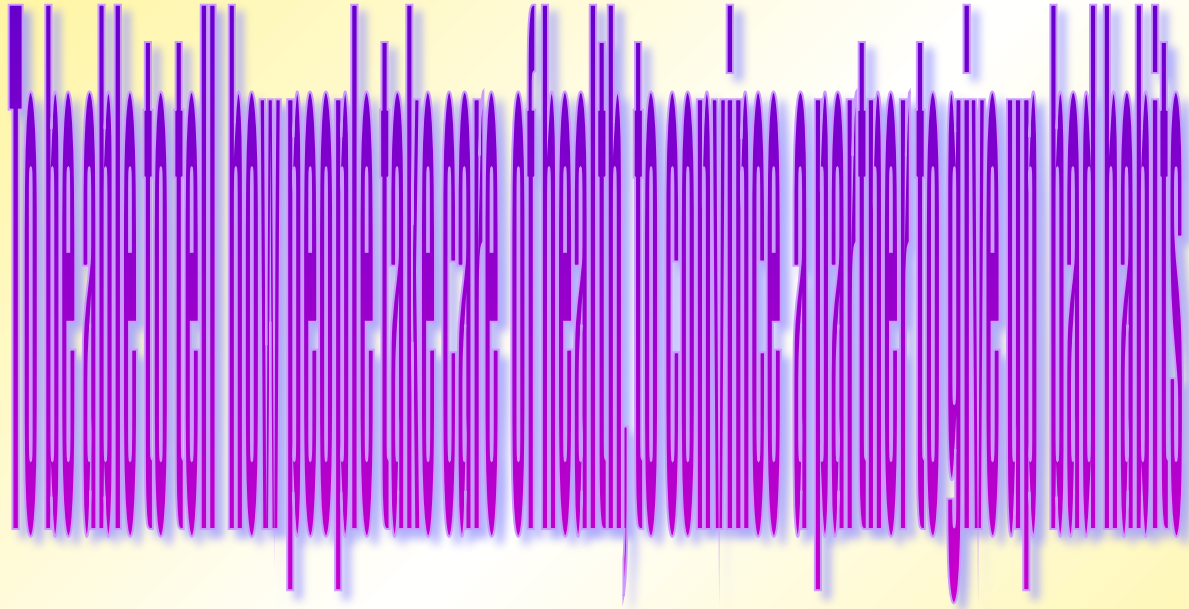


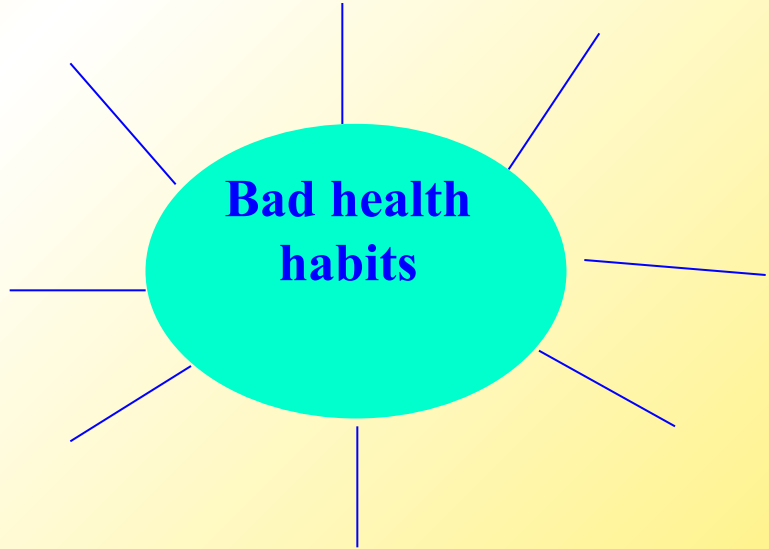


Healthy Habits



Aims:







Good Habits



- Regular meals
- Physical activity
- Sleeping 7-8 hours a day
- Following a healthy diet



Bad habits

- Smoking
- Drinking alcohol
- Taking drugs
- Much eating
- Watching TV a lot



«MORE or LESS»



- 1. You should eat ... fat food.**
- 2. You should walk ... to be healthy.**
- 3. You should eat ... fruit and vegetables.
They are useful for your health.**
- 4. Doctor advise to smoke ... and do
exercise**
- 5. You should eat ... sugar-rich foods.**



Life is busy with school, homework, sports and other activities and you really need to catch up on your sleep.

Here are three reasons why you should get more sleep:

YOUR BODY NEEDS SLEEP

As a teenager, you *must* get enough sleep – more sleep than an adult. Your body is still growing and your brain is still developing. Experts say that you should get between eight and nine hours of sleep each night.

SLEEP HELPS YOU DO BETTER AT SCHOOL

When you're tired you can't concentrate in your lessons. It's more difficult to learn.

SLEEP KEEPS YOU HEALTHY

Without enough sleep, your body gets weak, and it's easy for you to catch a cold and other illnesses. When you're tired you often eat food with more sugar in it and that isn't good for you.

A GOOD NIGHT'S SLEEP



TEENAGERS WHO GET ENOUGH SLEEP ...

- usually have better skin.
- eat less junk food.
- are less likely to experience depression

How to get a good night's sleep:

- You shouldn't watch TV, surf the Internet or play computer games before you go to bed. To get to sleep, you need to feel relaxed.
- If you're hungry, have a light snack. You mustn't eat a big meal before you go to bed – it will keep you awake.
- You shouldn't drink any drinks with caffeine or sugar in the evening.

FACT! *Some high schools in the US start classes later so that students can sleep a little longer.*

Reading A magazine article

- 1 Work with a partner. Look at the photo and answer the questions.**
 - 1 How many hours of sleep do you think teenagers need?
 - 2 What can happen if you don't get enough sleep?

- 2 Read the article and check your answers. What's the main aim of the article?**
 - a To offer advice to teenagers.
 - b To tell teenagers why their parents complain.

- 3 Read the article again. Answer the questions.**
 - 1 Why do teenagers need more sleep than adults?
 - 2 How many hours of sleep do teenagers need every night?
 - 3 What happens at school if you don't get enough sleep?
 - 4 Why do teens eat unhealthy food when they are tired?
 - 5 What two things should you avoid to get a good night's sleep?

What's the matter?

Match the pictures to what each of these people would say:



1) _____



2) _____



3) _____



4) _____



5) _____



6) _____



7) _____

- a) "I have a toothache."
- b) "I have a stomachache."
- c) "I have a cold."
- d) "I feel very tired."
- e) "I have a headache."
- f) "I feel cold."
- g) "My leg hurts."

Health problems

A headache

A backache

A cough

A toothache

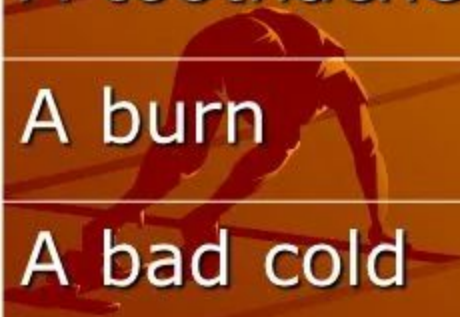
A burn

A bad cold

A fever

A sore throat

Health problems	Advice
A headache	Get a good massage
A backache	Place a hot towel on the back
A cough	Drink some hot tea
A toothache	Call the dentist
A burn	Put ice on it
A bad cold	Stay in bed
A fever	Take a hot bath and sleep well.
A sore throat	Drink some hot tea

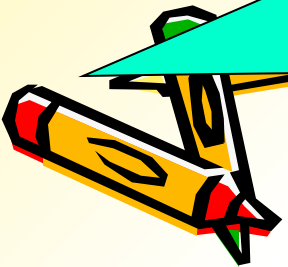


PROVERBS ABOUT HEALTH

Try to give Kazakh equivalent

- . Health is not valued till sickness comes
- . A green wound is soon healed
- . Early to bed and early to rise , makes a man healthy, wealthy and wise
- . Health is great riches
- . Find a pain-free way before you get sick and seek treatment

Health is above the wealth



Reflexion



- What did you learn at the lesson?
- What activity did you like most?
- Did you like the lesson?



HOME TASK:
TO WRITE AN ESSAY

“ I TAKE CARE OF HEALTH ”

