**Healthy way of life**

**Variant 1**

1. **Translate into Russian:**
2. healthy way of life h) unhealthy habit
3. get into a habit of i) make it a rule
4. food with additives j) influence our health
5. ruin health k) skip breakfast
6. lose weight l) keep to a diet
7. take regular exercises m) a late riser
8. be as fit as a fiddle
9. **Write five rules of healthy lifestyle.**
10. **Write five sentences about healthy lifestyle**
11. **Answer these question:**
12. How much water must people drink?
13. How many hours must people sleep?
14. Why is to drink much water healthy?
15. What kinds of sport are the most popular and the cheapest?
16. What is useful fat?
17. **Translate into Russian:**
18. People should *get rid of a habit of* eating fast food.
19. Our health depends on many things: our physical activity, the food we eat and our good and bad habits.
20. There are many opportunities to stay healthy and be fit and one of them is **going in for sports.**
21. **Food we eat** also influences our health.
22. You should avoid eating in fast food restaurants and make it a rule to cook meals at home using organic food as much as possible.

**Healthy way of life**

**Variant 2**

1. **Translate into Russian:**
2. **un**healthy way of life g) take care of your health
3. get rid of a bad habit h) prefer organic food
4. food rich in calories i) improve health
5. do harm j) be overweight
6. put on weight  k) have little physical activity
7. live a regular life l) an early riser
8. **Write five rules of healthy lifestyle.**
9. **Write five sentences about healthy lifestyle**
10. **Answer these question:**
11. How much water must people drink?
12. How many hours must people sleep?
13. Why is to drink much water healthy?
14. What kinds of sport are most popular and the cheapest?
15. What is useful fat?
16. **Translate into Russian:**
17. Although a lot of people are interested in staying healthy, not many people do very much about it.
18. It is very important to get rid of **bad habits**.
19. What is tasty is not healthy.
20. Nowadays people are very busy and they often eat in fast food restaurants as they don’t have time to cook.
21. If you don’t have time for sport, make small changes like using stairs instead of the lift or walking.