DEBATE TIME

health

Doctors should be paid more

We are what we eat

Eating meat is bad for health

Nothing is more fatal to health than overcare of it

Sleep is a healing balm forevery ill



SONYA UCHILKA

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DEBATE TIME

food

Cooking at home is a waste of time

Healthy food is expensive

Breakfast is the most important meal of a day

It's bad to eat and study on an empty stomach

An apple a day keeps the doctor away



SONYA UCHILKA

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HABITS | WHAT DO YOU USUALLY DO TO STAY HEALTHY AND KEEP FIT?

Task 1. Look at the diagrams and comment on the suggested habits. What habits are the most popular? Are there some habits that you would like to try?



PRACTICE

1. To feel better during the day, you should...
2. To have more time for yourself, you must...
3. To keep fit, you should...
4. To stay healthy , you can...
5. To stay hydrated, you need to...



by Polina Gruda

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Bad Habits to Avoid



Procrastinating



Overeating



Smoking



Skipping Exercise



Nail Biting



Too Much Screen Time



Losing Temper



Not Sleeping Enough Junk Food Being Disorganized



Excessive Drinking



Gossiping

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Finish the sentence

HEALTH

I feel happy when I...

When I feel stressed, I...

When I am sick, I...

When I have a cold, I...

If I feel bad I should...

To be healthy, I need to...

If I have a headache, I...

My favorite healthy food is...

When my throat is sore...



@english_with_makisya

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Healthy habits

Name: _____ Date: _____

1 MATCH THE PHRASAL VERBS

Match the phrasal verbs with their meanings.

1	take care of	a)	stop using something completely
2	stick to	b)	reduce the amount of something
3	talk through	c)	go to bed late / not sleep
4	switch off	d)	get out of bed
5	get up	e)	continue doing something
6	wake up	f)	turn off a device
7	stay up	g)	sleep longer than usual
8	sleep in	h)	become awake
9	cut out	i)	discuss something carefully
10	cut down on	j)	look after yourself

2 COMPLETE THE SENTENCES

Use the correct phrasal verb.

1. I try to _____ my phone before going to bed.
2. It's important to _____ yourself and stay healthy.
3. I want to _____ sugar and eat better.
4. She always _____ at 7 am on weekdays.
5. We _____ late at the weekend and watch films.
6. I _____ my problems with my friends.
7. He wants to _____ junk food completely.
8. I try to _____ my routine every day.

3 CHOOSE THE CORRECT OPTION

1. I usually **wake up / stay up** at 7 am.
2. At weekends I often **sleep in / get up late.**
3. I try to **cut out / talk through** unhealthy snacks.
4. I always **stick to / switch off** my plan.
5. Before bed I switch off / **wake up** my phone.

4 SPEAKING

Ask and answer with your partner.

- How do you stay healthy?
- Do you stick to a routine?
- Do you stay up late?
- What do you want to cut out?
- Do you talk through problems with friends?



5 YOUR TURN

Write 3 sentences about your habits.

1. _____
2. _____
3. _____

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