



2nd semester

Topic 54: Body and lifestyle

You should answer to all questions with partner

- ▶ Do you have problems with your body?
- ▶ How your Dream Body looks like ?
- ▶ Do you believe in fast transformation ?
- ▶ Is your lifestyle healthy ?
- ▶ Are you a sportsmen ?





Learn them all



- ▶ to affect-to change or influence something, often in a negative way
- ▶ to balance-to create or preserve a good or correct balance between different features or aspects
- ▶ to benefit-to get an advantage, or to give someone an advantage
- ▶ benefit (n)-an advantage that you get from a situation
- ▶ to breathe-to take air into your lungs through your nose or mouth and let it out again
- ▶ to chew-to use your teeth to bite food in your mouth into small pieces
- ▶ to chop-to cut something such as food or wood into pieces



Learn all words



- ▶ to contain-to have something inside
- ▶ to cough /kɒf/-to force out air suddenly and noisily through your throat, for example when you have a cold
- ▶ to cure-to stop someone from being affected by an illness
- ▶ cure (n)-a medicine or treatment that makes someone who is ill become healthy
- ▶ to exercise-to do a physical activity in order to stay healthy and make your body stronger
- ▶ exercise (n)-physical activity that you do in order to stay healthy and make your body stronger
- ▶ Flu-a very common infectious disease that lasts for a short time and makes you feel weak and tired
- ▶ to have an operation-the process of cutting into someone's body for medical reasons



Watch the video If you want to built your Dream Body



► <https://www.youtube.com/watch?v=YWt25do0Pyl>

