**Тема урока: Здоровый образ жизни.**

**Задание 1. Перепишите в тетради слова из текста с переводом и выучите их (упражнение 1).**

**Задание 2. Прочитайте текст, переведите его устно.**

**Задание 3. Ответьте на вопросы из упражнения 2 письменно, переписанные слова из текста (упражнение 1) и ответы на вопросы из упражнения 2 отправьте на электронный адрес.**

**Отправляя задание укажите дату, фамилию, группу и номер урока.**

**Упражнение 1. Перепишите в тетради и выучите слова из текста.**

1. tense- напряженный
2. to suffer- страдать
3. noise- шум
4. dust- пыль
5. to overcome all difficulties- преодолевать все трудности
6. to achieve- достигать
7. aim- цель
8. to cause – быть причиной,вызывать
9. to get rid (of) –  избавляться (от)
10. influence-влияние
11. to avoid- избегать
12. to choose- выбирать

Текст Healthy Lifestyle.

Nowadays our life is getting more and more tense. People live under the press of different problems, such as social, ecological, economic and others. They constantly suffer from stress, noise and dust in big cities, diseases and instability. A person should be strong and healthy in order to overcome all difficulties. To achieve this aim people ought to take care of their physical and mental health. There are several ways to do it. The state of your body depends on how much time you spend doing sports. At least everybody must do morning exercises every day. The most healthy kinds of sports are swimming, running and cycling.

Healthy food is also a very important factor. Overeating causes many dangerous diseases. The daily menu should include meat, fruit and vegetables, milk product, which are rich in vitamins, fat, proteins and etc. On the other hand modern diets are very popular especially among women. Diets may be harmful, if they are used in
the wrong way.

To be healthy, people should get rid of their bad habits. It's necessary to stop smoking and drinking much. Everyone should remember that cigarettes, alcohol
and drugs destroy both body and brain. Besides according to statistics most of crimes are committed by people under the influence of drugs and alcohol.

In addition it is recommended to watch TV less, avoid anxiety and observe daily routine. Certainly it's hard to follow all these recommendations, but every person
has to choose between healthy life style and numerous illnesses.

**Упражнение 2.Ответьте на вопросы по тексту «Healthy lifestyle»:**

1.What kinds of problems do people have nowadays ?

2. What must people do to overcome all difficulties ?

3. Name bad habits you know.

4.How do you understand the word “overeating”?

5.What products should the daily menu  include?