

What do we need to do to be healthy?

- don't eat junk food
- don't smoke
- don't drink alcohol drinks
- eat a lot of fruits and vegetables
- do sports



and especially

- don't put myself in danger/ at risk



How do you understand the word combination
“risk”?

-to decide to do something even though you
know it may have bad results.



Taking risks



Extreme sports



doing kite surfing



going trekking in the mountains



doing skydiving



going on a big roller coaster

walking a tightrope



doing whitewater rafting

What can you see, hear, feel, and smell?

How do you feel:



excited/ thrilled



scared/ terrified

e.g. I'm **skiing in the mountains**. The air smells clean and fresh. I feel **excited**.

Ex. 2. p. 124

Seeking approval	
<ul style="list-style-type: none">• I'm thinking of... . What do you think?/Do you think it's a good idea?• What do you think about ...? Do you think I should?	
Approving	
<ul style="list-style-type: none">• Yes, definitely!• Sure, go for it!• I think it's a great idea!	<ul style="list-style-type: none">• If I were you, I would.• Why not?
Expressing doubt/disapproval	
<ul style="list-style-type: none">• If I were you, I wouldn't• I would think twice about doing that./I'm not sure that's a good idea.• Hmm ... I don't know.	

Seeking approval

- speaking to someone you don't know at a party
- getting a new haircut
- trying some food you've never tried before
- taking up a new hobby
- getting a part-time/ summer job
- learning foreign language

E.g.: A: I'm thinking of going to speak to that girl over there. Do you think I should?

B: Sure, go for it!

Be careful!



scratch



break



bruise



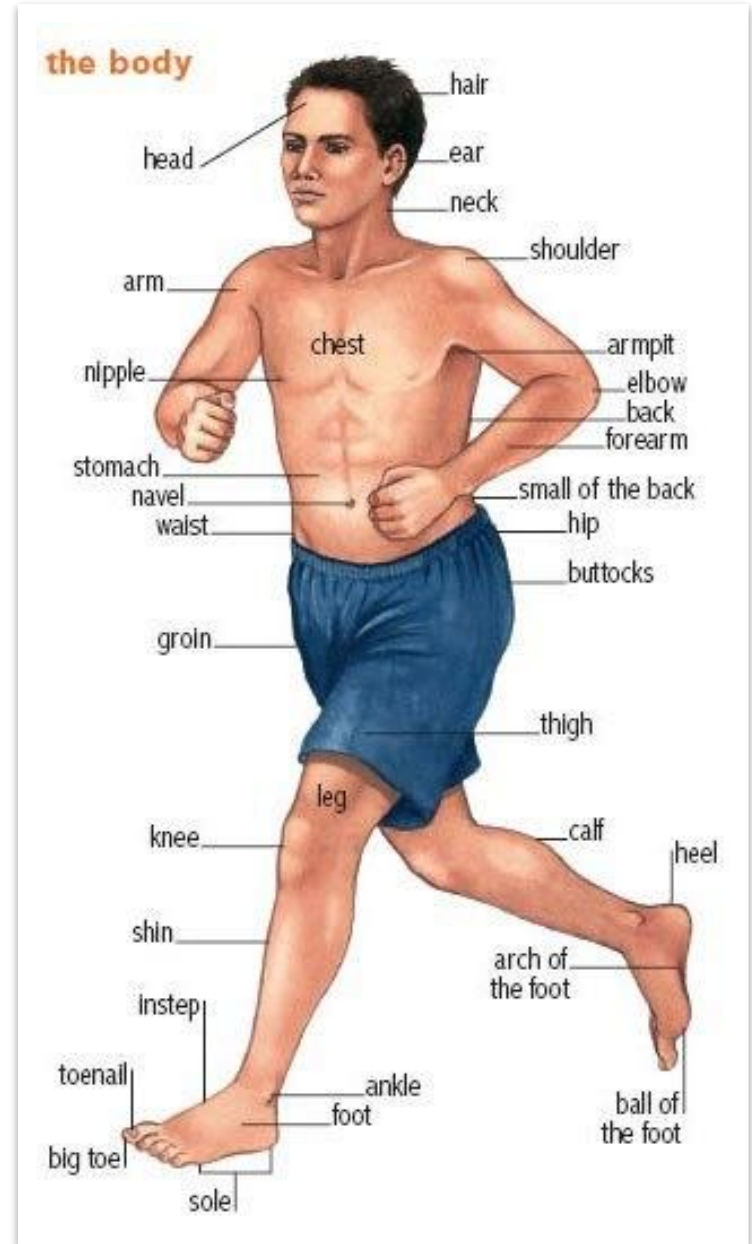
sprain



burn



bump



Ex.3 p. 124

Прочитайте и письменно переведите.



black eye фингал

silly ['sɪli] простой, глупый; глупо

risky ['rɪski] рискованный

obviously dangerous определённо опасный

to stick to a safer sport заниматься более
безопасным спортом

accidentally [,æksɪ'dentəli] случайно; нечаянно

Ex. 4 p. 124 (ВЫПОЛНИТЕ ПИСЬМЕННО)

- in a way that can be easily seen or understood **obviously**
- accidentally by chance or by mistake **accidentally**
- to limit yourself to doing or using one particular thing and not change to anything else **stick to smth**