



**Sport
&
Healthy Way of Living**

☺ Are you fond of sport?

😊 What kind of sport do you know?

😊 What is your favorite kind of sport?

😊 What do you prefer – to watch sport games on TV or go to the stadium to support sportsmen?

😊 What Russian sportsmen do you know?

😊 What sports are popular in Russia? Do you visit any amateur club?



Millions of people of different ages all over the world are fond of sports and games. Sport helps people to become strong and to stay in good shape. It makes them more organized and disciplined in their daily activities.





Many sports are popular in Russia. They are hockey, football, volleyball, figure-skating, judo, swimming.

Sport is divided into professional and amateur in our country. There are many different professional sport societies and clubs in Russia.



Our sportsmen always take part in the world championships and Olympic Games and always win a lot of gold, silver and bronze medals.



Complete the Dialogue

▪ Hi! I haven't seen you for ages! Where have you been?
How are you?

✓ Just fine, thanks, and you?

▪ I'm fine too. Where are you going?

✓ To the stadium.

▪ Who is playing today?

✓
.....

▪
.....

✓
.....



GOOD HEALTH IS ABOVE WEALTH

ONE APPLE A DAY

KEEPS A DOCTOR AWAY

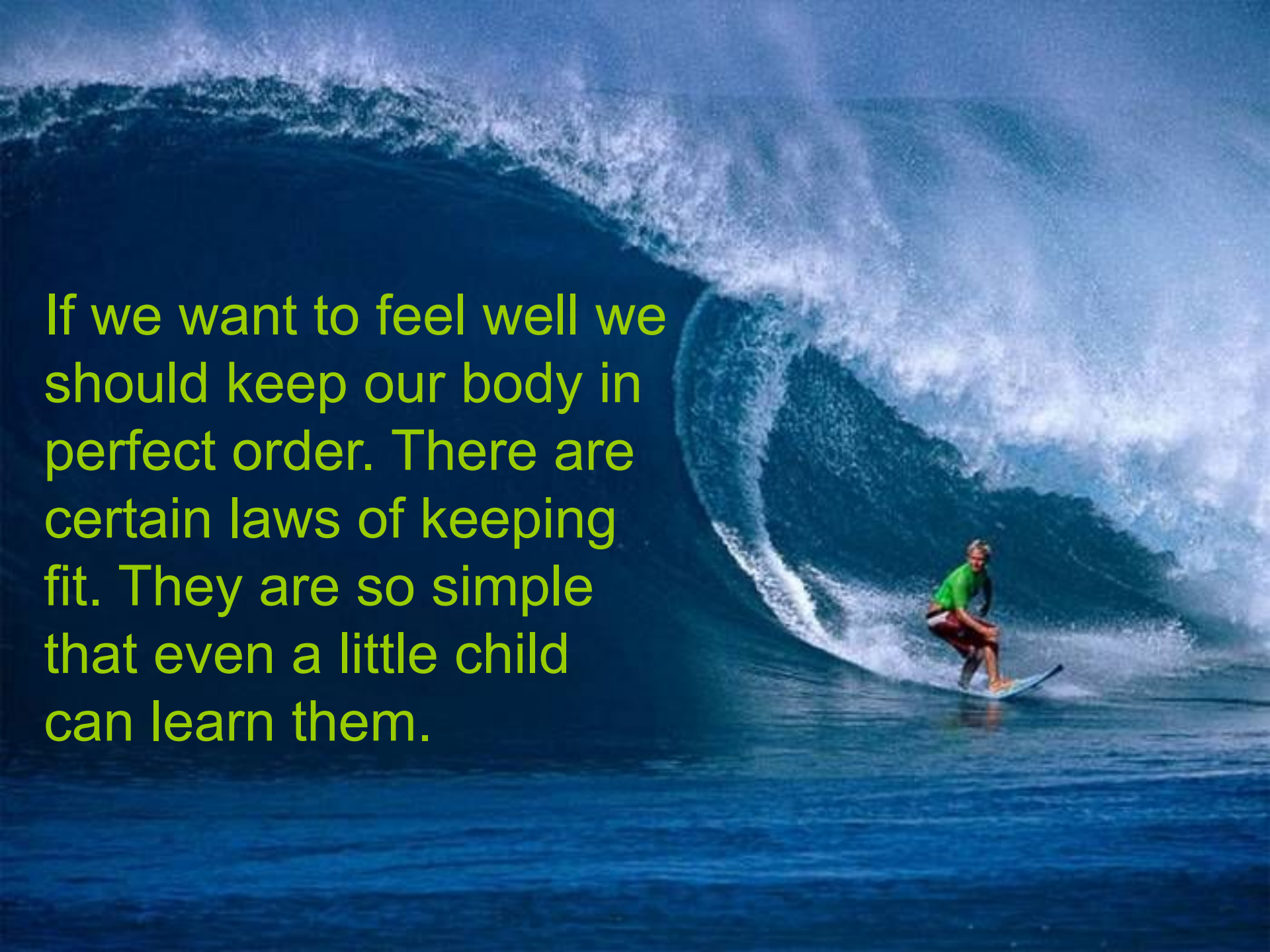
A HEALTHY MIND IN A HEALTHY BODY

HEALTHY

If our body suffers from any disorder, our mind suffers from it too and we can't be happy. The ancient Greeks knew the value of good health. They even named one goddess Hygeia, which means the goddess of health. The Greeks prayed to her to give them good health.



If we want to feel well we should keep our body in perfect order. There are certain laws of keeping fit. They are so simple that even a little child can learn them.



- We should spend a lot of time in the fresh air. Especially children should spend about two or three hours a day in the fresh air.



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**•IF WE WANT TO KEEP FIT WE SHOULD TAKE
REGULAR EXERCISES
AND A COOL OR COLD SHOWER**



**•EAT ONLY
HEALTHY FOOD RICH IN VITAMINS**



**•NEVER SMOKE
IS THE MAIN RULE**



Add Words to the Diagram:

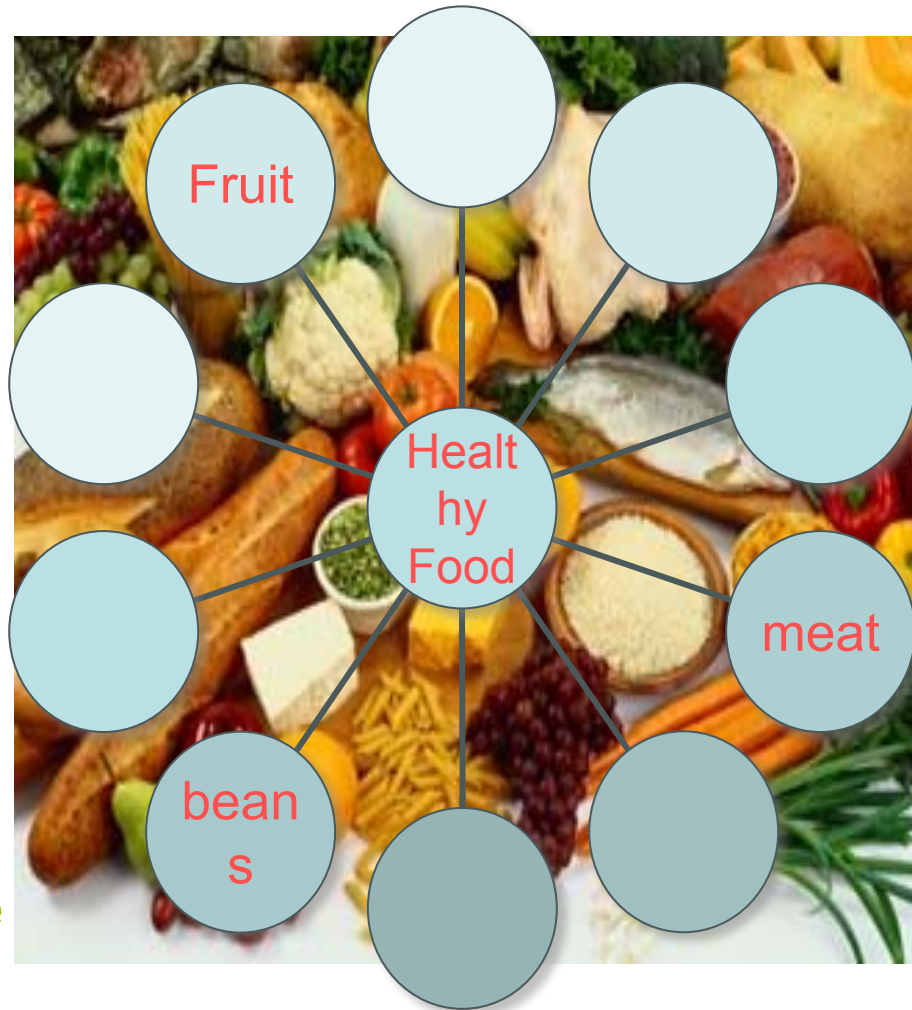
Vegetables

corn

onion

chicken

orange



cheese

milk

juice

fish

basil carrot

milk pork

strawberries

lamb curry

cream leek

pineapple

**Заполните таблицу названиями продуктов из рамки.
В каждую категорию добавьте свои примеры.**

fruit	
vegetables	
dairy products	
meat	
herbs and spices	





Salt fizzy drinks olive oil cheese
pasta margarine garlic
Still mineral water avocado
sparkling mineral water meat
Butter onion eggs coffee
sugar fruit juice beer fish
Ice-cream mushrooms chocolate
spinach red wine potatoes
sausage banana

What products do you like or not? Choose any 3 useful and harmful products, Explain why.