

# Your health

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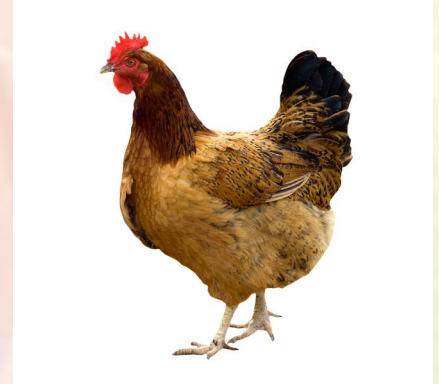
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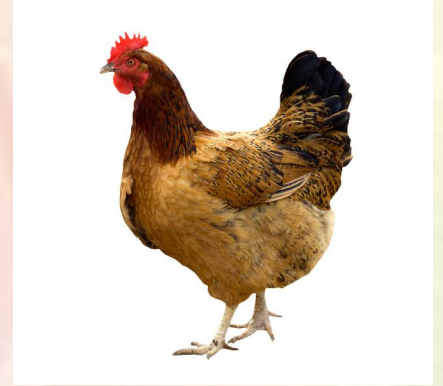
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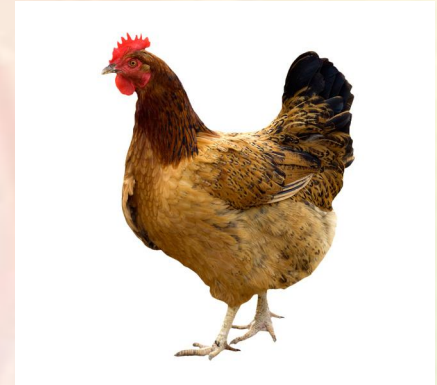
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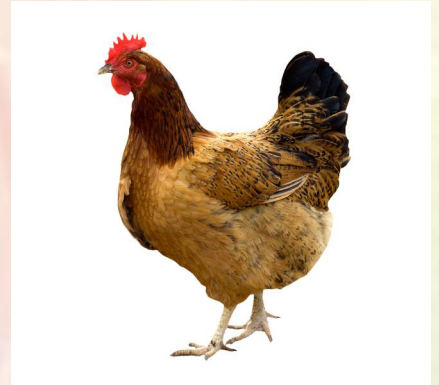
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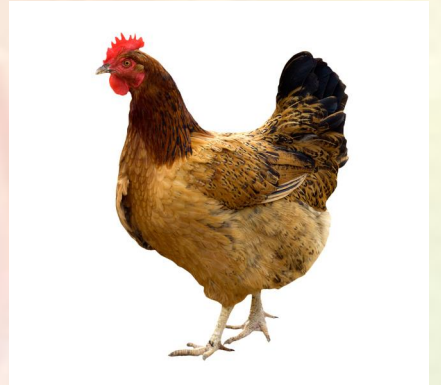
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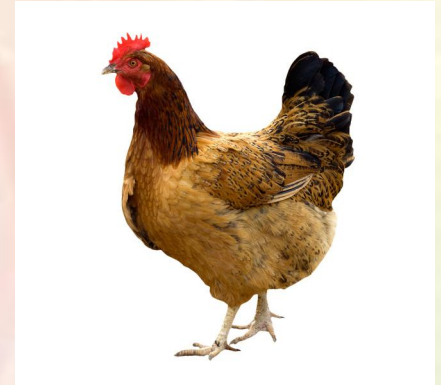
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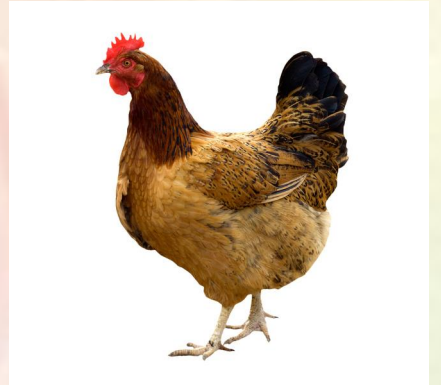
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# HEALTH





## Read the words, please:

[ʃ] **shirt, short, she, fish, shop, shy, wash**

[tʃ] **cheese, teach, teacher, much, chess**

[dʒ] **jump, cabbage, jam, sandwich, jeans, juice**



**Do you swim  
in the  
swimming  
bath?**

**Do you drink  
milk?**

**Do you run in  
the park?**

**Do you eat  
apples?**

**Do you clean  
your teeth?**

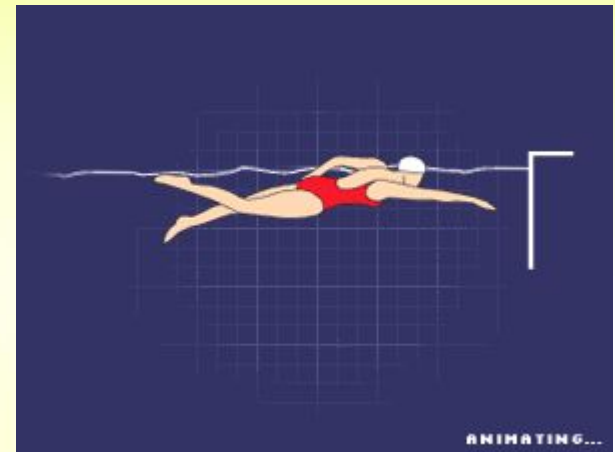
**Do you sleep  
well?**

## ЗАПОМНИ

- **YOU MUST**
- **You must do morning exercises.**
- **You must read books.**
  
- **YOU MUST NOT**
- **You must not ride a bike on the road.**
- **You must not play football at school.**

# Скажи, что нужно делать, чтобы быть здоровым:

- You must play football.
- You must play ....
- You must ....



# Назови безвредные продукты, которые мы должны употреблять в пищу.



- You must eat ...
- You must drink ...



# Назови вредные продукты, которые мы не должны употреблять в пищу.



You must not eat ...  
You must not drink ...



# Выбери нужную форму глагола “must” – утвердительную или отрицательную

- You ... clean your teeth.
- You ... drink much coffee.
- You ... visit a doctor.
- You ... eat a lot of sweets.
- You ... eat tomatoes.
- You ... drink juice.
- You ... swim a lot.
- You ... skip and jump.





**Переделай предложения, чтобы они начинались так “You must not...”:**

- **Don't drink a lot of coffee.**
- **Don't run on the road.**
- **Don't play with the ball at school.**
- **Don't eat a lot of sweets.**
- **Don't eat chocolate.**



6 Прочитай статью доктора Хелса и скажи, что ты должен делать, чтобы быть здоровым.

Eat carrots, apples and cabbage. Have porridge, cheese and milk for breakfast. Drink juice **every day**. Don't eat many sandwiches, sweets and cakes. You must **wash** your face and hands. You must **clean** your teeth every day. You must run in the morning. You must skate and ski. You must swim, skip and jump. You must play football or tennis. Don't be lazy! Walk and play with your friends! Be healthy and happy!

Напиши по пять предложений  
в каждый столбик:

• You must...

• You must not...



The background is a light blue gradient with various abstract elements. In the top left, there are overlapping circular shapes, some containing numbers like '6', '5', and '4'. In the top right, there are blue geometric patterns, including a large arrow pointing right and some circular motifs. The overall aesthetic is clean and modern.

# Homework

- Workbook ex.3, p.26

# Список литературы

- Биболетова М.З. Enjoy English. 3 класс – Титул, 2008.
- [http://library.thinkquest.org/03oct/00923/animatedBoy\\_plays\\_doctor\\_s\\_m.gif](http://library.thinkquest.org/03oct/00923/animatedBoy_plays_doctor_s_m.gif)
- [http://www.toonups.com/thumb-medical\\_art\\_doctor\\_2\\_chart\\_explains.png.190.c.w.gif](http://www.toonups.com/thumb-medical_art_doctor_2_chart_explains.png.190.c.w.gif)
- <http://www.hatcountry.com/images/Laguna.jpg>
- [http://theassociation.blogs.com/the\\_association/new%20ball.jpg](http://theassociation.blogs.com/the_association/new%20ball.jpg)
- [http://vegetarianorganicblog.com/pix/organic\\_tomatoes.jpg](http://vegetarianorganicblog.com/pix/organic_tomatoes.jpg)
- <http://www.faqs.org/photo-dict/photofiles/list/359/716hen.jpg>
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- <http://i30.tinypic.com/24ydds6.gif>
- <http://www.hotdw.com/wp-content/uploads/2009/05/cartoon-dog.jpg>
- <http://www.freefever.com/animatedgifs/sports/animated/tennis4.gif>
- <http://jonasbeckman.com/wp-content/oldimages/38117682frontcrawlturn.gif>
- [http://www.freefoto.com/images/11/12/11\\_12\\_2---Sweets\\_web.jpg](http://www.freefoto.com/images/11/12/11_12_2---Sweets_web.jpg)