

NAME:

MARK:

CLASS:

Healthy and unhealthy habits

starve - голодать

healthy habits - полезные привычки

balanced diet - сбалансированная диета

nutrition - питание

to keep up - поддерживать

thirsty - испытывающий жажду

snack - перекус

talk through - обсудить все детально

burn calories - сжигать калории

be rich in - содержать большое количество чего-либо
быть обогащенным чем-то (витаминами)

follow a diet - придерживаться диеты

treat oneself - баловать себя

chew - жевать

stress out - сильно нервничать

lose weight - сбросить вес

put on weight - набрать вес

take up an activity/sport - заняться спортом/хобби

go on a diet - сесть на диету

cut down on junk food - уменьшить потребление вредной пищи

join a gym - начать ходить в спортзал

Watch the Video +Do the Interactive Tasks

Task 1 Choose the correct category

Eating junk food.

Eating fruit.

Going in for sports.

Watching a lot of TV.

Brushing your teeth.

Sleeping 4 hours a day.

Staying at the desk all day.

Spending time outdoors.

Doing yoga.

I. Working without a rest.

Task 2 Choose the correct item

Exercise helps us calories more easily.

You're looking so much healthier now that you're eating sensibly;

up the good work!

People who are watching their weight prefer food which is in fat.

A piece of fruit or some nuts are healthy to have if you're hungry between meals.

Did you know that spinach is in iron?

Jane is a vegetarian, and doesn't eat any meat .

Task 3 Fill in the gaps with the given words

key, recipe, physical, balanced, treat, junk, habits

My friend Katie is such a health nut! She goes jogging every day, and eats a

diet. She says the to a healthy

lifestyle is eating well and exercising regularly. But Katie thinks I don't get enough

activity because I prefer watching TV to exercising. She

says my lifestyle is a(n) for disaster and that I need to

make some changes. Well, I agree that my eating may not

be the best but I could never do what she does. Avoid all

food? No, thanks! I think it's important to yourself once in

a while! But I see what she means about exercise. So I think I will make some

changes in that department!

Grammar reference:

Modal verbs

may, can are used for giving **permission**;

have to, must, need to express **obligation**;

don't have to, don't need to, needn't express **lack of necessity**;

mustn't and can't express **prohibition**;

should and ought to we use for **giving advice**

might, may, could express **possibility**