

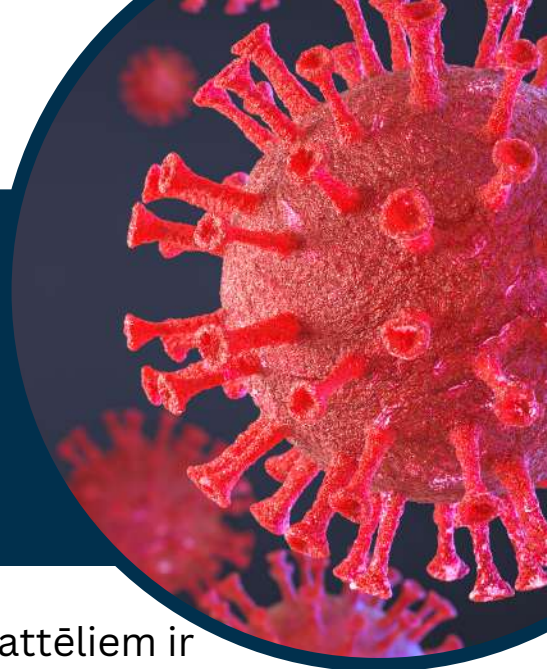


Health

and different
lifestyles



HEALTH PROBLEMS



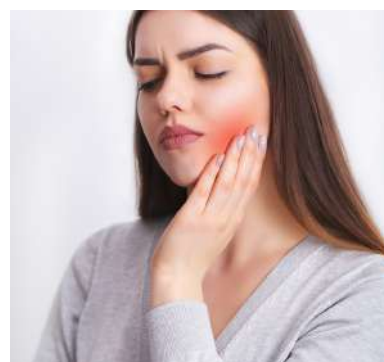
Padarbojies ar vārdnīcu! **Noskaidro**, kā šie vārdi zem attēliem ir latviešu valodā. **Pieraksti** apakšā katram attēlam.



an allergy



a backache



a toothache



a broken leg



a cough



a cold



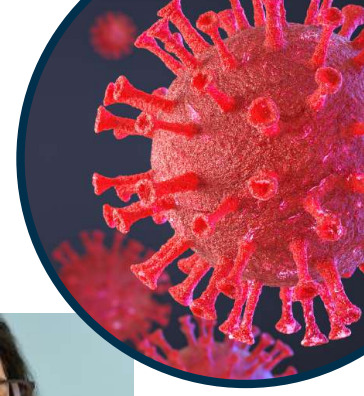
a fever



a flu



nausea



an earache



a headache



a sore throat



a rash



a sprain



a stomachache



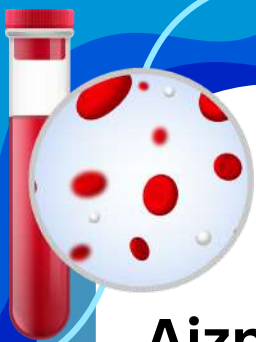
a stroke



burn

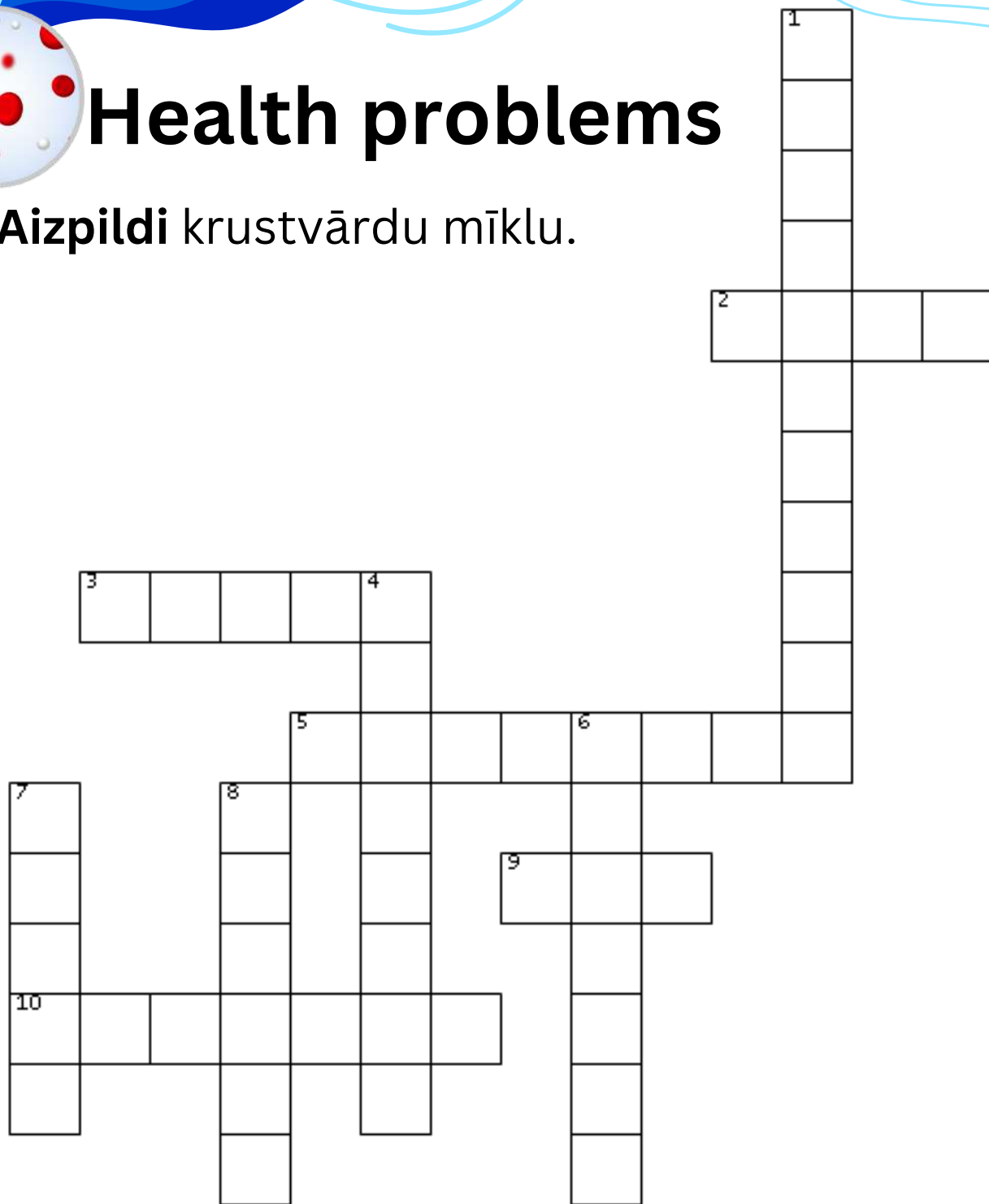


wound



Health problems

Aizpildi krustvārdu mīklu.



Across

- 2. izsitumi
- 3. klepus
- 5. muguras sāpes
- 9. gripa
- 10. ausu sāpes

Down

- 1. vēdergraizes
- 4. galvas sāpes
- 6. alerģija
- 7. drudzis
- 8. sastiepums

MEDICAL TREATMENT



Padarbojies ar vārdnīcu! **Noskaidro**, kā šie vārdi zem attēliem ir latviešu valodā. **Pieraksti** apakšā katram attēlam.



pills



thermometer



hospital



crutches



bed rest



cast



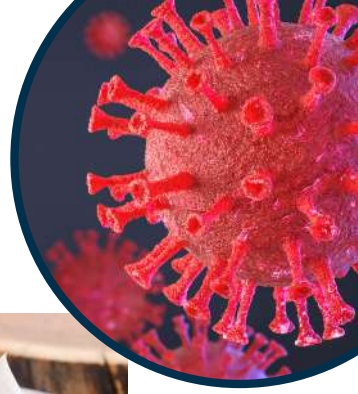
syrup



bandage



vaccine



drops



x-ray



ointment



massage



suture



diet



vitamins



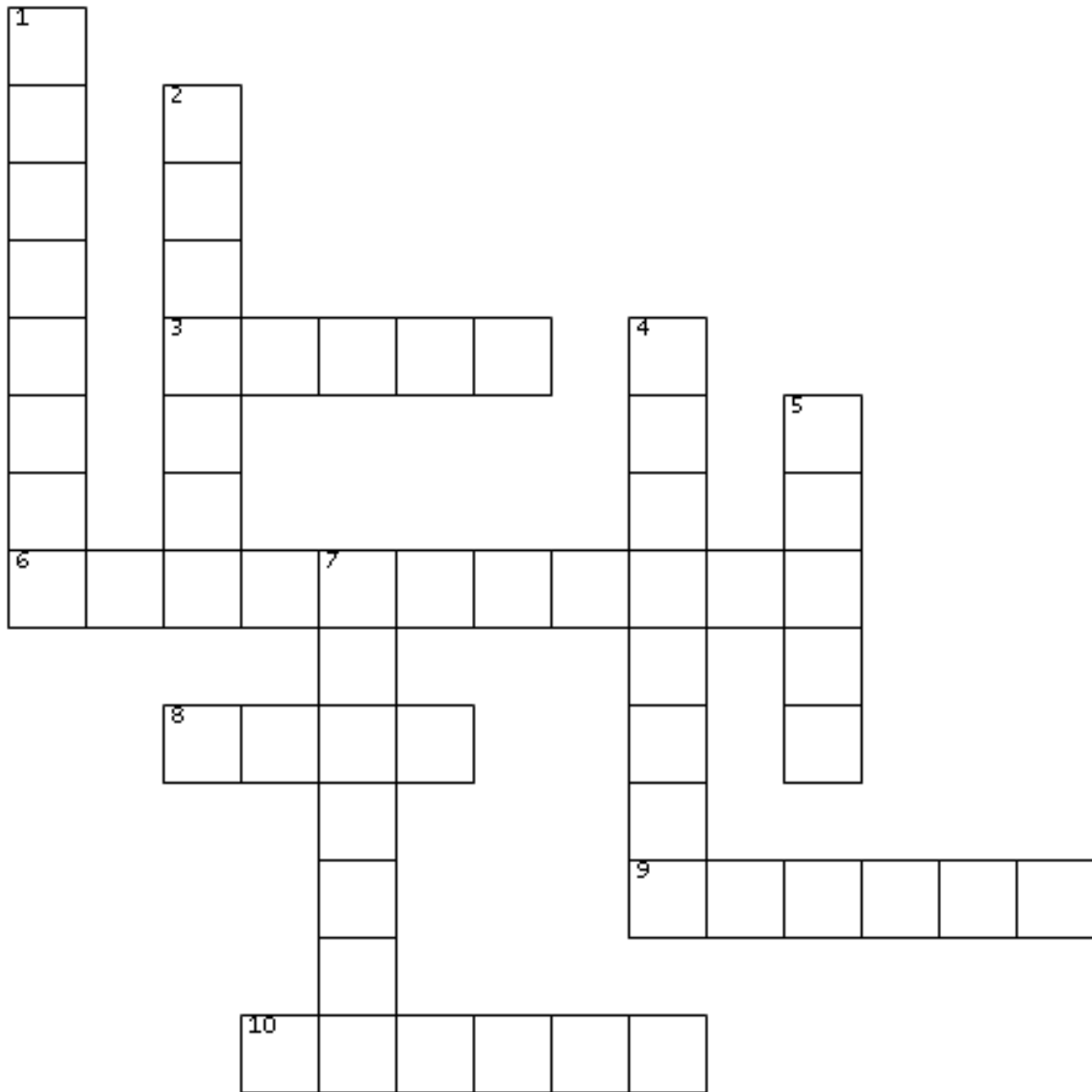
herbal tea





Treatment

Aizpildi krustvārdu mīklu.



Across

- 3. pilieni
- 6. termometrs
- 8. ģipsis
- 9. šuve
- 10. zāļu – (piem. tēja)

Down

- 1. ziede
- 2. pārsējs
- 4. kruķi
- 5. sīrups
- 7. masāža

PROBLEMS AND TREATMENTS

Lasi situāciju aprakstus. **Ieraksti** atbilstošā attēla numuru.

1.



2.



3.



4.



5.



6.



7.



8.



9.



- Alex got a broken arm. The doctor put it in a cast.
- Alice's got a sore throat. She **should** take some drops.
- Max's got a cold. He's got a temperature. He **should** relax.
- Rob has got a stomachache. He **should** take some pills.
- Maya has got a cough. She **should** drink herbal tea.
- John has got a rash. He **should** put some ointment on it.
- Henry has got a backache. He **should** get an x-ray.
- Lisa has got a toothache. She **should** visit a dentist.
- Mark's got a stroke. He **should** call ambulance and go to a hospital.

HEALTHY LIFESTYLES

Sports

Padarbojies ar vārdnīcu! **Noskaidro**, kā šie vārdi zem attēliem ir latviešu valodā. **Pieraksti** apakšā katram attēlam.



hockey



rugby



polo



badminton



chess



athletics



gymnastics



marathon



skiing



skating



table tennis



boxing



curling



archery



cycling



jogging



yoga



judo



wrestling



weightlifting



snowboarding



sailing



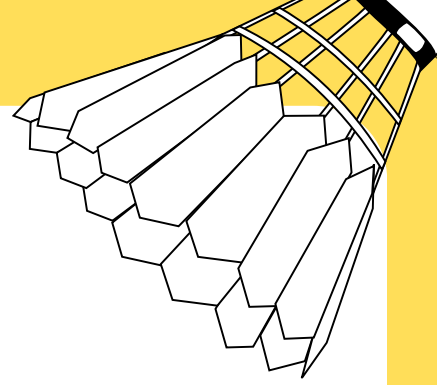
paintball



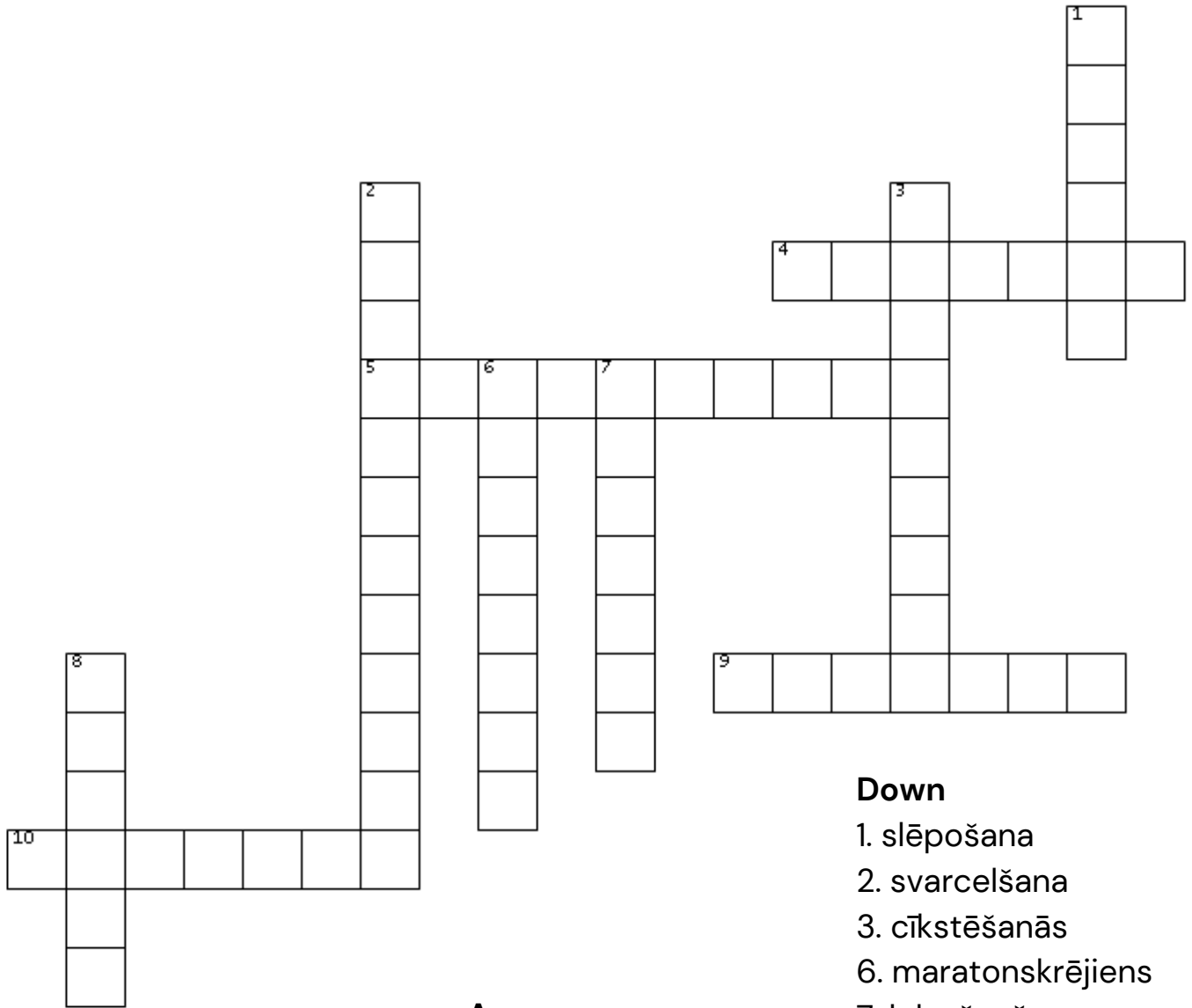
figure skating

Is there anything missing? Do you know more? (Vai kaut kas iztrūkst? Vai Tu zini vairāk?)

SPORTS



Aizpildi krustvārdu mīklu.



Across

- 4. kērlings
- 5. vingrošana
- 9. lēna skriešana
- 10. slidošana

Down

- 1. slēpošana
- 2. svarcelšana
- 3. cīkstēšanās
- 6. maratonskrējiens
- 7. loka šaušana
- 8. hokejs



Reminder!

Sport and Exercise

DO - GO - PLAY



GO

Go bowling

Go camping

Go cycling

Go dancing

Go fishing

Go golfing

Go hiking

Go ice-skating

Go running

Go scuba diving

Go snow boarding

Go surfing

Go swimming



lieto ar aktivitātēm, kas beidzas ar galotni - **ing**

I **go swimming** every day.
Mike **goes** snowboarding.



DO

Do aerobics

Do exercise

Do push-ups

Do sit-ups

Do yoga

Do a warm-up



lieto ar sporta veidiem, kur **nav komandu** sacensības un **netiek izmantota bumba**

Anna **does** gymnastics on Monday evenings.



PLAY

Play badminton

Play baseball

Play basketball

Play football

Play hockey

Play ping pong

Play soccer

Play squash

Play tennis

Play volleyball



lieto ar **komandu** sporta aktivitātēm, kurās ir **bumba**

Peter **plays** basketball.

Sports

Papildini teikumus ar - **play, do, vai go** un **attēlā redzamo sporta veidu**

Richard



Richard He
also wrestling at the
weekend.

Linda



Linda
every weekend. She also
yoga.

Peter



Peter
He snowboarding in
winter.

Max



Max
He also cycling every day.

Anna



Anna
She also jogging every day.

Alice








Alice
She also figure skating.

Sports



- **Apskati attēlu. Uzraksti apakšā, kāds sporta veids tur attēlots.**
- **Uzraksti, vai tas Tev patīk (*like*) vai nepatīk (*dislike*)**
- **Uzraksti pilnu teikumu. (Piemērs: *I like to go swimming. I don't like to do yoga*)**

Sport	I feel	Sentence
		<hr/> <hr/> <hr/> <hr/>
		<hr/> <hr/> <hr/> <hr/>
		<hr/> <hr/> <hr/> <hr/>
		<hr/> <hr/> <hr/> <hr/>
		<hr/> <hr/> <hr/> <hr/>



Healthy food

Padarbojies ar vārdnīcu! **Noskaidro**, kā šie vārdi zem attēliem ir latviešu valodā. **Pieraksti** apakšā katram attēlam.



vegetables



fish



fruits



meat



fresh juice



rice



buckwheat



groats



olive oil



eggs



nuts



dairy



seafood



cheese



bread



soup



cereal



pie



oatmeal



muesli



berries



sea salt



seaweed



tofu



Healthy food

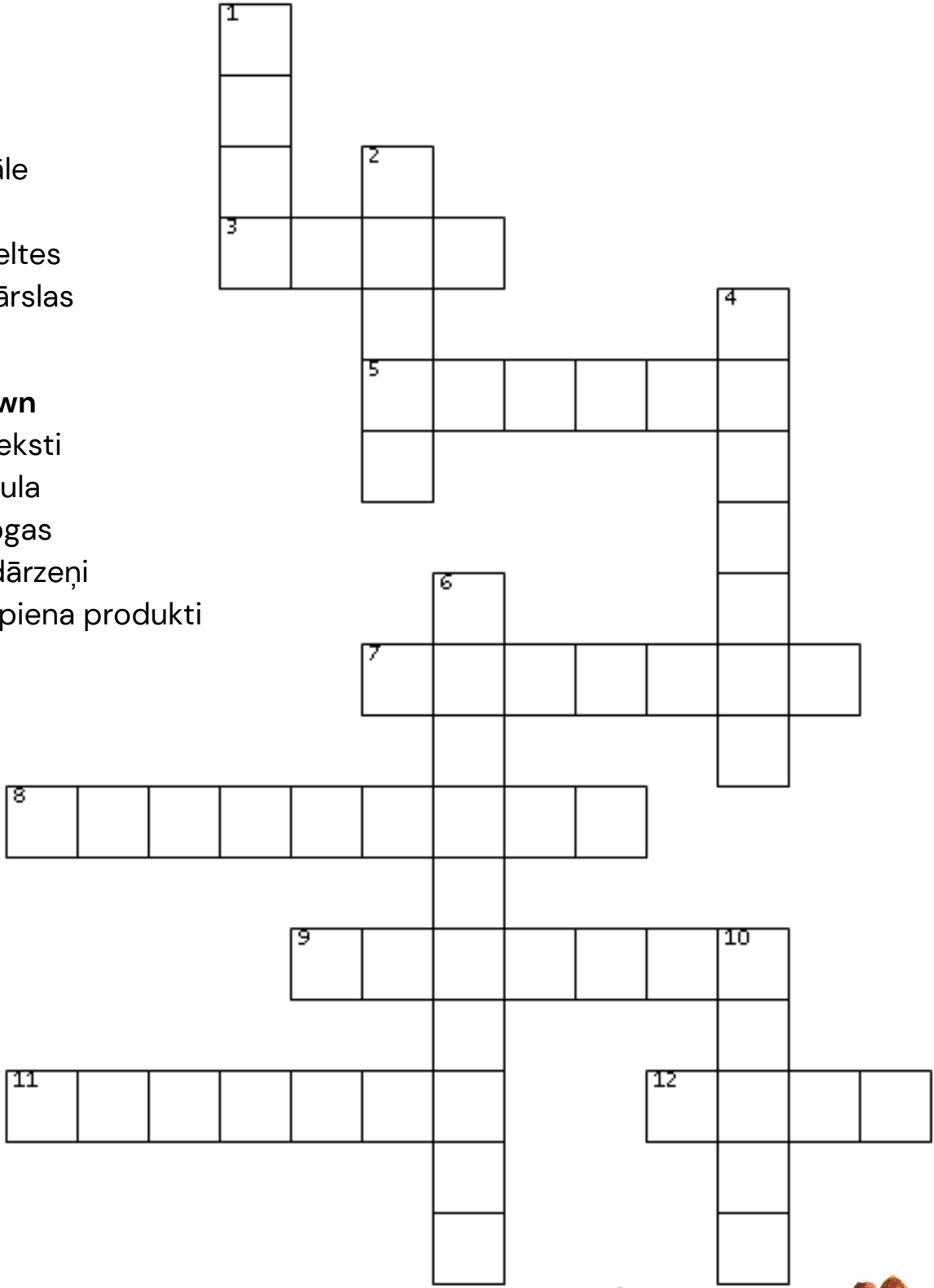
Aizpildi krustvārdu mīklu.

Across

- 3. zupa
- 5. siers
- 7. jūras zāle
- 8. griķi
- 9. jūras veltes
- 11. auzu pārslas
- 12. zivs

Down

- 1. rieksti
- 2. sula
- 4. ogas
- 6. dārzeņi
- 10. piena produkti



Do you like..?

Food and Drinks Questionnaire



	Yes, I do.	No, I don't.
1- Do you like to eat vegetables?	<input type="checkbox"/>	<input type="checkbox"/>
2- Do you like to eat fruit?	<input type="checkbox"/>	<input type="checkbox"/>
3- Do you like to eat meat?	<input type="checkbox"/>	<input type="checkbox"/>
4- Do you like to eat dairy products?	<input type="checkbox"/>	<input type="checkbox"/>
5- Do you like to eat fish?	<input type="checkbox"/>	<input type="checkbox"/>
6- Do you like to eat rice?	<input type="checkbox"/>	<input type="checkbox"/>
7- Do you like to eat buckwheat?	<input type="checkbox"/>	<input type="checkbox"/>
8- Do you like to eat cereal?	<input type="checkbox"/>	<input type="checkbox"/>
9- Do you like to eat berries?	<input type="checkbox"/>	<input type="checkbox"/>
10- Do you like to eat soup?	<input type="checkbox"/>	<input type="checkbox"/>
11- Do you like to eat cheese?	<input type="checkbox"/>	<input type="checkbox"/>
12- Do you like to drink tea?	<input type="checkbox"/>	<input type="checkbox"/>
13- Do you like to drink fresh juice?	<input type="checkbox"/>	<input type="checkbox"/>





Reminders!

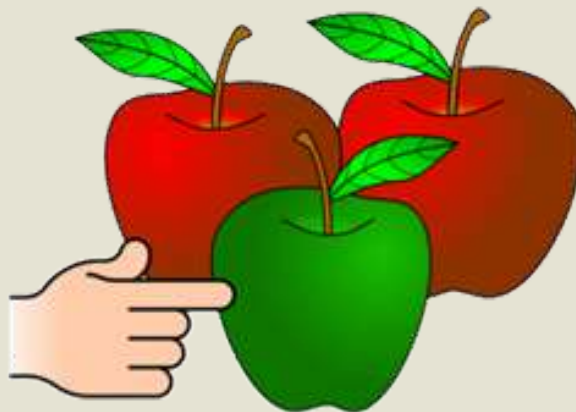
Atgādnes

Vienskaitlis



This **is** an apple.

Daudzskaitlis



These **are** apples.

MUCH

Nozīmē - daudz



Lieto ar -
nesaskaitāmām
lietām

How much juice would
you like?

MANY

Nozīmē - daudz



Lieto ar -
saskaitāmām
lietām

There isn't many grapes
left in the fridge.



Abus lieto jautājuma un nolieguma teikumos!



Reminders!

Atgādnes

var saskaitīt

FOOD

nevar saskaitīt

COUNTABLES

UNCOUNTABLES



Burgers



Sandwiches



Hot dogs



Cherries



Apple



Grapes



Oranges



Olives



Watermelons



Carrots



Tomatoes



Peas



Salads



Vegetables



Pancakes



Sausages



Eggs



Potatoes



Cookies



Fries



Candies



Bread



Fruit



Juice



Meat



Rice



Cereal



Milk



Coffee



Tea



Soup



Salt



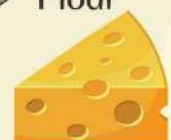
Flour



Sugar



Butter



Cheese



Honey



Water



Chocolate



Jam



Seafood



Mustard



Healthy food

Pārbaudi un izlabo kļūdas! Skaties paraugu!



This is olive oil. ❌

No, this is milk. ✅



These are eggs. ✅

Yes, these are eggs. ✅



These are groats.



These are dairy products.



These are fruits.



This is fish.



This is fresh juice.



This is meat.



This is rice.



These are vegetables.



This is buckwheat.



These are groats.



Healthy food

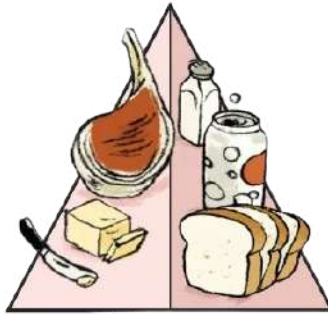
Apskati uztura piramīdu. Katrai sadaļai **ieraksti** atbilstošo nosaukumu. **Noskaidro** vārdus, kurus nezini.

Word bank

1. Dairy

2. Whole grains

3. Vegetables & fruits



4. Fish, poultry & eggs

5. Nuts, seeds, beans & tofu

6. Healthy fats / oils

