keeping to a balanced diet
  - ❑ Closing eyes and thinking of somewhere quiet and relaxing
- e.g. I think the best tip is...because if you... (do smth), you will...*



# Making Individual Choice

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- Watch the video Speak about yourself  
*As for me, I always...because...*  
*To tell the truth, I'd like to ...because...*



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**Food**

**Exerc  
ising**

**State  
of  
mind**



# **Put a tick (✓) in a box if you know...**

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- what a healthy lifestyle is and what areas it consists of
- what people can do to stay healthy
- what way to be healthy you choose and why

## **Be ready to tell about healthy lifestyle according to the plan.**

Be Healthy: ☀ Be Happy

