





The background of the slide features a group of silhouettes of people in various running and athletic poses. The silhouettes are filled with a vibrant rainbow gradient, transitioning from purple and blue at the top to orange and red at the bottom. The central figure is the largest and most prominent, with arms raised in a 'V' shape. Other smaller figures are positioned around it, some running towards the viewer and others away. The overall composition is dynamic and energetic, symbolizing health and fitness.

Healthy life style

Урок английского языка в 9а классе
Учитель: Роженцова О.В..МБОУ «Куженерская
СОШ №2»

The first wealth is health.

Health is the best wealth

Finish the proverbs

- ▶ Health is better than ...
- ▶ An apple a day ...
- ▶ Early to bed and early to rise makes a man ...
- ▶ Healthy mind in ...
- ▶ Wealth is nothing ...



- ▶ Health is better than wealth
- ▶ An apple a day keeps a doctor away
- ▶ Early to bed and early to rise makes a man healthy, wealthy and wise
- ▶ Healthy mind in a healthy body
- ▶ Wealth is nothing without health



Do you take care of your health?

1. Do you go in for sport?
2. Do you sleep 8–9 hours at night?
3. Do you eat fruit and vegetables every day?
4. Do you go for a walk every day?
5. Do you smoke or drink alcohol?
6. Do you snack instead of your main meal?
7. Do you eat sweets every day?
8. Do you watch TV and use the computer more than 1 hour a day?



Do you take care of your health?

Write one point for each answer “yes” in questions 1–4,
and one point for each answer “no” in questions 5– 8



- ▶ If you have 7–8 points – Well done! You do your best to protect your health from negative factors
- ▶ If you have 5–6 points – Not bad. But it's necessary to improve your diet or go in for sport regularly
- ▶ If you have 2–4 points – Oh! You should immediately take measures to change your life style. Otherwise you may have health problems in the nearest future.



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**TAKE CARE OF
YOUR BODY.
IT'S THE ONLY
PLACE YOU HAVE
TO LIVE IN.**

Использованные интернет ресурсы

- ▶ https://yandex.ru/images/search?p=2&text=%D0%BA%D0%B0%D1%80%D1%82%D0%B8%D0%BD%D0%BA%D0%B0%20%D0%B7%D0%B4%D0%BE%D1%80%D0%BE%D0%B2%D1%8B%D0%B9%20%D0%BE%D0%B1%D1%80%D0%B0%D0%B7%20%D0%B6%D0%B8%D0%B7%D0%BD%D0%B8%20%D0%BD%D0%B0%20%D0%BF%D1%80%D0%BE%D0%B7%D1%80%D0%B0%D1%87%D0%BD%D0%BE%D0%BC%20%D1%84%D0%BE%D0%BD%D0%B5&pos=106&rpt=simage&img_url=https%3A%2F%2Fb1.culture.ru%2F%2F734843.jpg&lr=41

