

*Dear Tree Monsters,
I am sorry that Rotty has a ... , ... , his ... and ... hurt.
Rotty, you should You shouldn't
I am sorry that Moldy has a ..., his ... and ... hurt.
Moldy, you should You shouldn't
Best wishes,
...*

Lesson 8. Healthy habits¹

1. Do the quiz. Do you have healthy habits?

once [wʌns] a week	twice [twʌɪs] a day
three times a month	rarely ['reəli] редко

1. How often do you do your exercises?

- A. every day
- B. 2–3 times a week
- C. rarely

2. How often do you brush your teeth?

- A. twice a day
- B. once a day
- C. once a week

3. How often do you take a shower?

- A. every day
- B. sometimes
- C. rarely

¹ habit – привычка

4. How often do you wash your hair?

- A. once or twice a week
- B. once a month
- C. once in two months

5. How often do you eat chicken and meat?

- A. 3–4 times a week
- B. once a week
- C. rarely

6. How often do you eat fish?

- A. once or twice a week
- B. twice a month
- C. rarely

7. How many portions¹ of milk products do you usually eat a day?

- A. 3
- B. 1–2
- C. 0

8. How many portions of vegetables and fruit do you usually eat a day?

- A. 3–4
- B. 1–2
- C. 0

Score: Mostly **As:** Well done! You have healthy habits.

Mostly **Bs:** You should read more about healthy habits.

Mostly **Cs:** You should change your habits to be healthy.

¹ **portion** ['pɔːʃn] – порция

2a.  This year Mike and Liz have a new school subject “Health education”. Listen and read a text from their book and match the titles to the paragraphs.

A Food groups

B A clean¹ body

C Energy from food

D Exercises every day

Some good habits can help you to grow² and be healthy.

1 It is important³ for you to get a lot of exercise. You shouldn't miss⁴ PE lessons at school, you should do your morning exercises and go for a walk every day. Exercises help you to keep fit⁵ and be healthy.

2 You should take a shower every day and wash your hair 2–3 times every week to keep your body clean. You should brush your teeth in the morning and in the evening.

3 You need a lot of energy ['enədʒi] because you are growing all the time. Healthy food is important for your good health and helps you to grow. It gives you energy. You should eat different⁶ foods to get all the important elements ['elɪmənts] for healthy growing.

4 There are four food groups. They help you in different ways. The first group, fruit and vegetables, helps your eyes, skin and teeth because there are a lot of vitamins. The second

¹ **clean** – чистый

² **grow** [grəʊ] – расти

³ **it is important** [ɪm'pɔ:tənt] – важно

⁴ **miss** – пропускать

⁵ **to keep fit** – поддерживать себя в форме

⁶ **different** – различный

group, milk and cheese, is good for your teeth and bones. The third group, eggs, meat and fish, helps to build your body. The fourth group, bread and cereal, gives you energy.

Follow all this advice and you will be healthy.

2b. Read the text again and number the food groups. Why are they important?



2c.  Complete the sentences.

1. You should do your morning exercises ...
2. You shouldn't miss ...
3. You should brush ...
4. You should take a shower and wash your hair ...
5. You should eat fruit and vegetables because ...
6. You should drink milk and eat cheese because ...
7. You should eat meat and fish because ...
8. You should eat bread and cereal because ...

3. Grammar secret.

A lot of, much, many *Много*

Countable nouns Исчисляемые имена существительные	
+	You should eat a lot of vegetables.
?	– How many apples should we eat a day? – Two apples.
–	You shouldn't eat many crisps.

Uncountable nouns Неисчисляемые имена существительные	
+	You should eat a lot of fruit.
?	– How much juice should we drink a day? – Two glasses.
–	You shouldn't eat much ice cream.

4a.  Give advice to your classmate on a healthy diet. Use as many words as you can from Lesson 1.

You should eat / drink a lot of ... because ...

You shouldn't eat / drink much / many ... because ...

4b.  Write 6–8 pieces of advice on a healthy diet.

Lesson 9. The fourth pearl and project “Be healthy! leaflet”

1a.  Board game.