

ПРАКТИЧЕСКОЕ ЗАНЯТИЕ №

Тема:

Здоровье и здоровый образ жизни

HEALTHY LIFESTYLE

A Healthy Life

For a healthy life, you need to protect your body. Your body needs exercise and the right food. Most people can do some exercise. Some people have disabilities, but they can do exercise, too. You don't need lots of time or equipment to do exercise. Things that you do every day can help you to stay healthy, like walking to the supermarket or to school.



Some people need medicines every day to stay healthy. A long time ago, there were no medicines for sick people. Today, there are medicines, but there's a new problem – people are getting fatter. Many people eat too much. A lot of food today is unhealthy, for example, fast food. Many people don't do much exercise outdoors. They watch television, use the computer, and play computer games. They travel by car a lot, too.



People around the world eat about 11 million metric tons of French fries every year.



3 Write true or false.

- 1 People are getting fatter. true
- 2 Fast food is healthy. _____
- 3 Many people don't do much exercise outdoors. _____
- 4 Some people need medicines every day to stay healthy. _____
- 5 Most people can do exercise. _____
- 6 Watching television helps you to stay healthy. _____

4 Answer the questions.

- 1 Do you walk to school or to the supermarket?

- 2 Do you usually travel by car?

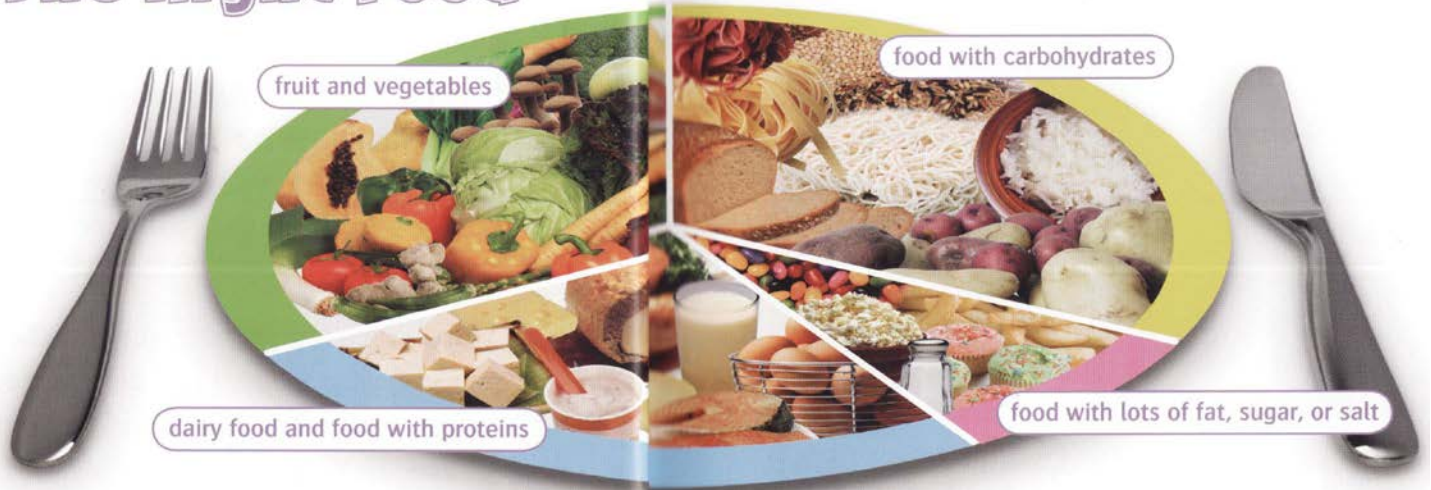
- 3 Do you do exercise outdoors?

- 4 Do you watch lots of television?

- 5 Do you use the computer a lot?

- 6 Do you eat lots of French fries?

The Right Food



You need to eat the right food. Carbohydrates give your body energy. Fiber helps to move food through your stomach and intestines. Brown bread and brown rice have lots of fiber. Fruit and vegetables also have fiber, and vitamins that help you to stay healthy.

Proteins help your muscles to grow. Meat, fish, and eggs have proteins. Dairy food like milk, yogurt, and cheese have proteins, fat, and calcium. You need calcium for healthy bones. You need iron for healthy blood. Meat, eggs, and green vegetables have iron.

This plate shows how much of each type of food you should eat. Eat lots of fruit and vegetables, and food with proteins and carbohydrates. Don't eat too much food with sugar, fat, and salt. You need a little fat to stay healthy, but too much fat can make you fat! Too much sugar and salt is unhealthy, too. Sugar is also bad for your teeth.



You should drink about eight glasses of water every day.

1 Write the words.

bread rice fish fruit vegetables milk



1 fruit



2 _____



3 _____



4 _____



5 _____



6 _____

2 Complete the chart.

bread fish meat fruit eggs vegetables

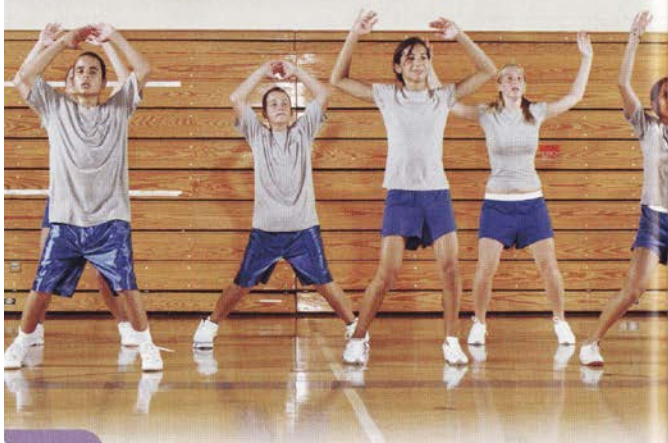
Carbohydrates	Proteins	Vitamins
bread	_____	_____
_____	_____	_____
_____	_____	_____

3 Complete the sentences.

sugar vitamins proteins fiber calcium fat

- Meat, fish, and eggs have lots of _____.
- Too much fat can make you _____.
- Too much _____ is bad for your teeth.
- Milk, yogurt, and cheese have _____.
- Fruit and vegetables have lots of _____.
- Brown bread and brown rice have lots of _____.

Exercise for Everyone



Lesson

Why is exercise good? It helps to make your bones and muscles stronger. It also protects you from health problems. It makes you feel good, and it even helps you to work better at school!

Everyone needs to do exercise to stay healthy. Exercise isn't only for young, healthy people. Older people and people with health problems or disabilities need exercise, too. Everyone can find an exercise that they can do. What exercise do you do?

2 Match.

- 1 Everyone needs to do exercise
- 2 Exercise isn't only for
- 3 You need to do
- 4 Swimming is a good exercise,
- 5 Many people with disabilities
- 6 You don't have to

- some exercise every day.
- and most people can do it.
- go to the sports center every day.
- to stay healthy.
- can do team sports and athletics.
- young, healthy people.

4 Answer the questions.

- 1 What types of exercise do you do?

- 2 What is your favorite type of exercise?

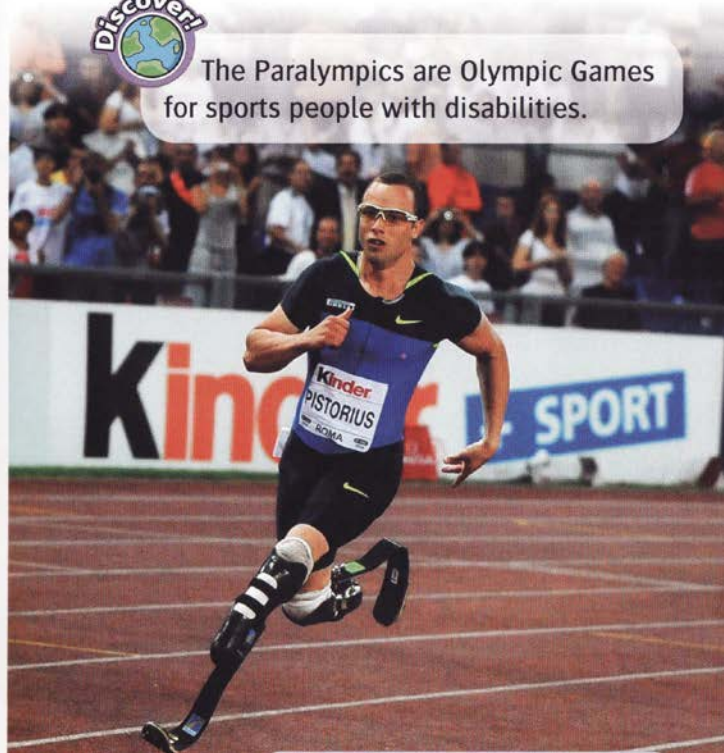
- 3 How much exercise do you do every week?

It's good to do some exercise every day, but you don't need to go to the sports center all the time. You can play sports in the park and help with jobs at home. Swimming is a good exercise, and most people can do it.

Many people with disabilities can do team sports and athletics, too. Some of the world's most amazing sports people have disabilities.



The Paralympics are Olympic Games for sports people with disabilities.



3 Order the words.

- 1 exercise / healthy. / stay / do / needs / Everyone / to / to
Everyone needs to do exercise to stay healthy.
- 2 health problems. / Exercise / you / protects / from

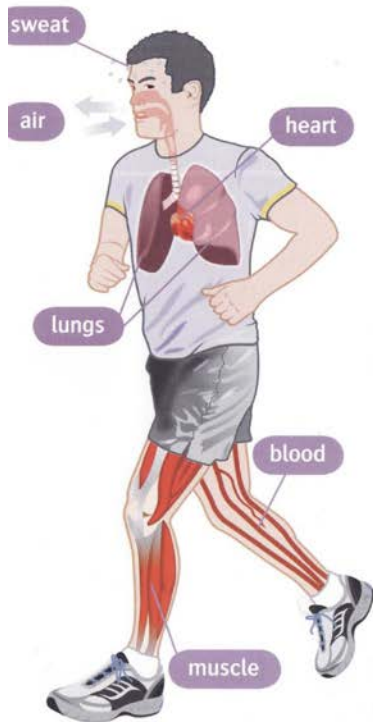
- 3 only / young / for / Exercise / people. / isn't

- 4 good / a / Swimming / exercise. / is

- 5 sports / the / You / in / play / park. / can

- 6 helps / you / school. / better / at / Exercise / work / to

Exercise and Your Body



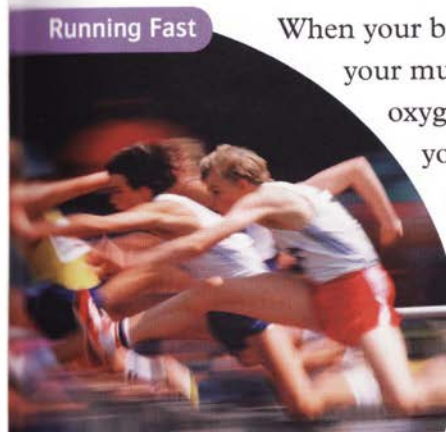
When you do exercise, you breathe faster. Your lungs take in more air to give your body more oxygen. Your heart beats faster, so it moves blood to your muscles faster. The blood takes oxygen and food for the muscles to use.

Your body gets hotter when you do exercise. Your skin feels hot, and you make water called sweat. When your skin dries, you cool down.



Swimming in the Ocean

Your muscles need oxygen to work well for a long time. When you walk, jog, cycle, or swim, you breathe faster to give your muscles the oxygen that they need. This exercise makes you more healthy.



Running Fast

When your body works very hard, your muscles can't get all the oxygen that they need. So you can only do exercise like running fast for a short time. This type of exercise makes your muscles bigger and stronger.



Most people make more than 1 liter of sweat in one hour of exercise. That's one big bottle of water!

1 Find and write the words.

u p l u n g s f o b r e a t h e h e a r t e n b l o o d o v f o o d r e s w e a t u y

- 1 _____ 2 _____ 3 _____
4 _____ 5 _____ 6 _____

2 Complete the sentences.

blood cool down breathe heart skin lungs

- When you do exercise, you _____ faster.
- Your _____ take in more air.
- Your _____ beats faster.
- Your _____ takes oxygen and food to your muscles.
- Your _____ feels hot.
- You make sweat. When your skin dries, you _____.



Rest and Sleep

It's very important to rest. When you do exercise, small pieces of protein in your muscles break. Your body needs time to repair your muscles, and to make them bigger. Don't make your body work too hard. When you do lots of exercise, it's important to rest the next day.

Some types of exercise help you to rest. There are yoga and tai chi exercises that teach people how to rest.

Exercises



2 Write true or false.

- 1 Your body needs time to repair your muscles. _____
- 2 You don't need to rest after you do lots of exercise. _____
- 3 Some types of exercise help you to rest. _____
- 4 Most people sleep between six and eight hours every night. _____
- 5 Children need to sleep for more than ninety hours every night. _____

Домашнее задание:

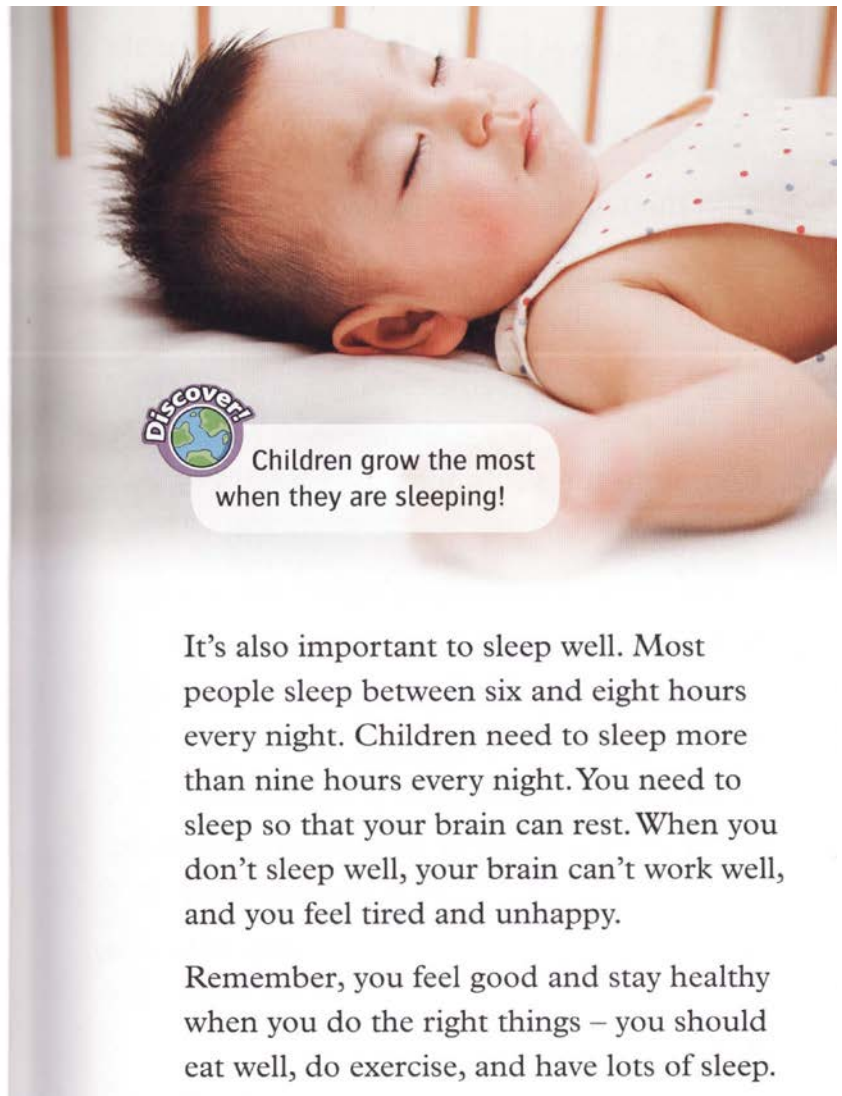
[8], с.7 упр.7:

Fill in the chart of the following food groups using the key-words given:

poultry (chicken), bread, biscuits, rice, pasta, potatoes, goose, cereals, cheese, milk, spaghetti, grapes, apples, lemon, yogurt, fish, beans, butter, turkey, natural juice, eggs, nut products, apples, carrots, onions, strawberries, broccoli, tomatoes

Dairy products	
Starchy foods	
Meat	
Vegetables and Fruits	

[8], с.11 упр.13: Talk about diet and your secrets to a healthy way of life.



Children grow the most when they are sleeping!

It's also important to sleep well. Most people sleep between six and eight hours every night. Children need to sleep more than nine hours every night. You need to sleep so that your brain can rest. When you don't sleep well, your brain can't work well, and you feel tired and unhappy.

Remember, you feel good and stay healthy when you do the right things – you should eat well, do exercise, and have lots of sleep.

3 Complete the sentences.

brain hard protein good repair healthy

- 1 When you do exercise, small pieces of _____ in your muscles break. _____
- 2 Your body needs time to _____ your muscles. _____
- 3 Don't make your body work too _____. _____
- 4 When you don't sleep well, your _____ can't work well. _____
- 5 You feel _____ and stay _____ when you do the right things. _____

[17], c.24 ynp.2, c.29 ynp.4, c.34 ynp.1, c.37 ynp.3, c.42 ynp.1:

2 Complete the sentences.

outdoors healthy travel medicines
exercise disabilities body

- 1 Today there are medicines for sick people.
- 2 People don't do much exercise _____.
- 3 Some people have _____.
- 4 You need to protect your _____.
- 5 You don't need lots of time or equipment to do _____.
- 6 Walking to the supermarket can help you to stay _____.
- 7 People _____ by car a lot.

1 Complete the sentences.

good healthy problems bones work muscles

Why is exercise good for you?

- 1 It helps to make your _____ and _____ stronger.
- 2 It protects you from health _____.
- 3 It makes you feel _____.
- 4 It helps you to _____ better at school.
- 5 It helps you to stay _____.

1 Complete the puzzle.

Make presentation on "Smoking" or "Quitting smoking"

4 Match. Then write sentences.

Carbohydrates
Fiber helps food to move
Proteins help
You need calcium
Too much fat, sugar,
and salt

your muscles to grow.
through your stomach
and intestines.
is unhealthy.
give your body energy.
for healthy bones.

- 1 Carbohydrates give your body energy.
- 2 _____
- 3 _____
- 4 _____
- 5 _____

3 Circle the correct words.

- 1 Your muscles **need** / **don't need** oxygen to work well for a long time.
- 2 When you swim, you breathe **faster** / **slower**.
- 3 Swimming makes you **fatter** / **more healthy**.
- 4 When your body works very hard, your muscles **can** / **can't** get all the oxygen that they need.
- 5 You can only run fast for a **long** / **short** time.
- 6 Running fast makes your muscles **bigger** / **smaller**.