

8A1 YOU ALWAYS PLAY...



I hang out with

friends and

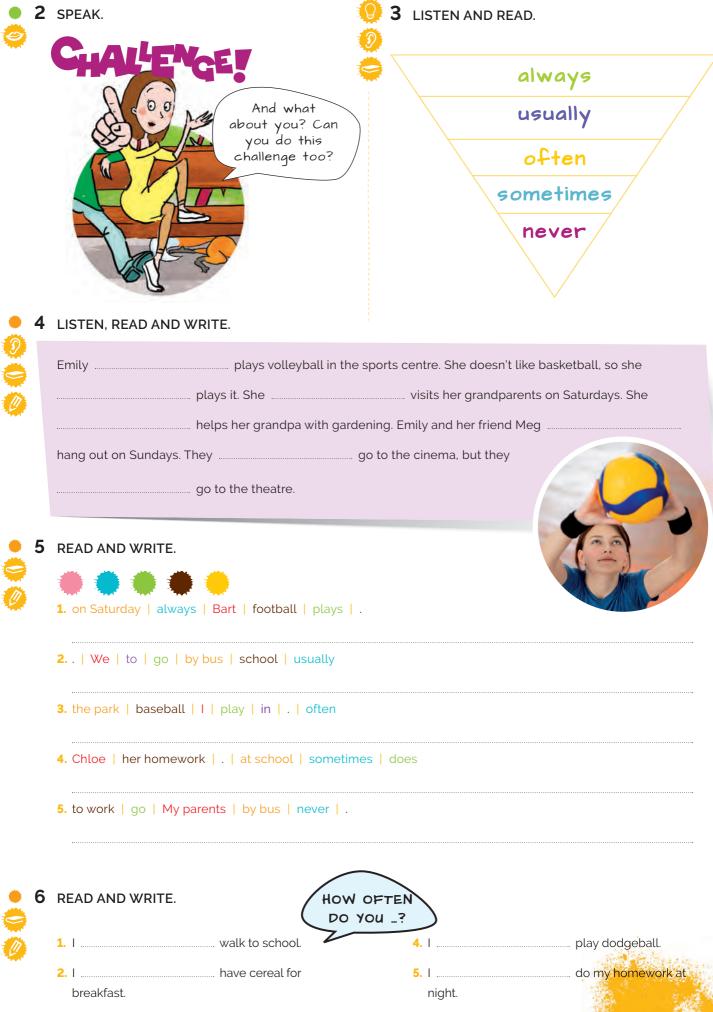
I play a game.

Let's do a challenge! 3 days without a mobile!

.. oh,

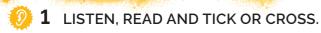
that's horrible,

1 always play



3. I have lunch at school.

8A2 BE HEALTHY CHALLENGE





Eat fruit and vegetables!







Don't drink sweet drinks!

















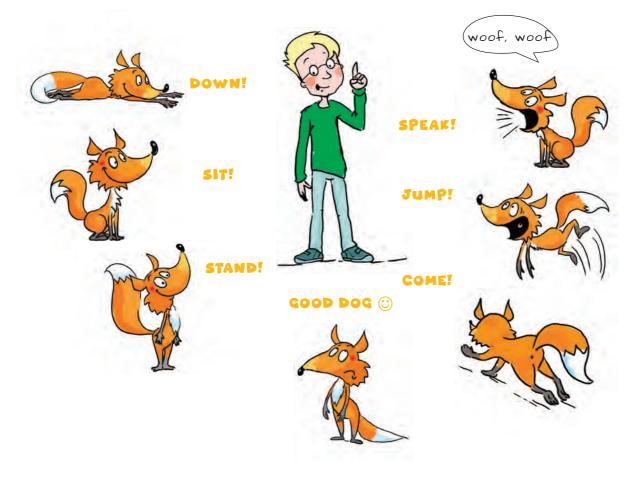


CHALLENGE!

Don't eat sweets and don't drink sweet drinks for a week!

3 LISTEN AND READ.





4 READ AND WRITE.

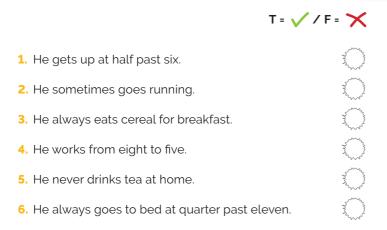


I think I'm a healthy person. I get up at 6:30 and go running. I always go running, I run 3 kilometres every day. Then I have a shower, brush my teeth and have breakfast.

I sometimes eat yoghurt with cereal, sometimes boiled eggs and bread.

I often walk to work and sometimes I go by car. I work from 9 AM to 5 PM. I always have lunch at work – salad or tuna sandwich.

I sometimes drink tea when I come home. Then I often hang out with friends and eat out, but we never eat junk food. I always go to bed before 11 PM.



8A3 ARE YOU A HEALTHY PERSON?

9

1 LISTEN, READ AND TICK.



HEALTHY HERO QU

Tick what you already do!

STAY FIT

- Sleep 8 hours a day!
- Be active walk, run, play ball games or do other sports every day!
- Don't play mobile or computer games more than 1 hour a day!



STAY HEALTHY

- Drink water, don't drink cola!
- Eat healthy food, don't eat junk food!
- Brush your teeth in the morning and evening!
- Have a shower every day!

STAY SAFE

- Wear a helmet when cycling or skiing!
- Don't jump into water, that you don't know!
- Use zebra crossing!

STAY HAPPY

- Hang out with friends!
- Have a hobby!
- Keep smiling ©!



13-11 points

You are a healthy hero, good job!

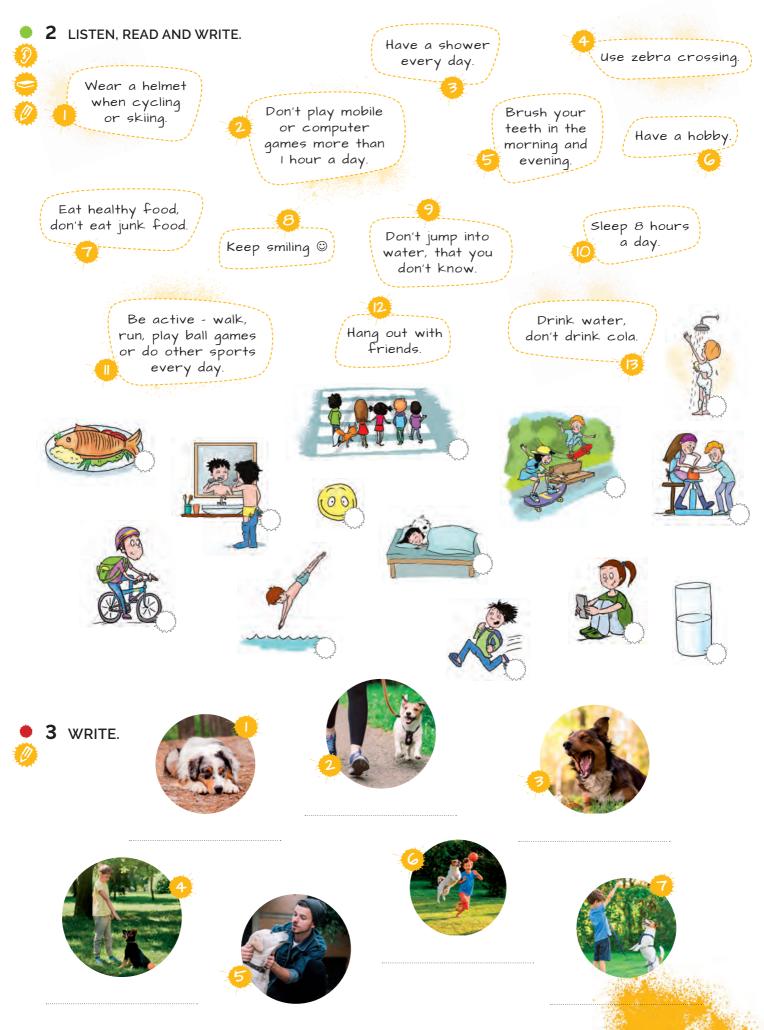
10-6 points

Some of your habits aren't good. Try to get better.



5–0 points

You're a couch potato, let's try to change!



8B, OH DEAR! FOXIE IS SICK!



2 READ AND WRITE.



toothache · headache · stomachache · sick



+ ACHE =



+ ACHE =



+ ACHE =

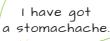


3 READ AND MATCH.



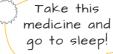
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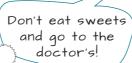
I have got a toothache.





I have got a headache.







Don't look at your mobile, don't watch TV, drink lots of water!

Drink black tea, don't eat and go to bed!

4 READ AND WRITE.









2. I have got a headache.

3. I have got a stomachache.

4. I have got a toothache.

5. I drink cola.

6. I eat vegetables.

7. I wear a helmet when I go

cycyling.

8. I have a shower in the evening.

9. I hang out with friends.



4.

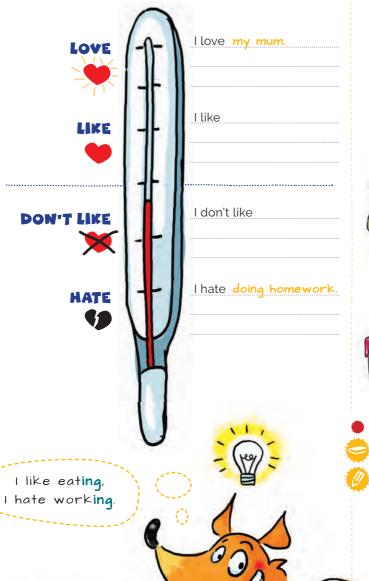


healthy	unhealthy or junk

3 READ AND WRITE.

walking in a forest · doing homework · doing exercise · watching sport on TV · playing on mobile · swimming in the sea · relaxing on the beach · sleeping · ...

school · my family · mam · my friends · ice cream · burgers · pizza · fruit · vegetables · apple juice · spiders · snakes · headaches · toothaches · ...



love

11 hate

like + ... inq

4 CROSS OUT THE WORDS.

Т	R	S	М	U	F	F	I	Ν	М
V	0	Т	D	С	Н	I	Р	S	V
Н	K	0	I	L	Е	K	М	Р	Е
0	А	М	Т	Е	А	L	I	R	G
Т	В	А	С	Н	D	Р	L	В	Е
	U	С	0	L	А	0	K	U	Т
D	F	Н	Α	D	С	С	S	R	Α
0	R		Е	K	Н	D	Н	G	В
G	U	А	K	Ν	Е	K	А	Ε	L
S	I	С	K	I	Е	А	K	R	Е
Е	Т	Н	Р	S	W	Е	Е	Т	S
С	Ε	Ε	0	W	А	Т	Ε	R	Α



5 READ AND WRITE.

always \cdot usually \cdot often \cdot sometimes \cdot never

you?

- 1. I eat sweets.
- 2. I eat fruit or vegetables.
- 3. I am happy.
- 4. I am sad.
- 5. I play mobile games.
- 6. I do sports.
- 7. I do my homework.
- 8. I do the vacuuming.





1 READ AND LISTEN.

BE HAPPY!

People in Europe are not happy. It's weird. We have a lot of food, we have breakfast, lunch and dinner every day. We have a lot of money, fast cars, big houses and beautiful clothes. We can go to nice schools and have good jobs, but we are not happy. Some people don't like their house, or they hate their job, many children don't like their school.









Children in Africa usually like going to school. Sometimes they have to walk to school many kilometres, and they like it. They love their families and friends. They have a small house, but they like it. Some people in Africa don't have money, but they are happier than people in Europe!



What is the magic of being happy? Do you want to be happy?

Scientists say the magic is: Say thank you for everything you have!

Do you have a family? Say thank you! Do you have food every day?

Say thanks! Do you have a bed and a bedroom? Say thank you! Do you have clothes? Do you have hobbies? Do you have friends? Do you have a river, a forest or a mountain near your town?









• 2 READ AND CIRCLE.



- 1. People in Africa love / hate their families.
- 2. People in Africa usually have smaller / bigger houses.
- 3. Children in Africa usually like / hate going to school.
- 4. People in Africa / Europe usually have a lot of food.
- 5. People in Africa / Europe are happier.

I can say thank you for:

4 LISTEN AND WRITE.











	loves, likes	doesn't like, hates
Charlotte	listening to music	
Harper		sports
Keira	dancing, animals	
Lucas		going outside
Elijah	skiing	
Noah		

5 WRITE.



- 1. GBI OHUES
- 2. TOL FO NEMOY
- 3. LTO FO OFDO
- 4. PHAYP FYMIAL
- 5. SATF CRA
- 6. LIBAETFUU LCEOHST
- 7. UIMONSTNA NAD SFRTSOE



8C, BOARDING SCHOOL



$oldsymbol{1}$ LISTEN AND READ.





In many countries children live with their parents until they are 18 or more. They go to school every day and sleep at home every night. Children in Great Britain often go to boarding schools, sometimes even when they are 11!

They live, eat and study there. They make friends and learn new things, boarding school is fun and helps them grow. They go home only for the weekends or sometimes only

for holidays. Do you know Harry Potter and the school in Hogwarts? It is also a boarding school.

In boarding schools, students do lots of things, they study, they also have Art, Music, and Drama lessons, they play different sports like football and cricket. Cricket is a ball game where two teams hit a ball and run, some people say it is something like baseball.



2 READ AND WRITE.



weekends · grow · cricket · boarding

- 1. Students study and live in
- 2. They go home only for the
- 3. is a ball game where two teams hit a ball and run.
- 4. When you _____, you get bigger and older.

3 READ AND WRITE.



home · boarding school · school uniform · cricket · baseball · parents · study · art · drama · music · Great Britain · grow

























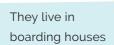
4 READ AND WRITE.



Everyone eats together in a big canteen or dining hall.



Students can join clubs and teams for sports, music, and other hobbies.







Students in
British schools
have to wear
school uniforms.

8C2 WHAT WE DO IN OUR BOARDING SCHOOL

• 1 LISTEN AND WRITE.

1	
117	

MORNING			
6:30 AM:	Wake up		
:	Breakfast in the dining hall		
:	Classes start		
12:30 PM:	Lunch break		
::	Afternoon classes		
AFTERNOON			
:	Afternoon activities or sports		
:	Free time or study hall		
7:00 PM:	Dinner in the dining hall		
EVENING			
·····:	Evening study or homework time		
10:00 PM:	Bedtime		



2 READ AND WRITE.

lunch · dinner · breakfast · snack · canteen · dining hall















3 READ AND WRITE, THEN LISTEN.

Iln a boarding s ______ to

stay healthy, so they do a lot of **s** and activities and they eat healthy food.

Students eat together in a big **c** or dining hall. Here's what they usually have: They

have **b** , and

maybe some **s** in between. The school wants us to stay healthy, so we have

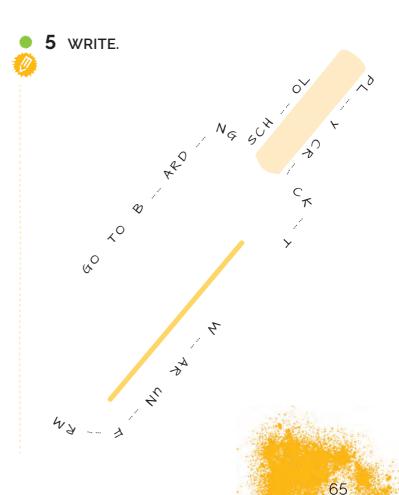
things like fruits, vegetables and only a little bit of **s**

Eating with everyone is fun, it helps us make **f** and not be sad.

4 CROSS OUT THE WORDS.

student · Sport · Drama · Maths · Music · History · Friends · Teacher · Czech · pupil · PE · Art · ICT

С	М	R	T	С	Т	D	Υ
Z	U	А	S	Р	0	R	Т
Е	S	Р	Т	D	Е	А	Е
С	I	U	U	Н	R	М	А
Н	С	Р	D	Т	S	А	С
F	R	I	Е	Ν	D	S	Н
Р	Е	L	Ν	В	Т	Р	Е
Н	I	S	Т	0	R	Υ	R



8 TIME TO GO





8 REVIEW



1 READ AND WRITE.



- 1. in the evening | cola | drink | I | never | .
- 2. at | shower | takes | He | . | 8 o'clock | always
- 3. take | to school | walk | sometimes | but | We | we | a bus | usually | .
- 4. . | They | vegetables | eat | at school | often
- 5. junk | food | never | His | uncle | eats | .



2 READ AND WRITE.



vegetables · sweets · 8 hours of sleep every day · milkshake · burger · fruits · cakes · doing exercise

H	E	A	4	\mathbb{Z}	1





3 WRITE.

STAY FIT, HEALTHY AND HAPPY		
Drink water, don't drink cola.		



4 WRITE.

water · go · sweets · bed
I've got a toothache. – Don't eat
!
I've got a stomach ache. – Don't eat and go to
I've got a headache. – Don't watch TV, drink lots
of!
I'm sick. – Take the medicine and
to along
to sleep!

5 READ AND WRITE.

l walking in the forest.
They relaxing on the beach.
We going to the doctor's.
My friends doing homework.

8A

always	vždy
never	nikdy
often	často
sometime	někdy
usually	obvykle
active	aktivní
awful	hrozné
cereal	cereálie
challenge	výzva
healthy	zdravé
helmet	helma
hero	hrdina

nezdravé jídlo	
stále se usmívat	
bod	
zůstat	
jogurt	
lenoch	
počítat	
fit	
zvyk	
bezpečný	
přechod pro chodce	

8B

a lot of	hodně
fish and chips	ryba s hranolky
hate	nenávidět
headache	bolest hlavy
like	mít rád
love	milovat

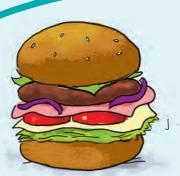
milkshake	mléčný koktejl
money	peníze
sick	nemocný
stomachache	bolest břicha
toothache	bolest zubů
What's wrong?	Co se děje?

8C

boarding school	internátní škola
country	země
cricket	kriket
drama	drama
Great Britain	Velká Británie
grow	růst

healthy	zdravý
hit	strefit se
holiday	prázdniny, dovolená
like	jako
only	pouze
weekend	víkend

STAY HEALTHY



1 nk f d









k p sm 1 na



y qh rt

