

# Healthy Lifestyle

Работу выполнила:  
ученица 8 б класса  
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# Аннотация

Работа представляет собой два письма. В одном письме мальчик Michael жалуется на свое здоровье своей подруге по переписке Kate. Он пишет ей о своем распорядке дня. Получив его письмо, Kate очень расстроилась и решила помочь ему. Она высылает ему свой распорядок дня, надеясь на то, что он будет придерживаться этого графика и начнет вести здоровый образ жизни.

Hello Kate,

Thank you for your letter. I am tired and I feel sick. And what about you? How are you getting on? You asked me about my daily routine that's why I send it to you.

□ I get up at 7:30

□ Brush my teeth



□ And have breakfast at 7:45  
(chips, sweets, coffee)



□ At 8:00 I go to school by bus.  
It takes me 10 minutes.



□ At 8:30-14:30 I have 6 lessons at school



□ 14:30- I go home by bus



□ At 14:45 I have dinner I often eat hot dogs with pepsi



□ From 15 to 18 I play computer games



□ At 18:00 I have supper. I always eat pizza and drink cola



□ At 18:30 I watch TV and do my homework



- At 21:00 I like to drink tea with cheeseburger and then I am sitting on Internet.



- At 23:00 I go to bed

*It was my daily routine.*



To tell the truth, I sometimes drink alcohol.  
But it doesn't matter.



I am sorry, but I have to stop writing now. My mother asks me to help her.

I miss you so much and I look forward to hearing from you answering.



*Best wishes, Michael.*



*Hi, Michael!*

Thank you for your letter. I am fine. But I have been shocked by your letter. You eat unhealthy food, play computer games a lot, smoking and drinking. It's awful. It's harmful for your health. But I can help you. I want to give you some advice.

# *Look at my daily routine*

- At 6:00 I get up and take a shower
- At 7:00 It's time for breakfast.  
Eat only healthy food!  
(vegetables, fruits, cereal; drink milk)





□ At 7:30 I always do morning exercises



□ At 7:45 I go to school on foot



□ 8:30-14:30 I have 6 lessons at school

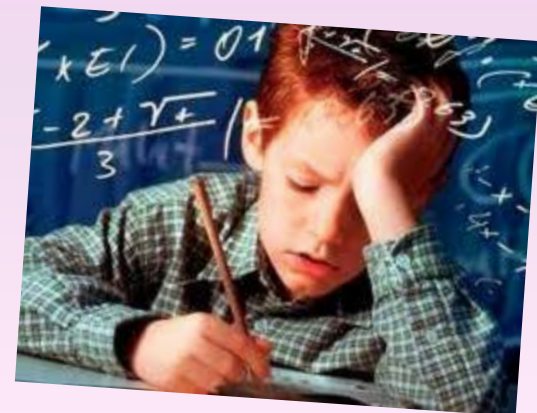


□ At 14:30 I go home on foot.



□ At 15:00 I have lunch.(soup, salads)

□ At 15:30 I do my homework





Time from 17:00 to 18:30  
you can go for a walk.

□ At 18:30 I have dinner.



□ At 19:00 I read books or doing  
my hobby

□ At 20:00 I sometimes watch TV or use the Internet.



□ At 21:00 I go to bed.



*Here's your new daily routine.* I hope you will follow it.

*Looking forward to hearing from you. Kate.*

# Используемая литература

- Учебник английского языка 8 класс «Happy English.ru» К. Кауфман, М. Кауфман.
- Интернет: <http://www.google.ru>

