



Keeping fit

Say what you should/ shouldn't do to keep fit.
Prove your point of view.

Keep to a diet

Sleep enough

Eat fast and convenience food

Go in for sport or to take regular exercises

Go to bed late

Get enough vitamins and minerals

Play computer games a lot of time

Be a lot in the open air

Eat healthy food

Drink enough fresh water

Drink sweet fuzzy drinks

Take a cool/cold shower

Live an active life



Agree or disagree, explain your choice:

1. If you have a fever you'd better take a cold shower.
2. When you have a sore throat you can eat ice-cream.
3. You should eat tasty fried fatty food to keep fit.
4. If you have a cold you should drink a lot of liquid with vitamin C.
5. You should take all the medicines prescribed by a doctor regularly
6. When you have a runny nose it's useful to drink milk with honey.
7. If you have a toothache you can eat sweets.
8. When you've got cold you shouldn't stay in bed but take long walks in the open air.
9. During the epidemics of flu you shouldn't visit crowded places.



Answer the questions:

1. What are the 3 most important rules to keep fit in your view?
2. What should you do when you have a cold?
3. How often should you visit the dentist's?
4. In what cases should you call a doctor?
5. What should a doctor do to check if you are ill?
6. What kind of food you should/shouldn't eat to keep fit?

