

**Воспитание ценностного  
отношения к здоровью у  
старшекласников на уроках  
английского языка**

Учитель английского языка ГБОУ СОШ № 5 Кудрешова  
В.Г.

# Quiz “Clean Air at Home”

- Do people smoke cigarettes in your house?
- Do you use water-based cleaning products to clean your house?
- Do you clean your air-conditioning filter?
- Do you ever enjoy light meals that require little or no cooking like salads?
- Do you clean bedding and items used by your pets regularly?

# Green Wisdom

There's so much pollution in the air now that if it weren't for our lungs, there would be no place to put it all

(Robert Orben, US comedy writer)

# Rainbow of food



# Red

- Moving
- Protection from many serious illnesses
- Keep older people active for longer



# Orange

- Brain food
- Fighting off infections
- Eyesight

(You'll never see a rabbit wearing glasses, have you?)



# Yellow



Helping us to stay happy, more optimistic

# Green

A vibrant collage of green fruits and vegetables. The image features a variety of items: sliced kiwi fruit showing its characteristic black seeds and white core, clusters of green grapes, whole green apples, several heads of broccoli, and various types of green leafy lettuce. The composition is dense and colorful, emphasizing the freshness and variety of green produce.

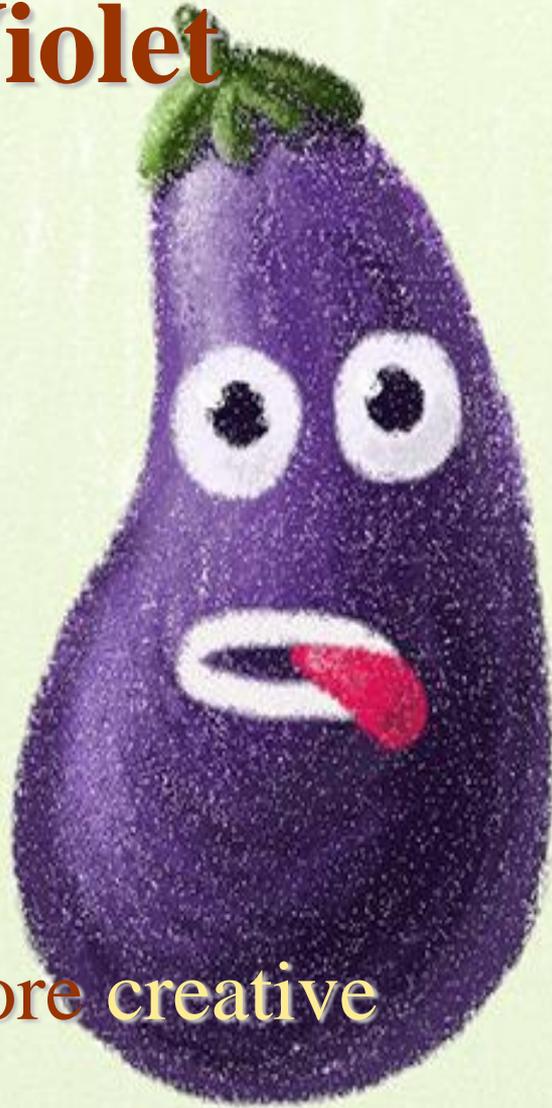
- Relax, calm
- Keep your teeth and bones strong

**Blue**



**Soothing for a good night's rest**

# Indigo & Violet



Make people more creative



# Healthy Food

RICH IN	HIGH AMOUNTS FOUND IN
Vitamins, minerals, fibre	Fruit, vegetables
Protein	Chicken, milk, cheese, yogurt, meat, fish
Carbohydrates	Eggs, rice, potatoes, cereal



# Unhealthy Food

**RICH IN**

**HIGH AMOUNTS  
FOUND IN**

Sugar, fat

Sweets, biscuits, fizzy  
drinks, butter, oil, cakes,  
chocolate, crisps

# Words of Wisdom

Tell me what you eat, and I'll tell you what you are

(Jean Anthelme Brillat-Savarin, French lawyer and politician)

# Our handy food and health tips!

Problems	Solutions
Overweight	Eat less, take regular exercises
Underweight	Eat 3 well-balanced meals & 3 or 4 snacks per day
Lack of concentration	Eat lots of iron-rich foods, have a good breakfast
Tiredness	Follow a low-carbohydrate diet
Tooth decay	Cut out sugary drinks & snacks
Frequent illness	Eat food rich in vitamin C
Indigestion	Avoid spicy food, eating fast or late at night
Dry skin	Drink more water, eat more oily fish, nuts and seeds



**Thank you!**