

UNIT 3

A HEALTHY LIFESTYLE

Lesson 1. The greatest wealth is health

1a.  Listen to the poem and give it a title.

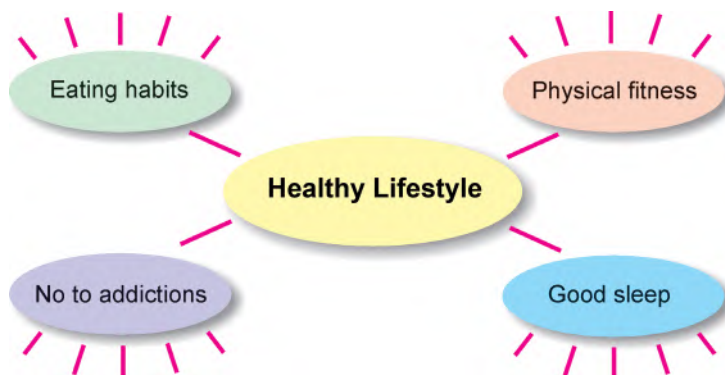
1b. Read the poem and make a list of things that help a person to be healthy.

The best six doctors anywhere
And no one can deny it
Are sunshine, water, rest, and air,
Exercise and diet.
These six will gladly you attend
If only you are willing
Your mind they'll ease,
Your will they'll mend
And charge you not a shilling.



Nursery rhyme quoted by Wayne Fields,
What the River Knows, 1990

2. Discuss with your partner what else influences a person's health and add to your list. Compare with another pair.



3. Copy the mind map. Group the words from your list around the circles. Keep the mind map to add more words in the following lessons.

4a.  **Listen and read the text. Add more information to your mind map.**

Want to become a healthier person? It's all about making gradual (постепенные) changes. Following the tips in this article offers several **benefits** (the usefulness of a situation) for you: lower risk of several diseases, and the chance to live a long and happy life.

- **Get lots of sleep.** To be healthy you'll need 8–10 hours of sleep every day. This keeps you awake and attentive, so you don't have to drink caffeine and sugar-loaded energy drinks.
- **Laugh and smile!** Smiling and laughing a lot, as it has been scientifically proved, keeps you healthier.
- **Do nothing** for a short while. Staying in a dark, quiet place without having any stressful thoughts for about ten minutes will help you **relax** (rest) and feel better. Just do this twice a day.
- **Eat more fruit and vegetables.** Fruit and vegetables are an important part of a healthy **diet** (the food that a person usually eats). Try to get at least 2–3 portions of fruit per day.
- **Drink water!** Good old H₂O is key to making you work throughout the day. Try drinking 250-gram glasses of water three times a day. It helps you re-energise and keep going. Not drinking enough fresh water leads to headaches and other problems. Do this, and you'll stay in good condition.
- **Get a little exercise every day.** This will not only make you feel better, and make you look better, but help you to get through the day.
- **Stretch!** It feels great! From when you wake up in the morning, to your gym class, this easy form of muscle exercise warms you up and makes you more **flexible** (able to bend and move easily).
- **Run and jog** (running at a slow speed for exercise)! This doesn't necessarily mean run five miles every morning, just for about 10 minutes twice a week will keep you in shape. Don't ever run for an hour and then suddenly stop and sit on the couch for another hour. It will hurt to walk the next day.

- **Challenge yourself.** If you **do 10 push-ups** (using your arms to raise and lower your body when lying on the floor) as your maximum, try going for 12! Little challenges like this keep your body nice and **fit** (strong, able to do physical exercises without getting tired).
- **Do something you love.** Play with a pet, go swimming, ride a bike or go for a walk. If you had a bad day at school, doing things you love to do will keep you in a good mood and take out your anger. Not only is this fun, but it lets you be yourself for a while (какое-то время). Try it!
- **Feel good about yourself!** There is always going to be someone in the room who does at least one thing better than you, so don't compare yourself to other people! Find things you are good at, and use your talents!
- **Positive emotions** are healthy, prolong life and make living pleasant.

4b. Read the text again. Choose five tips which are most important to follow to be healthy.

4c. Compare your list with your classmates' and give arguments to support your choice.

Model: I find laughing (doing **push-ups**) and smiling (**jogging**) most important because it makes a person happier (**fitter**) and more positive (**more flexible**). As we know, happiness and positive emotions help people to be healthier. (Being **fit** and **flexible** has a lot of **benefits**: it makes a person good-looking and healthy.)

Help box

great – greater – (the) greatest
 big – bigger – (the) biggest
 healthy – healthier – (the) healthiest
 positive – more positive – (the) most positive
 good – better – (the) best
 bad – worse – (the) worst

optimistic, pessimistic, depressed, enthusiastic, unhappy, unhealthy, confident

5. Work in pairs. Say which tips you follow/don't follow/would like to follow. Compare your ideas. What do you have in common?

Model: We both eat a lot of fruit and vegetables. Neither of us sleeps less than 6 hours.

6.  Write what you should do to live a long and happy life. Use the tips from ex. 4a.

Lesson 2. You are what you eat

1a. Look at the food guide pyramid and answer the questions. Compare your answers with your partner.



1. What do the colours of the pyramid show? 2. Why are some colour bands bigger than others? 3. Which colour band is the biggest? 4. Which colour band is the smallest? 5. Do you follow the food guide pyramid?

1b. Copy the chart. Look at the pyramid and complete the second column of the table. Try to recollect as many words as possible and add them to each line.

Grains	Breads, ...	give us B-vitamins, ...
Vegetables	Carrots, ...	give us vitamin A,