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| **Early to bed and early to rise makes a man healthy, wealthy and wise.** |
| **An apple a day keeps the doctor away.** |
| **A merry heart is good medicine.** |
| **Good health is above wealth.** |
| **A healthy mind in a healthy body.** |
| **Здоровье дороже богатства.** |
| **В здоровом теле – здоровый дух.** |
| **Кто рано ложится и рано встаёт, здоровье, богатство и ум наживёт.** |
| **Смех – лучшее лекарство.** |
| **Ешь по яблоку в день и будешь здоров.** |

**Task 2**

**1) Read the notes on the health of three people and answer the questions:**

* What health problems do they have now?
* What problems might they have in the future?

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| **Marcin**, 44, machine operator,  1.83 m, 108 kg* *Diet:* eats mainly junk food, no vegetables, 6 cups of coffee daily
* *Fitness/Sleep:* no exercise, sleeps 7 hours a night
* *Social life*: goes out with friends 3 nights a week
* *Goal:* lose 14 kg and get fit for football
 | **Paulina**, 22, student, 1.73 m, 50 kg* *Diet:* eats fresh fruit/vegetables, no meat, vitamins
* *Fitness/Sleep*: does yoga, sleeps 6 hours a night
* *Social life:* has few friends, stresses about studies
* *Goal*: gain 6.5 kg, have more energy
 |
|  | **Alvaro**, 68, retired bank manager, 1.75 m, 95 kg* *Diet:* eats meat twice a day
* *Fitness/Sleep:* has backache (takes painkillers),
* no exercise, sleeps 8 hours
* *Social life:* many friends, watches TV 6 hours a day
* *Goal:* be fit enough to play with grandchildren
 |

**2) Listen to a health expert saying how one of the three people improve their health. Which person is the expert talking about?**

**Task 3**

 **Read the texts and answer the question. Prove your point of view using the text.**

* Does Mike like going to fast-food restaurants? Why?
* Does Mike do any sport? Why and when?
* Does Katy try keeping fit?
* What does Katy think about healthy food?

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| **(Mike)** *I think that fatty foods are bad for people. I try to eat less cheese, butter and ice-cream and more fresh fruit, vegetables and fish. I don’t visit fast-food restaurants, such as McDonald’s, because the food is fatty and unhealthy there.**I feel that after sitting in front of a computer and at a desk, my muscles need some exercise. For me 15 minutes of aerobics and 30 minutes of swimming are great. They are very refreshing, energetic and rhythmic. After that I feel fine and ready to work!*  |

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| **(Katy)**  *I don’t understand why people are crazy about keeping fit. Going jogging is not for me. I get my exercise by walking to the bus stop on my way to school.* *And what about the food? I like good food. I think, most healthy food is tasteless. I enjoy having a bar of chocolate or a lot of meat and potatoes.**Now many people do Yoga. But sitting on the floor with your feet behind your ears looks very uncomfortable to me. I’m sure, sitting in an armchair, watching television or reading a book is really healthy. I don’t jog or do any sports. I don’t eat healthy food; but I’m happy and nothing can be better.* |

**Task 4**

**Match the problems with the advice. Write down new words.**

* 1. You have got a **headache / backache.**
	2. You have caught **a cold / flu.**
	3. You have broken your **arm / leg.**
	4. 4. You have a **sore throat** and **bad cough**. You also have a **high temperature.**
		1. Take some **medicine / antibiotics**
		2. Go to the hospital for **an X-ray**
		3. Get some **rest** and drink a lot of **hot drinks**
		4. Take some **painkillers / pills**

**Task 5**

**What bad and good habits do you know?**

**Put the habits in the right column using should / shouldn’t.**

***Example:*** *You should clean your teeth and you will have healthy teeth.*

|  |  |
| --- | --- |
| ***good habits*** | ***bad habits*** |
|  |  |

* Cleaning teeth
* Washing a face and hands
* Doing sports
* Eating too much sweets
* Skipping breakfast
* Not eating at night
* Eating low fat food
* Getting vitamins
* Sleeping too much or too little
* Following a diet
* Eating more fruits and vegetables

**Task 6**

**Answer the questions.**

1. When does one go to see the doctor?

*(When he feels bad, complains of smth, suffers from a headache, a heartache etc.)*

2. What are the symptoms of the flu / a cold?

*(A high temperature, a sore throat, a running nose, a stuffed-up nose, a headache, Sneeze…)*

4. Where can we get the medicine / pills? *(At the chemist’s)*

5. When should people get up and go to bed?

6. How many times a day should people clean their teeth?

7. What should people do before eating?

8. What healthy food should people eat?