



**Eat Fruits and
Vegetables**



Sleep Enough



Healthy Habits

**Drink Plenty of
Water**



**Exercise
Regularly**



**Laugh
A Lot!**



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!

YES

NO



should следует
(совет)
ought to

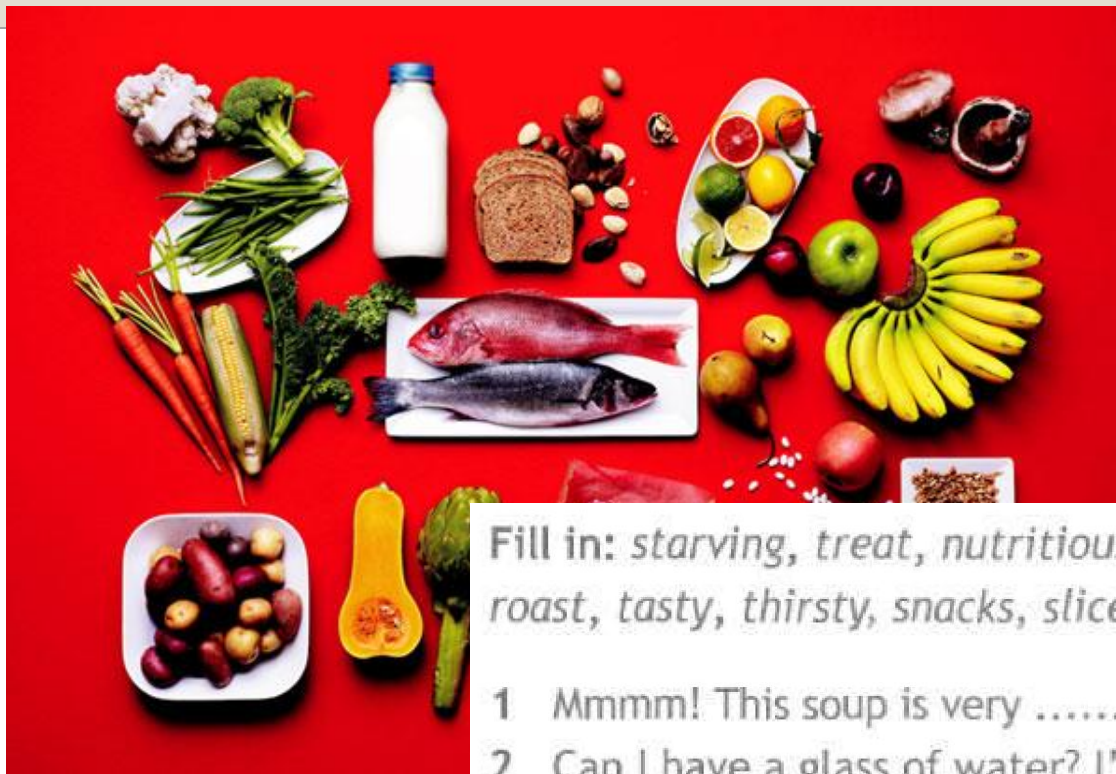
МОЖНО
may
can
мочь, уметь

Не обязан
don't have to
don't need to
needn't to + глагол

mustn't
can't
нельзя

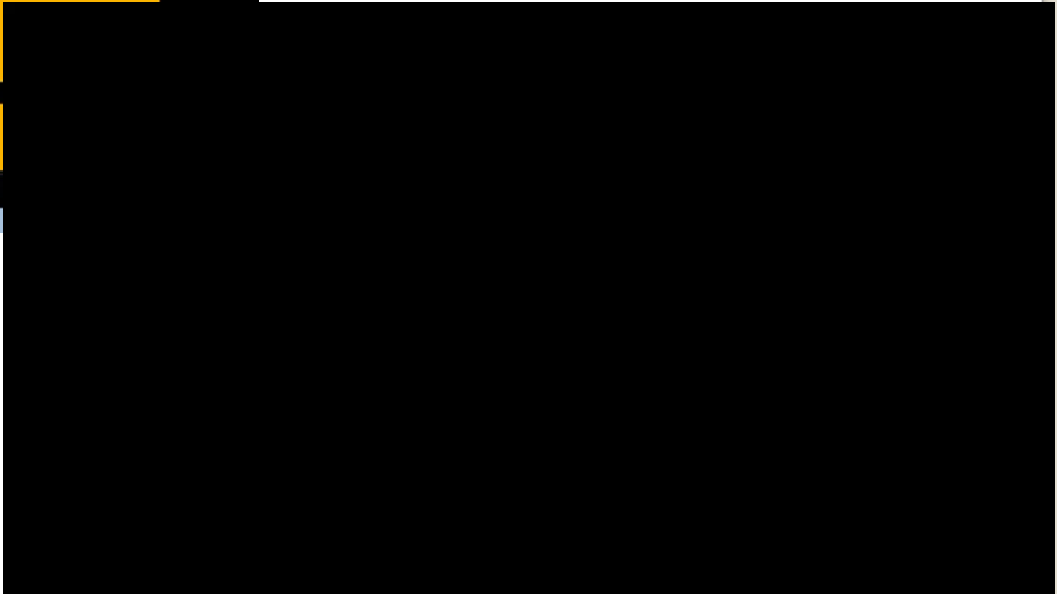
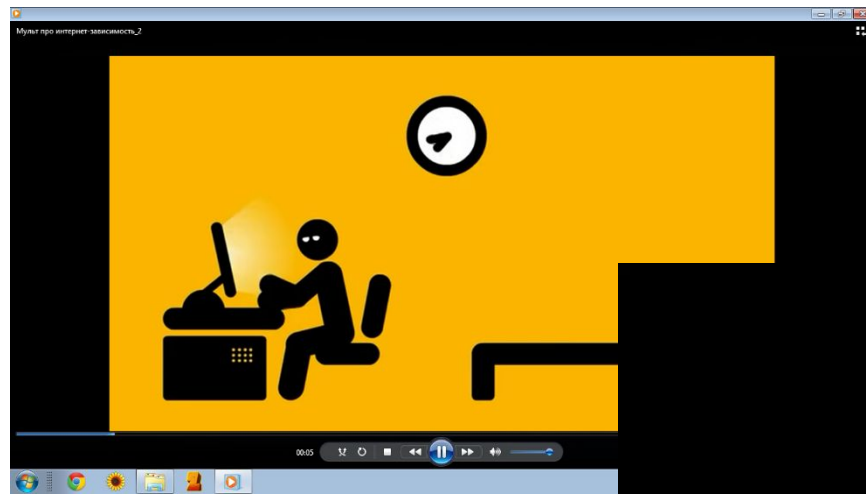
might
may возможно делает
could

must
have to
need to
должен, приходится



Fill in: *starving, treat, nutritious, home-made, dessert, roast, tasty, thirsty, snacks, slice.*

- 1 Mmmm! This soup is very
- 2 Can I have a glass of water? I'm quite
- 3 Would you like a of chocolate cake for ?
- 4 Fruit and vegetables are very They are full of vitamins.
- 5 I always eat out. I miss eating food.
- 6 Let's eat out at a restaurant tonight. It's my
- 7 Crisps and popcorn are popular children's
- 8 What's for dinner? I'm
- 9 I will have the beef with steamed vegetables.



Relax! Take it easy)))

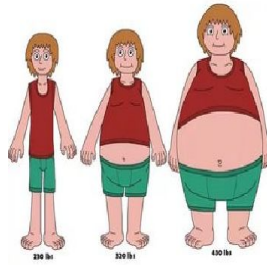
Helen's story

Before



After





Match the words to make collocations. Then make sentences, as in the example.

1 lose/put on

2 cut down on/give up

3 take up

4 join

5 go on

a a sports team/a gym

b a sport/an activity

c a diet

d junk/fatty foods, fizzy drinks

e weight

Time for advice (should (n't))

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DOS AND DON'TS

Choose the correct words, giving reasons.

- 1 You mustn't/needn't dive into the shallow end of a pool.
- 2 Must/Can we play football in this park?
- 3 You may/must drink plenty of water to stay healthy.
- 4 You mustn't/don't have to be a member to use the gym.
- 5 Do you must/need to ask your mum if you have to/can go to the match?
- 6 It's getting late; I ought to/may go to bed.
- 7 I'm going to try this new diet; it might/can work.
- 8 You don't have to/shouldn't miss meals.

Editorial column

The best bloggers of the day

Try-to-do-their-best bloggers

Next-time-will-be-better bloggers

The best rubric

Hometask for extra "5"

Speak about **healthy** and **unhealthy** habits
(remember **the video**).

Speak for 2 minutes. I know you can do it!

THANK YOU FOR WORKING SO HARD!
DON'T WORRY, BE HAPPY!