

Theme:

”How to be  
healthy?”



Aim of the lesson:

***We are to answer the  
question:***

***"How to be healthy?"***



# Healthy and unhealthy food



# barbecue



# pizza

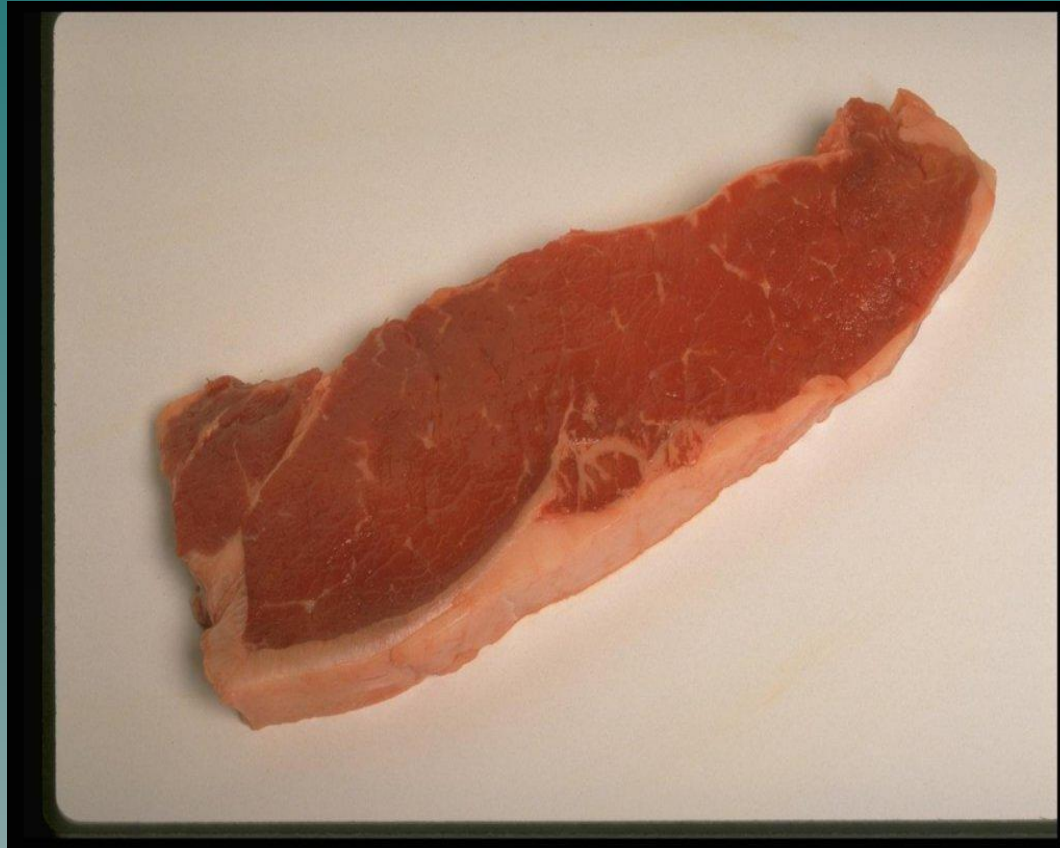


# fish





# meat



# cheese





# bread



# Eggs and milk



# salad



# sweets





# cake





You should eat fruits and vegetables.



# apples



# bananas





# strawberry



# lemon





# berry



# fruits



# vegetables



# oranges



# Advices

# How to be healthy





Do not play computer games for more than hour a day.



You should do some sport every week.



# You should have a hobby.



# *Present perfect tense.*

- ◆ *Nazarov Dilshod*
- ◆ *Rakhmatullayev Odil*