



The first wealth is health



НЕЛЬГА И.Г.

To be

- Healthy
- Cheerful
- Well
- A vegetarian
- On a diet

Henry is a vegetarian, he never eats meat.

He eats strange things for breakfast.
Twice a week She is on a diet.

To keep

- Fit
- In good health
- Oneself clean
- The world clean

If you want to keep in a good health don't keep negative feelings.
To be healthy means to keep oneself clean.

To take

- Exercises
- Long walks
- A cold shower
- Some vitamins

To be healthy means to take long walks.

To have

- Stability
- Good sleep
- Happiness
- A good family
- A positive attitude

If you have a good family, you would be happiness.

Complete the following story with the words from the box and you'll get to

know how people in America try to keep fit

- Exercise
- Dancing
- Fit

- Streets
- Bestsellers
- Chocolate

- Parks
- Fruit
- Slim

- Instructions
- Terrible
- Young

- Shoes

,Everybody's doing it, old and young, men and women. They're jogging, dancing, jumping up and down, bending and stretching.

Exercise is in fashion. Everybody wants to be Fit, look Slim, and stay Young.

It started with jogging. Millions of Americans put on their new coloured sports Shoes and fashionable jogging suits and ran through the Parks or along the Streets for half an hour a day. Some prefer to get fit at home. For them, there's a bog choice of books, cassettes and video programmes with music and Instructions. Sometimes the action is more like Dancing than exercise.

Taking exercises is only one part of keeping fit. You've got to get slim too. Books and magazines about slimming are Bestsellers these days. Some people eat nothing but Fruit for two or there days a week. It sounds Terrible. Why not forget about keeping fit, sit down and have another Chocolate biscuit?

ARE YOU GOING TO LIVE TO 100?

1) How often do you eat fruit and vegetables?

- a) Every day
- b) Never
- c) 2 or 3 times a week

2) Look at this list of food and drink.
How many do you eat in a day?

- a) More than 2
- b) 1 or 2
- c) none

**-Ice - cream, - fizzy drinks, - sweets, -chips,
-Extra salt on your food,
-extra sugar on your food and drink
-Take away food (hamburgers, pizzas)**

3) When you have a problem do you

- a) Forget about it?
- b) Talk with parents or friends about it?
- c) Wait and talk to a friend later?

4) Do you play a sport or go to a dance class

- a) Once a week or more?
- b) 2 or 3 times a month?
- c) Once a month?

5) When you have free time do you

- a) Watch TV?
- b) Going to the swimming pool with friends?
- c) Take serious exercise (jogging, etc.)?

6) Do you live

- a) In the town?
- b) In the country?

7) Do you sleep

- a) More than 10 hours a night?
- b) Less than 10 hours a night?

8) Your friends live on the third floor of a block of flats. Do you

- a) Walk up the stairs when you visit them?
- b) Take the lift when you visit them?

9) When you are in a hurry do you

- a) Still remember to eat good meals?
- b) Miss a meal but eat a packet of crisps or chocolate?

10) Are you going to smoke when you are in an adult?

- a) Yes
- b) No

- 1). A) - 3; B) - 0; C) - 1
- 2). A) - 0; B) - 1; C) - 3
- 3). A) - 1; B) - 3; C) - 2
- 4). A) - 3; B) - 2; C) - 1
- 5). A) - 0; B) - 2; C) - 3

- 6). A) - 1; B) - 3
- 7). A) - 1; B) - 3
- 8). A) - 3; B) - 1
- 9). A) - 3; B) - 0
- 10). A) - 0; B) - 3

NOW SOME UP THE SCORE AND FIND THE RESULTS

You are not going to live to 100 without good food and exercises.



You must eat more fruit and vegetables.

You must take more exercises too.

It's fun to be fit.

5-12



13-24

Not bad.... Do the same things but do them more often.
Try to eat some more fruit and swim once a week.

You do all right things. You are going to live to 100.

Congratulations!



25-30

The end