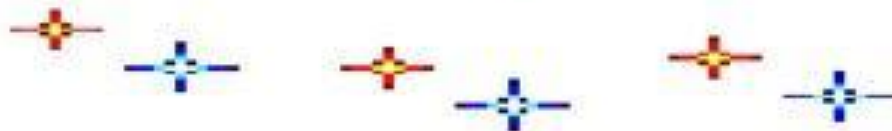


# Phonetic drill

**This is a mouse  
She lives in the  
house.**

**This is a cat,  
He is very fat.**



# aspect of keeping healthy



## New words

- To take a bath- ваннаға түсу
  - To take a shower- душқа түсу
  - To brush the teeth- тістерді тазалау
  - To comb a hair- шаш тарау
- To clean a shoe- аяқ киім тазалау

# How to be healthy?

- Keep moving
- Keep clean
- Brush your teeth regularly
- Eat healthy food
- Organize your daily routines
- Visit a doctor if you need
- Keep smiling



# Keep moving

- Do some sports 3 or 4 times a week
- Go for a walk every day
- Spend weekends out-of – town
- Never use a lift
- Learn some exercises and do them regularly

# TO KEEP HEALTHY AND FRESH YOU SHOULD

- Take a bath twice a week



# Keep yourself clean

- Take a shower twice a day



# Keep yourself clean

- Brush your teeth twice a day





# Keep yourself clean

- **Comb your hair  
5 times a day**



# Keep yourself clean

- Clean your shoes every day





- To comb a hair



- To brush the teeth



- To clean a shoe



- To take bath



- To take shower

## Put the verbs in brackets into the correct form using HAS/HAVE to

- 1) She DOESN'T HAVE TO GO THERE
- 2) He HAS TO DO SPORT
- 3) I don't have to eat all these fruit
- 4) I \_\_\_\_\_ (not/meet) my friend.
- 5) She \_\_\_\_\_ (go) to the doctor.
- 6) you \_\_\_\_\_ ( not/drive) the car.
- 7) Aidos \_\_\_\_\_ (clean) his shoe.
- 8) Madina \_\_\_\_\_ ( not/read) the book

# Eat healthy food

- Do you know what is good for you and what is not?

