

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

# 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



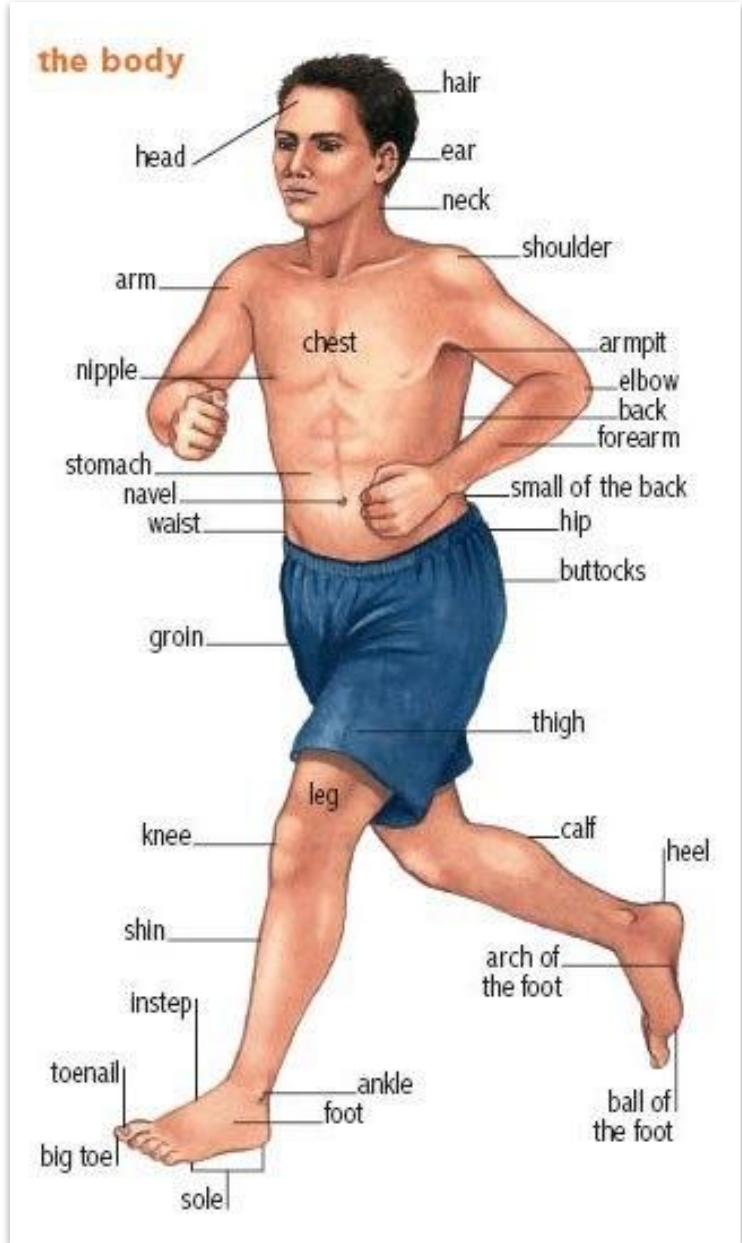
sprain



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**