

## Практическое занятие №23 Здоровый образ жизни.

**to have meals** – принимать пищу  
**in the good mood** – в хорошем настроении  
**types of activity** – виды деятельности  
**to look nice** – выглядеть хорошо  
**to give opportunity** – давать возможность  
**health promotion** – укрепление здоровья  
**blood circulation** – циркуляция крови

**to enrich body of oxygen** – насыщать организм кислородом  
**rules of personal hygiene** – правила личной гигиены  
**possibility of a disease** – возможность заболеть  
**regular sleep** – регулярный сон  
**to threaten to the health** – угрожать здоровью

### 1. Прочитайте и переведите текст, используя глоссарий.

#### Health is great wealth

“One apple a day keep the doctors away”, says the popular proverb. This means that we should eat more fresh vegetables and fruit. We should have regular eating habits and try to have meals every day in the same time.

The health is one of the riches of the mankind. If you have the good health, you are in the good mood. And the good mood helps people to understand better each other. Besides, the good health gives people energy to live and to engage in a various types of activity. The good health helps people to look nice and gives them an opportunity to cause sympathy of others. The main role in the health promotion is played by sports.

The movement is our life. We can't live without the movement. It improves blood circulation and enriches body of oxygen.

The second component of the good health is the clean. People have to observe the rules of personal hygiene to prevent the possibility of a disease. It is a set of simple daily routines, such as brushing teeth, washing hands, washing clothes and etc.

Regular sleeping habits are also important. At night while we sleep our brain also processes and stores all the information learnt during the day.

We also have to take care about the nature. The ecology problem is important now and threatens to the health of all the humanity.

In conclusion I would like to say that it's easier to prevent a disease rather than try to cure it after you get sick.

### Here some rules for good health:

1. Take long walks in the open air as often as you can.
2. Keep your body clean.
3. Keep your teeth clean.
4. Wear clean clothes.
5. Sleep with your window open.
6. When you are reading or writing let the light come from your left shoulder.
7. Have plenty of fruits and vegetables all the year round.

### 2. Ответьте на вопросы по содержанию текста.

- 1) How do you understand the notion “good health”?
- 2) What does the movement in our life provide?
- 3) What does the personal hygiene include?
- 4) Why is it necessary to have regular sleep? How many hours of sleep should an adult have?
- 5) What does an English proverb “One apple a day keeps the doctors away” mean?

### 3. Проверьте свой образ жизни, ответив на вопросы анкеты. Ниже приведены ключи.

#### Check yourself. Do you have a healthy way of life?

№	Questions	Yes	No
1	Do you begin your day with morning exercises?		
2	Do you spend a lot of time outdoors every day?		
3	Do you refuse from bad habits (smoking, drinking, snaking between meals or eating after 6 p.m.)?		
4	Do you limit your time you spend in front of TV and computer?		
5	Do you go in for sport?		
6	Do you keep to a healthy balanced diet?		
7	Do you sleep 8-10 hours at night?		

Put “one” for each “yes”-answer! My total score \_\_\_\_\_

What does your score tell about?

**7 points:** You are quite healthy. You keep fit. Well done.

**3-6 points:** Not bad, but be attentive to your health. Do more exercises and eat more carefully.

**0-2 points:** Oh, dear! Change your lifestyle. Forget about chips and sweets! You need fruit and vegetables! You should think about your future!