Map of the book / Карта книги

	UNIT 3. HEALTHY LIFESTYLE							
	Lesson 1 Food and meals	**Lesson 2** Going on a diet	**Lesson 3** Health problems	**Lesson 4** Bad habits	**Lesson 5** Sports in our life	**Lesson 6** Alternative medicine	**Lesson 7** Active lifestyle	**Lesson 8** Fighting stress
Phonetics	Key vocabulary	Key vocabulary	Key vocabulary	Key vocabulary	Key vocabulary	Key vocabulary	Key vocabulary	Key vocabulary
Phonics	cheap – chips, put – soup – spoon – food, leave – live	lose – does, weight – wait, treat – sweat	Silent **b**, **p**, **k** in doubt, pneumonia, knee	know – now, puff – laugh	hockey – khaki, hard – heart, kneel – needle, seek – sick	message – massage, breathe – breath	wait – weight, live [lɪv], live [laɪv]	at – ate, read – red
Vocabulary	Food and meals	Going on a diet	Health problems	Bad habits	Sports and games	Alternative therapies	Lifestyle	Fighting stress
Grammar	Present Progressive	Present Simple & Present Progressive	Present Perfect	*Must, may, should*	*to be* in Past Simple	Past Simple with regular verbs	Past Simple: questions and negative forms	Past Simple with irregular verbs
Listening	Lecture on healthy eating habits	Lecture about a food pyramid	How to prevent the flu	People talking about their bad habits	Interviews of sportsmen	Talks on received treatment	Talk on the lifestyle	People talking about the cause of stress
Speaking	Food preferences	Food that makes you feel happy, energetic etc	Why do people get sick?	How to fight bad habits	Merits and drawbacks of some kinds of sport	Strong and weak points of alternative medicine	Describing the lifestyle	Description of a stressful situation
Reading	Recipes	Health tips	Symptoms of diseases	How to deal with bad habits	First world chess championship	Traditional Chinese medicine	Tips on active and healthy lifestyle	Job descriptions
Writing	Recipe	Healthy food in different cultures	Describing the symptoms of diseases	Slogans calling for giving up bad habits	E-mail: letter on the favourite kind of sport	E-mail: opinion on alternative medicine	E-mail: description of active lifestyle	E-mail: description of a stressful episode
Crossroads of cultures	Food pyramid	Standards of beauty	Health beliefs	Bad habits and cultures	Traditional sports	Healers of the Philippines	Chinese exercises	Yoga for stress relief