

Project  
How to be healthy  
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Grade-8th

# Words and expressions

- Influence, study, surround, health, collect, population, behaviour, nowadays, save, survive, science, species, important, soil.
- To--- people, bad---, poor---, problem---
- To ---science at school, to ---in the ocean
- Cut, nature, pollute, waste, dump, danger, pour, factory, protect, destroy, save, low, government, responsible, damage, recycle.

# What is ecology?



# Must or must not

- Governments... put laws into practice.
- Governments ... build factories to recycle waste.
- We... support people who damage endangered plants.
- Politicians... listen to scientists to protect nature.
- We all ... work together to save our planet

# Must or must not?



# Our environment



Our environment

# Our environment

<p><b>Our</b></p>	<p><b>planet country air rivers, lakes and seas food forests people water</b></p>	<p><b>Should be</b></p>	<p><b>healthy to eat. safe to live in. clean and not dangerous to swim in. powerful and happy to live in. unpolluted and clean to breathe. rich in birds and animals. clean and safe to drink. healthy and happy.</b></p>
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# Save the earth



# How to Keep fit



# Remember

- **1. A healthy mind in a healthy body.**
  - *В здоровом теле здоровый дух.*
- **2. Healthy is better than wealthy.**
  - *Здоровье - наибольшее богатство.*
- **3. Early to bed and early to rise makes a man healthy, wealthy and wise.**
  - *Кто рано ложится и рано встает, здоровье, богатство и ум бережет.*
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**Limit the time you spend in front of  
your television or computer to an  
hour - an hour and a half.**





**Don't smoke or drink or drink alcohol. never use drugs.**



**Don't eat junk food. some kinds of food are harmful.**



**Spend some time out of doors every day. Fresh air does us a lot of good**



**Leave some time for relaxing after a hard working day.**



**Take enough sleep. most people  
need eight hours of sleep to feel  
well.**



**Begin your day with morning exercises. They give you enough energy for the day.**



**Take a lot of exercise. Physical activity is good for all of us any age.**



**Keep to a healthy balanced diet.  
Don't overeat.**





# Facts and myths about your health

- Garlic ( чеснок ) prevents (предотвращает )heart disease.
- Apricot is good for your teeth.
- Brown eggs are more nutritious( полезны) than white eggs.
- Onion is good for your nerves.
- Eating row (свежую)) fish helps to gain (сбросить) weight.
- Milk strengthens (укрепляет) your bones.
- Banana is good for your muscles.
- Cabbage may help prevent the development of cancer (рака).
- Cranberry (черника) helps soothe (успокаивать) your tired eyes.
- Eating only one type of food, such as grapefruit, helps to lose weight.
- Carrots are good for your eyesight.
- Milk is very good for children.

# Healthy environment- healthy living style

- I know that..
- I can say that...
- For me it is important that...
- It is necessary....
- I must...
- I should...
- In my opinion...
- Nowadays all people must...



**AN APPLE**