

**урок в 9 классе**

**"Health is above wealth"**

## 1. Agree or disagree:

Adverts often make you buy one thing instead of another.

They show life unrealistically.

I don't think they help to improve your taste.

People seem to be happy consumers.

Most ads convince people to buy things they don't need.

Adverts are annoying and silly.

A bad point of advertising is that it is misleading.

It puts pressure on people.

Commercials teach you how to get the best value for your money.

Commercials are impossible to check.

## Translate into English:

Я часто жалуюсь на рекламу.

Реклама еды оказывает нежелательное давление на меня.

Перерывы на рекламу раздражают.

Я спешу на кухню приготовить закуску, когда идет реклама.

Я не хочу, чтобы спонсоры рассчитывали на меня как (as) покупателя.

Реклама даёт необходимую информацию о товаре.

Некоторые передачи невозможно смотреть из-за большого количества рекламы.

К сожалению, многие рекламные ролики не дают правдивую информацию о продуктах.

Share your opinion on advertising (7-10 sentences)

# Vocabulary

start counting calories.

eat less of everything

exercise more

to be slim

eat at night

sleep too much

get enough vitamins

uses high-fat food

influence one`s appearance

constant snacks

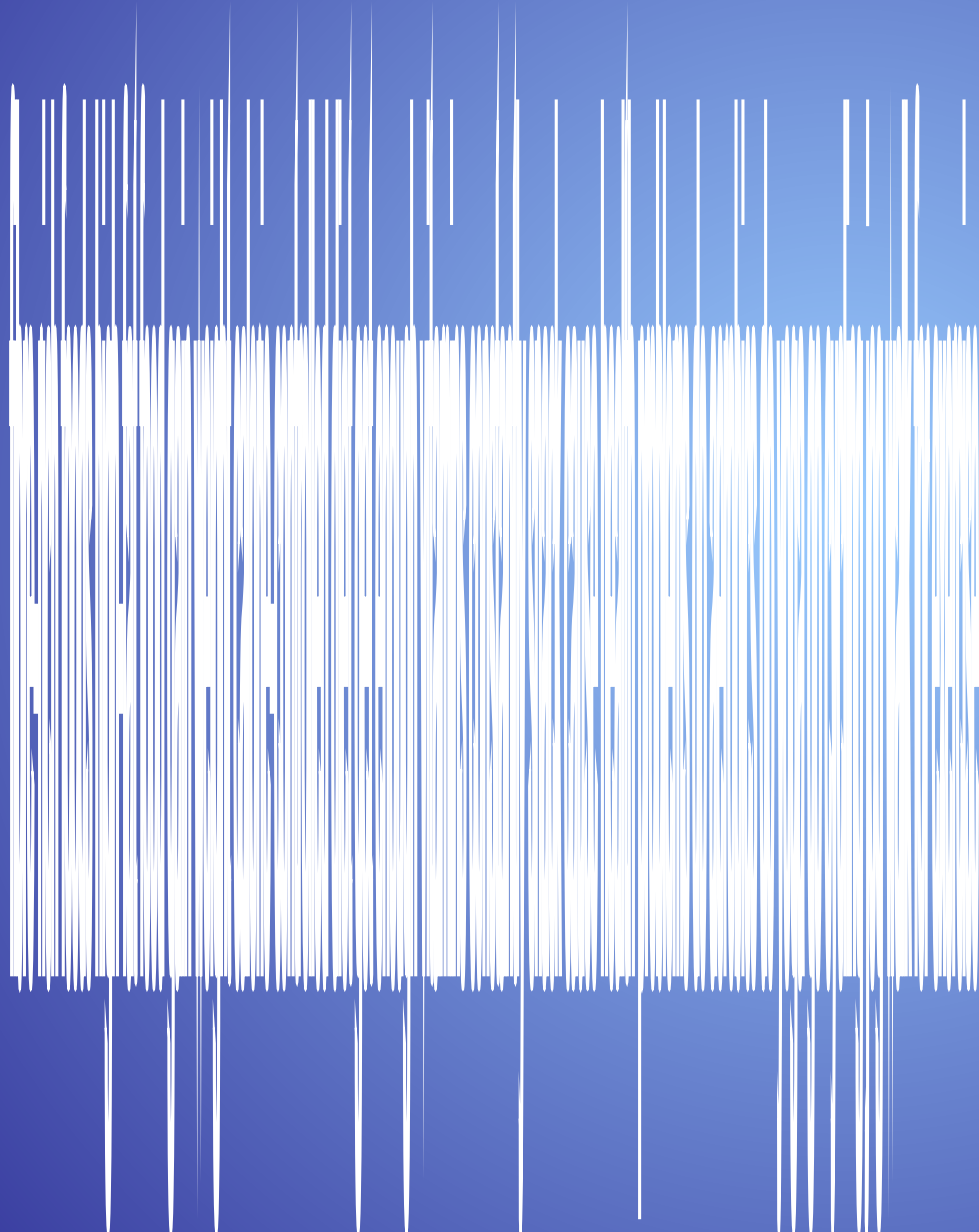
cause health problems

# Translate the sentences:



# Translate the sentences:

He must start counting calories. The more so, he should eat less. She should exercise more to be slim. I don't eat at night.

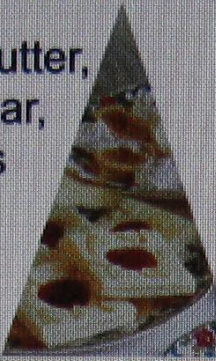




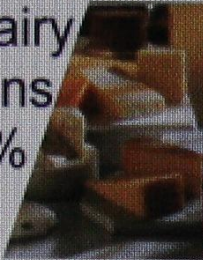
# FOOD PYRAMID

Salt 6 g/a day

Fats, butter,  
oil, sugar,  
biscuits  
1%



Dairy  
2-3 portions  
12%



Meat, fish,  
eggs, poultry  
2-3 portions  
12%



Vegetables  
3-5 portions  
20%



Fruit  
2-4 portions  
15%



Corn, cereals,  
bread, noodles  
6-10 portions  
40%



Good drink water

Daily physical  
exercising

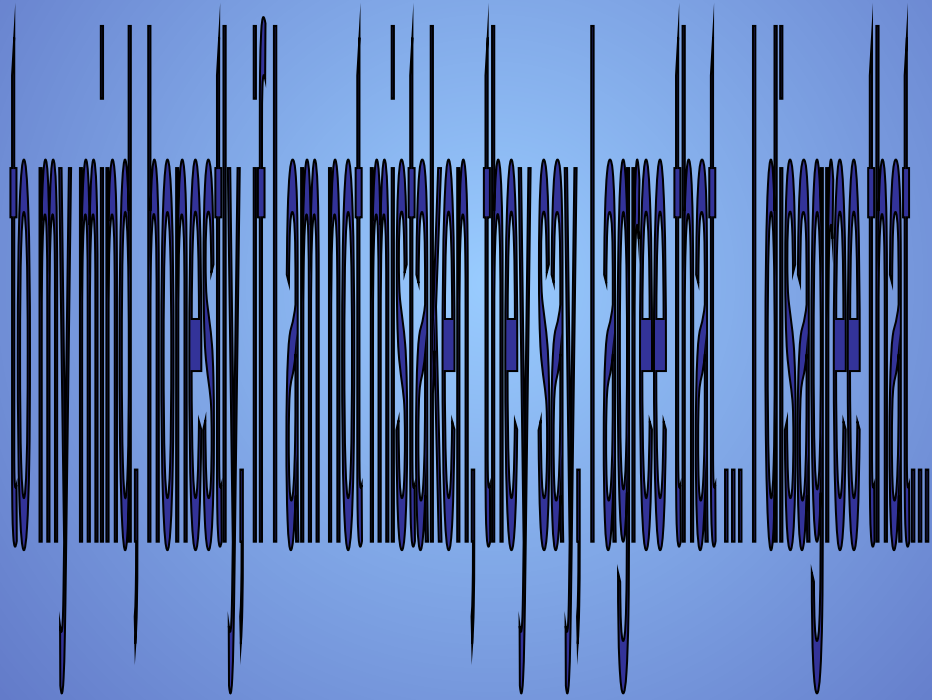




Translate into English,  
use Present Perfect Progressive:

1. Он считает калории с февраля.
  2. Она следует диете с марта.
  3. Они употребляют витамины  
в течение 2 месяцев.
- Я применяю пасту Колгейт

с прошлого лета.



What is the odd one?

1. smoking, taking drugs, cancer
2. a cough, heart disease, yellow teeth
3. unclear speech, unhealthy skin, drinking alcohol
4. loss of memory, slow reactions, smoking

Make up sentences:

1. I (not to smoke) since May.
2. She (to take drugs) for 3 months.
3. He (to drink alcohol) since January.
4. They (not to diet) for 2 weeks.
5. You (not to use) Nivea cream since October.
6. We (read) a book for 2 days.









-Hello, you look so slim!

-Actually, you are right.

I try to eat only low-fat food,  
more fruit and vegetables,  
that are rich in vitamins.

-By the way, do you smoke?

-I have not been smoking

since November.

-...and your skin looks fresh and healthy!

How did you manage to give up this bad habit?

-In fact, it was rather hard for me,

but some firms don't employ people  
who are smokers



