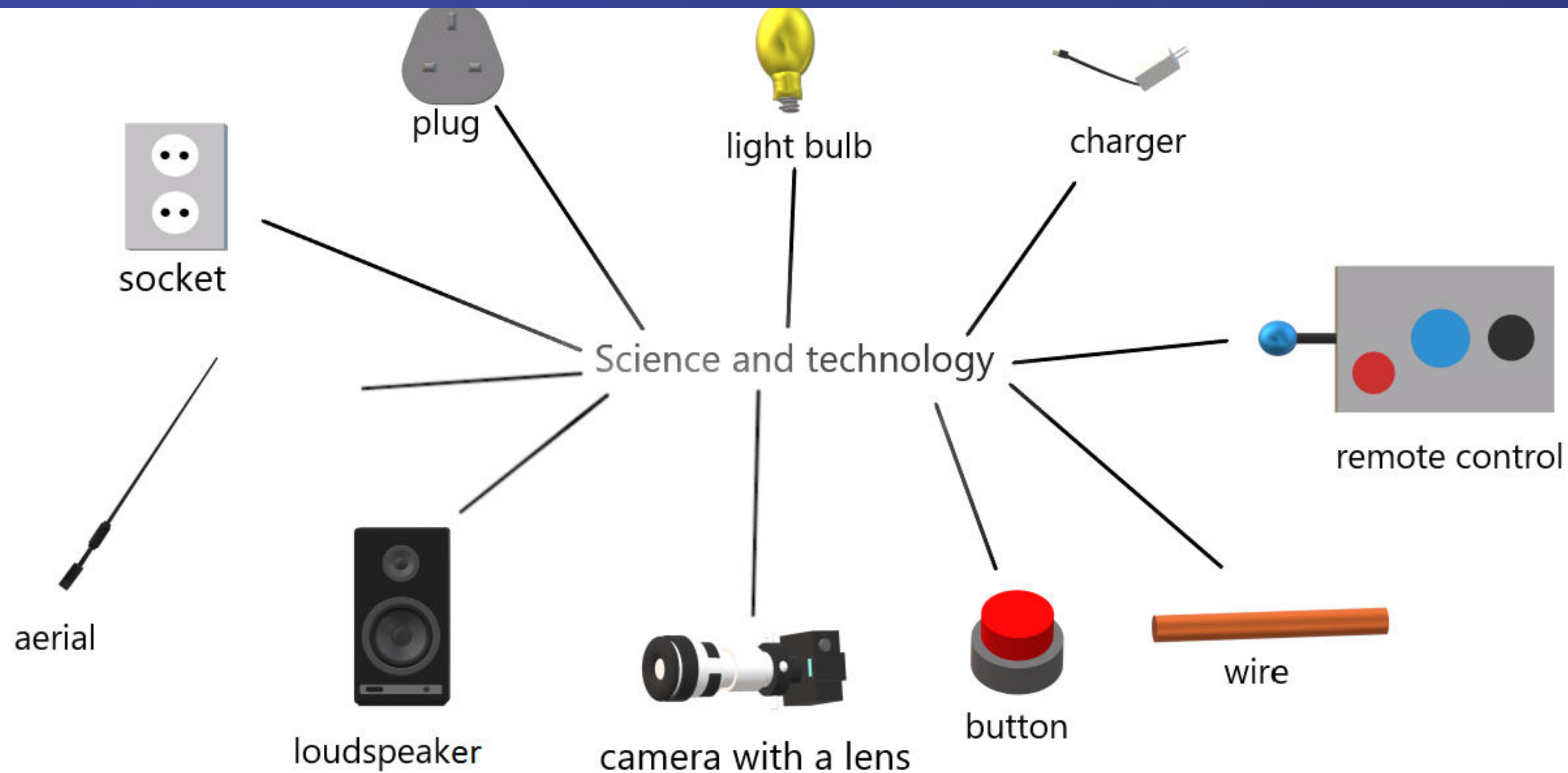




**MADE WITHIN THE FRAMEWORK OF  
THE ETWINNING PROJECT**

# **SCHOOL PROJECT**





# Simple ways to live a healthy lifestyle

## ● **Have a balanced diet**

*A balanced diet is important because your body needs proper nutrition to work effectively*

## ● **Get enough sleep**

*Good sleep can improve concentration and productivity*

## ● **Drink water**

*Drinking water helps you lose weight*

## ◎ **Work out at the gym**

*It can make you feel happier.  
It Is Good for Your Muscles and Bones*

## ◎ **Don't skip breakfast**

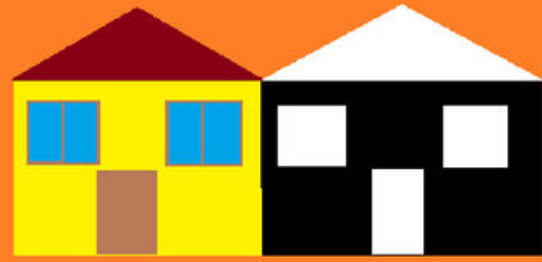
*Breakfast is the most important meal of the day!  
It is claimed that breakfast helps us lose weight  
and that skipping it can raise our risk of obesity.*

## ◎ **Eat lots of fruit and vegetables**

*Eating fruit and vegetables may help reduce the risk of many diseases, high blood pressure and cancers*

# TYPES OF HOUSES

semi-detached house



terraced house



bungalow



cottage



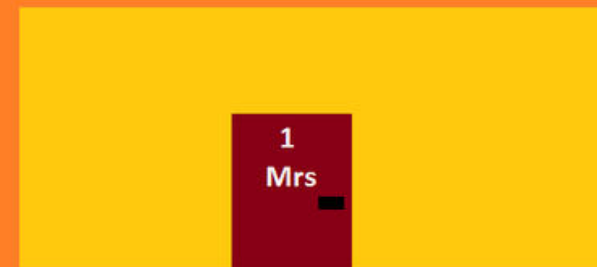
**DETACHED** house



eco-house



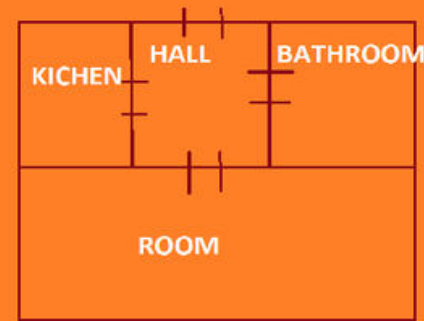
flat



houseboat



studio apartment



# Sports

## Ball sports:

Football

Golf

Cricket

Tennis

Squash

Volleyball

Table  
tennis



## Combat sports:

Jiu-jitsu

Judo

Sumo

Boxing

Muay Thai

Karate

Kick-boxing

## Water sports:

Rowing

Water polo

Windsurfing

Flyboarding

Sailing

Diving

Kitesurfing

## Winter sports:

Skating

Short track

Snowboarding

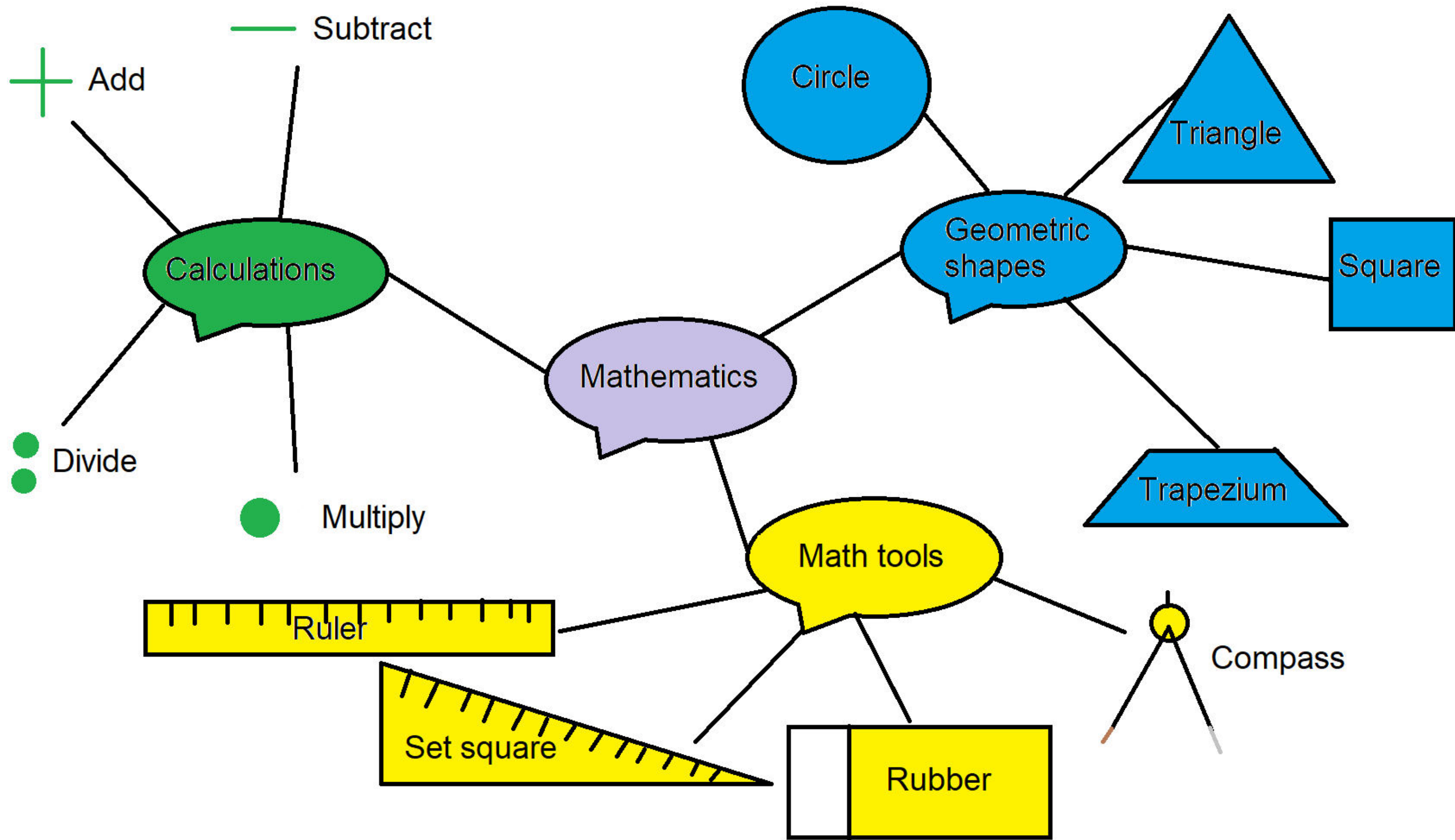
Curling

Biathlon

Skiing

Ski jumping







Red Borsht with mushroom dumplings

Mushroom soup

Mushroom and sauerkraut dumplings

Cheesecake

Fried Carp

Pickled Herring

Cabbage with split peas

Cabbage with mushrooms

Kutia- Sweet wheat berry pudding

Poppy seed cake

Noodles with poppy seeds

Vegetable salad

apples

carrots

eggs

pickles

onions

parsley root

mayonnaise



Santa  
Claus



# Christmas

Christmas Tree



Nativity



We decorate a Christmas tree  
before Christmas Eve



Christmas balls

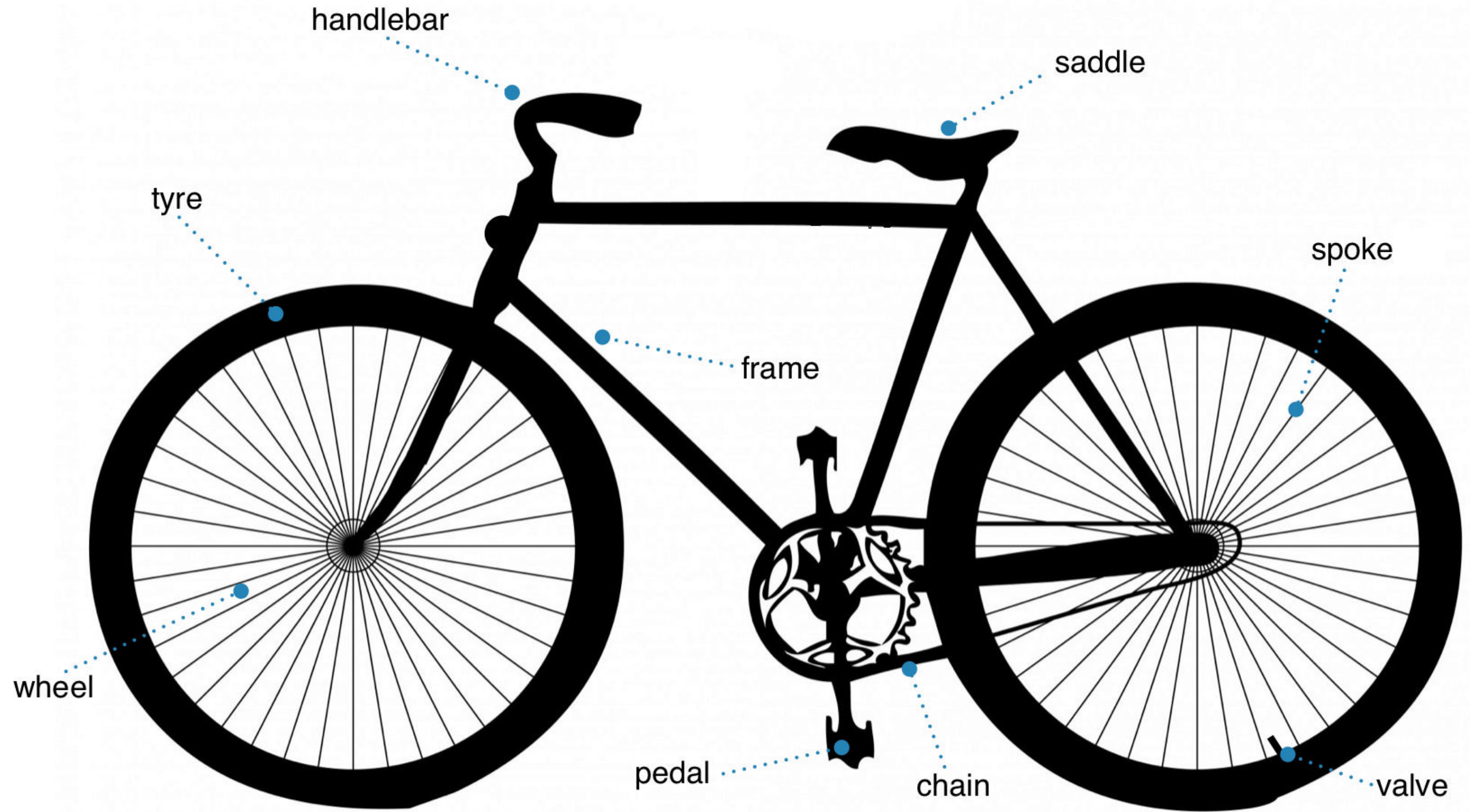
Children make a snowman  
when there is enough snow

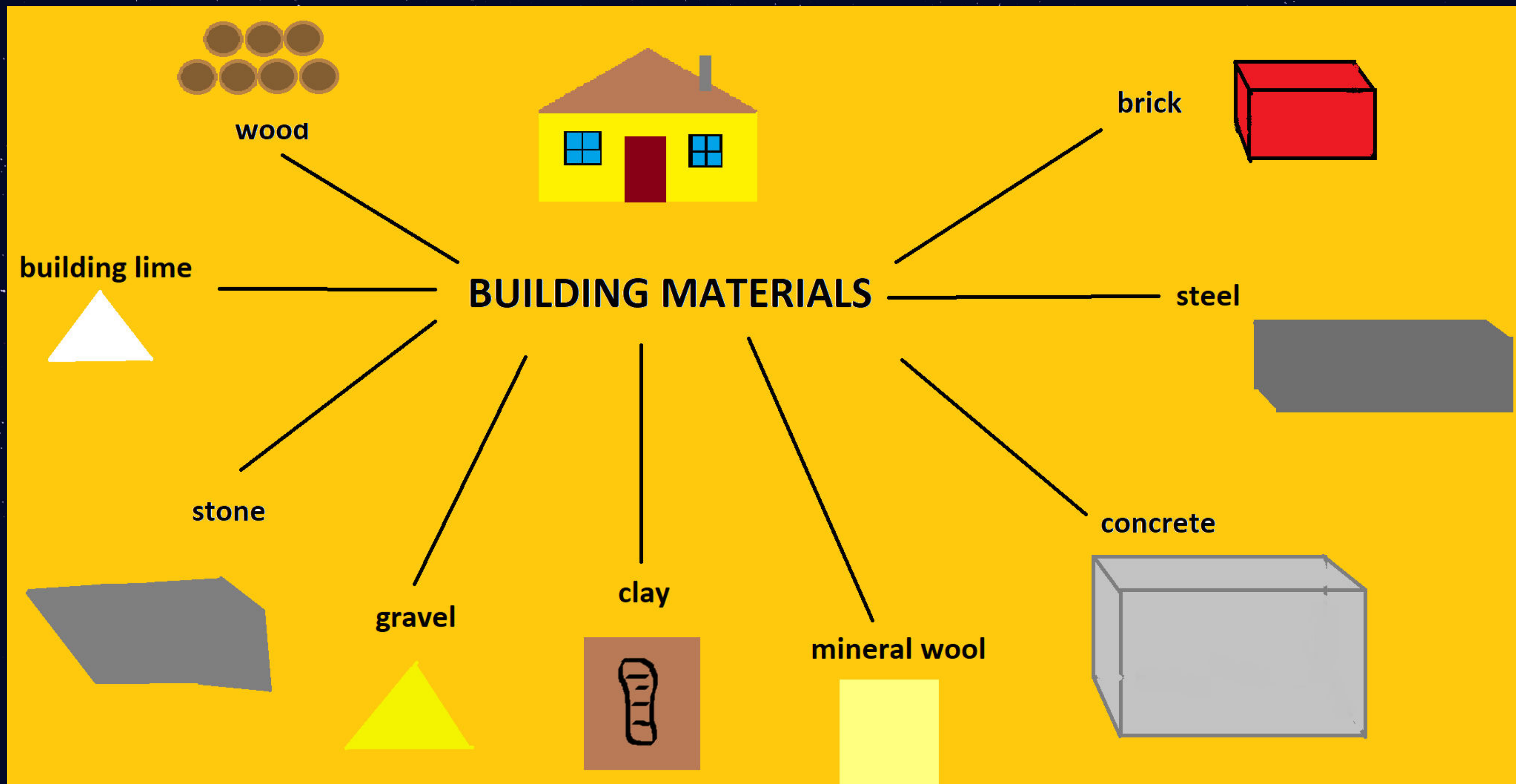


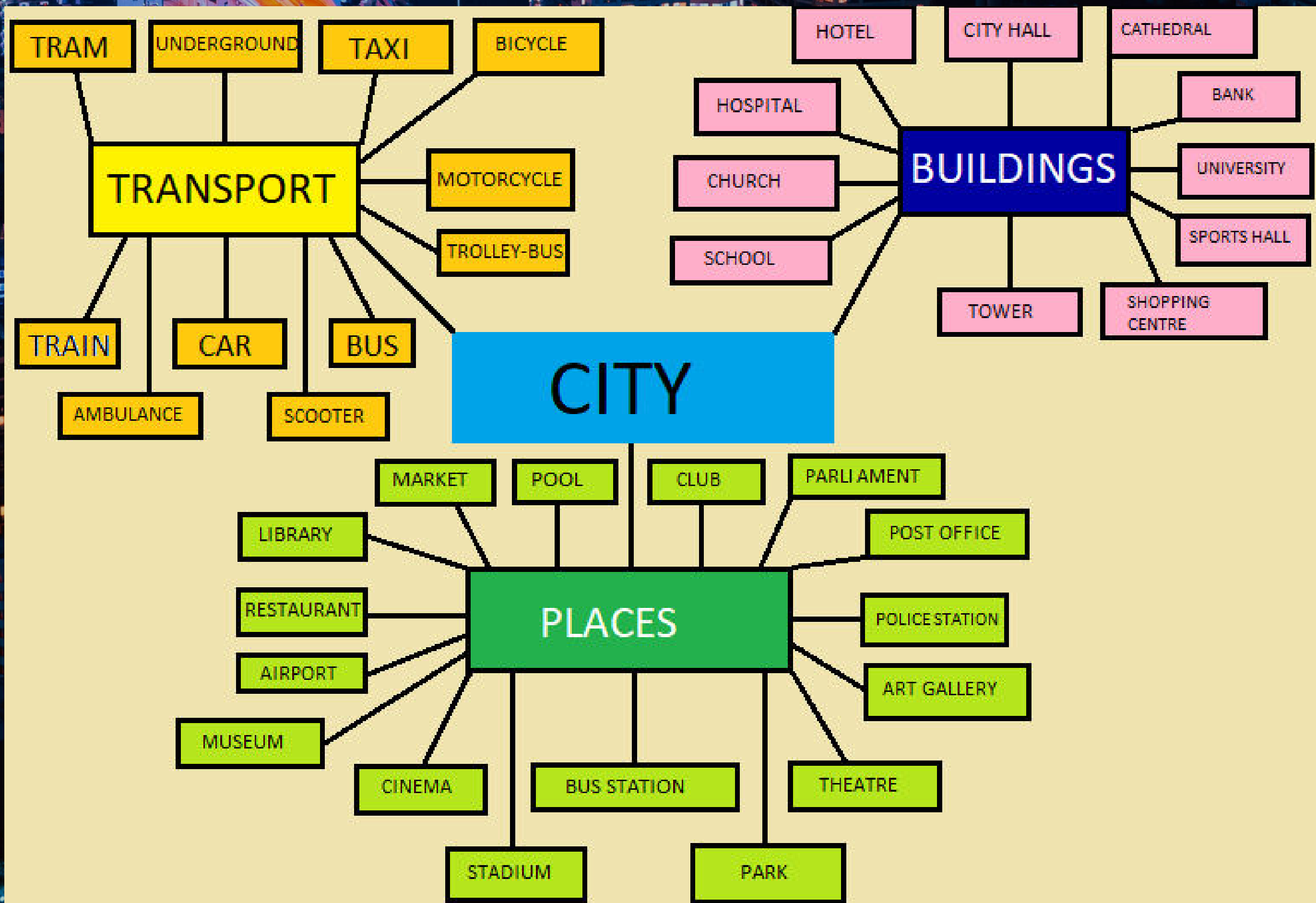
An angel is one of the  
symbols of Christmas

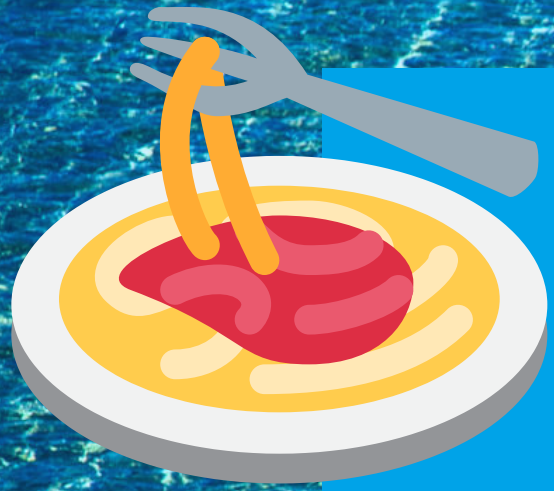


## BIKE PARTS





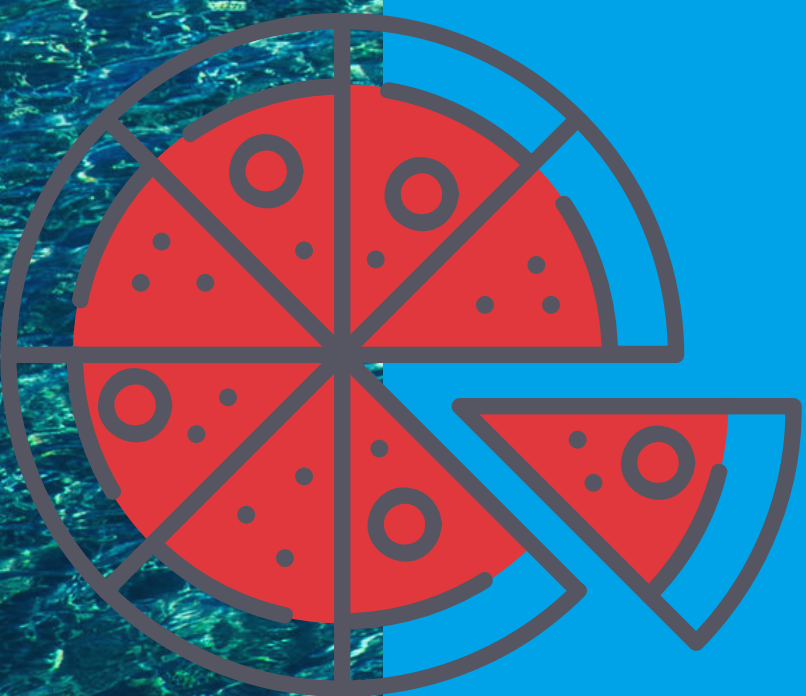




spaghetti

Tiramisu

Pizza



ITALY

VENICE

VATICAN

ROME

Leonardo da Vinci

Pope Francis





## Friuli-Venezia Giulia

### Economy

It has a highly developed economy based on agriculture and industry. The main industrial sectors include: shipbuilding, processing, textile, refinery, photo-optical, watchmaking, machine, chemical, footwear. Agricultural production: maize, soybeans, vegetables.

### Natural conditions

In the north there are the Eastern Alps and in the south there is the Venetian Lowland. The rivers of Isonzo, Livenza, Fella and Tagliamento flow through this region.

### Location

Friuli-Venezia Giulia is a region located in the north of Italy. It borders with Austria to the north and Slovenia to the east. The main cities are Trieste, Pordenone, Gorizia and Udine.



# LEONARDO DA VINCI

BORN: 15 APRIL 1452 IN ANCHIANO

DIED: 2 MAY 1519 IN FRANCE

PAINTER, SCULPTOR, INVENTOR,  
ARCHITECT, ENGINEER

## HIS MOST FAMOUS WORKS

MONA LISA

LADY WITH  
AN ERMINE

THE LAST SUPPER

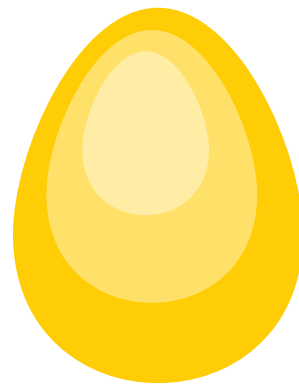
VITRUVIAN MAN

SELF-PORTRAIT

THE VIRGIN OF THE ROCKS

## Eggs

- scrambled eggs with bits of sausage or bacon
- hard-boiled eggs
- soft boiled eggs



**Gurd cheese with chopped  
chive and radish**

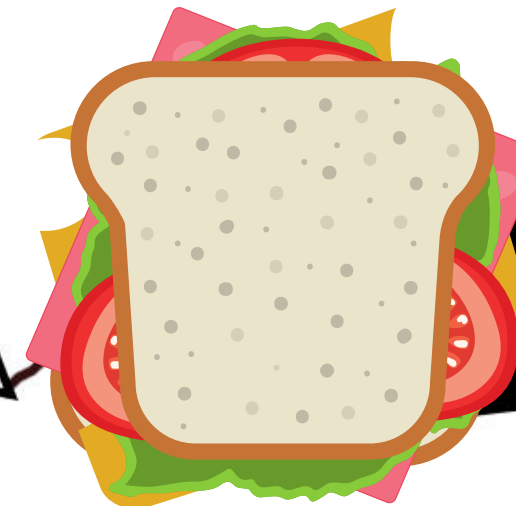
## What we eat for breakfast



**Breakfast cereal with milk**

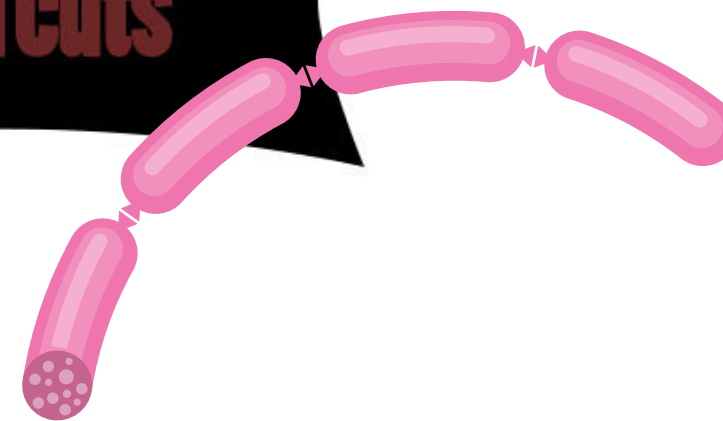


## Sandwiches

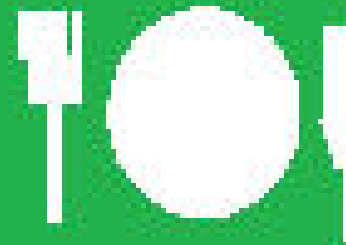


**Bread-  
Butter-  
Meat-  
Cheese-  
Cucumber-  
Tomato-**

## Cold cuts



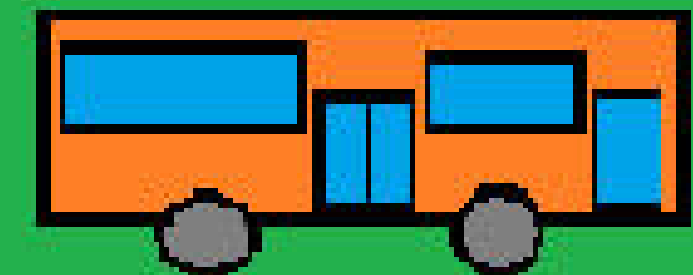
Stop using disposable plastic items



Turn off the light  
when you leave a  
room



Use public  
transport

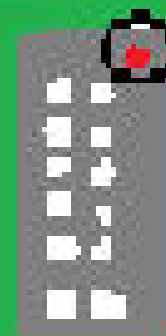


# Environmental protection

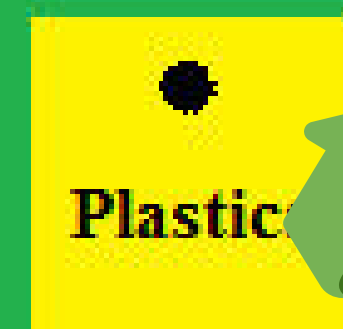
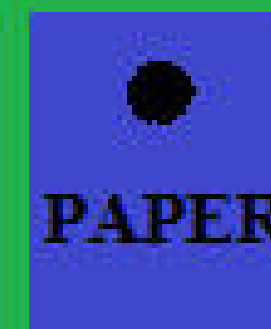
Plant trees



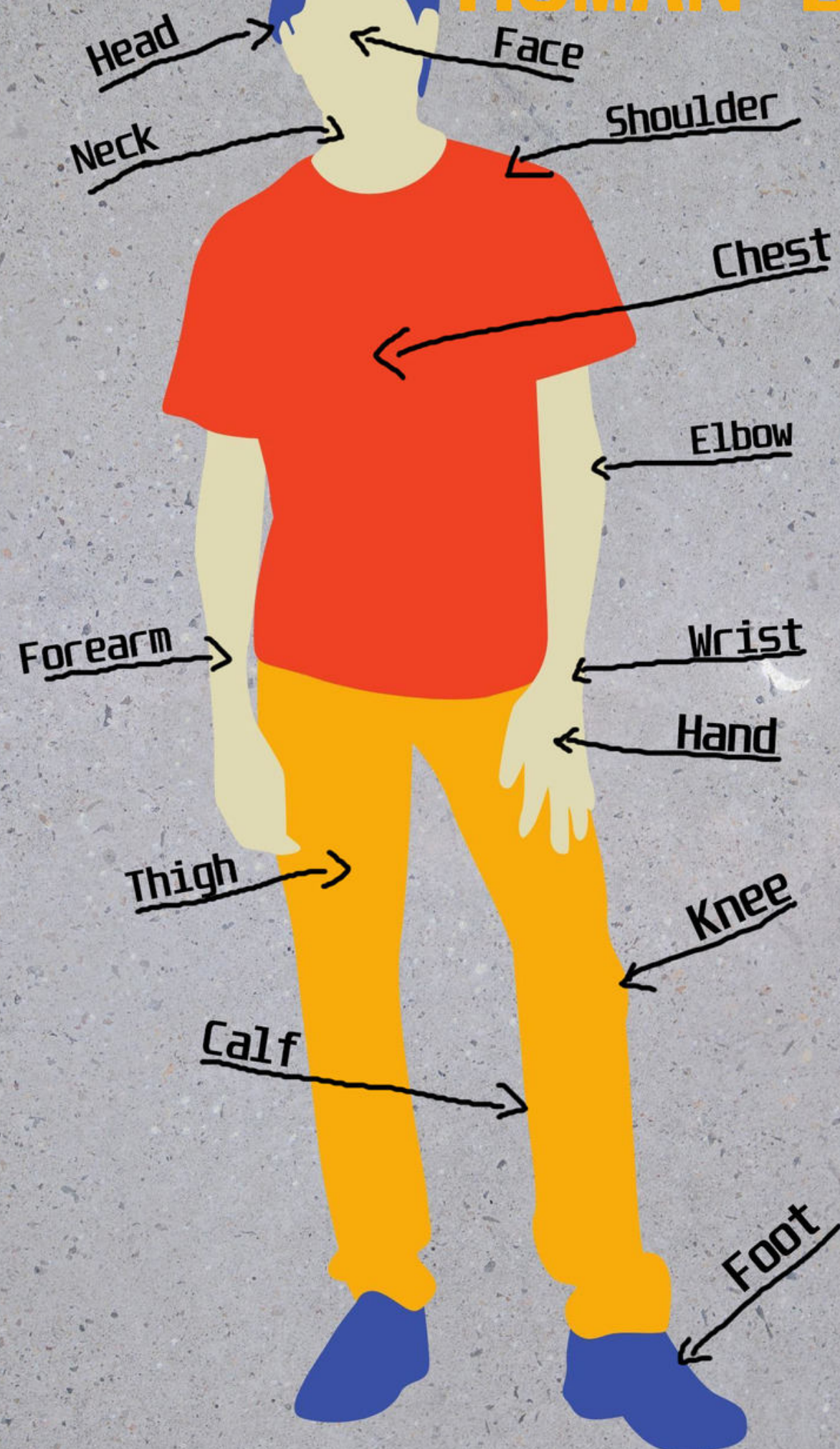
Turn off your  
TV if you don't  
watch it



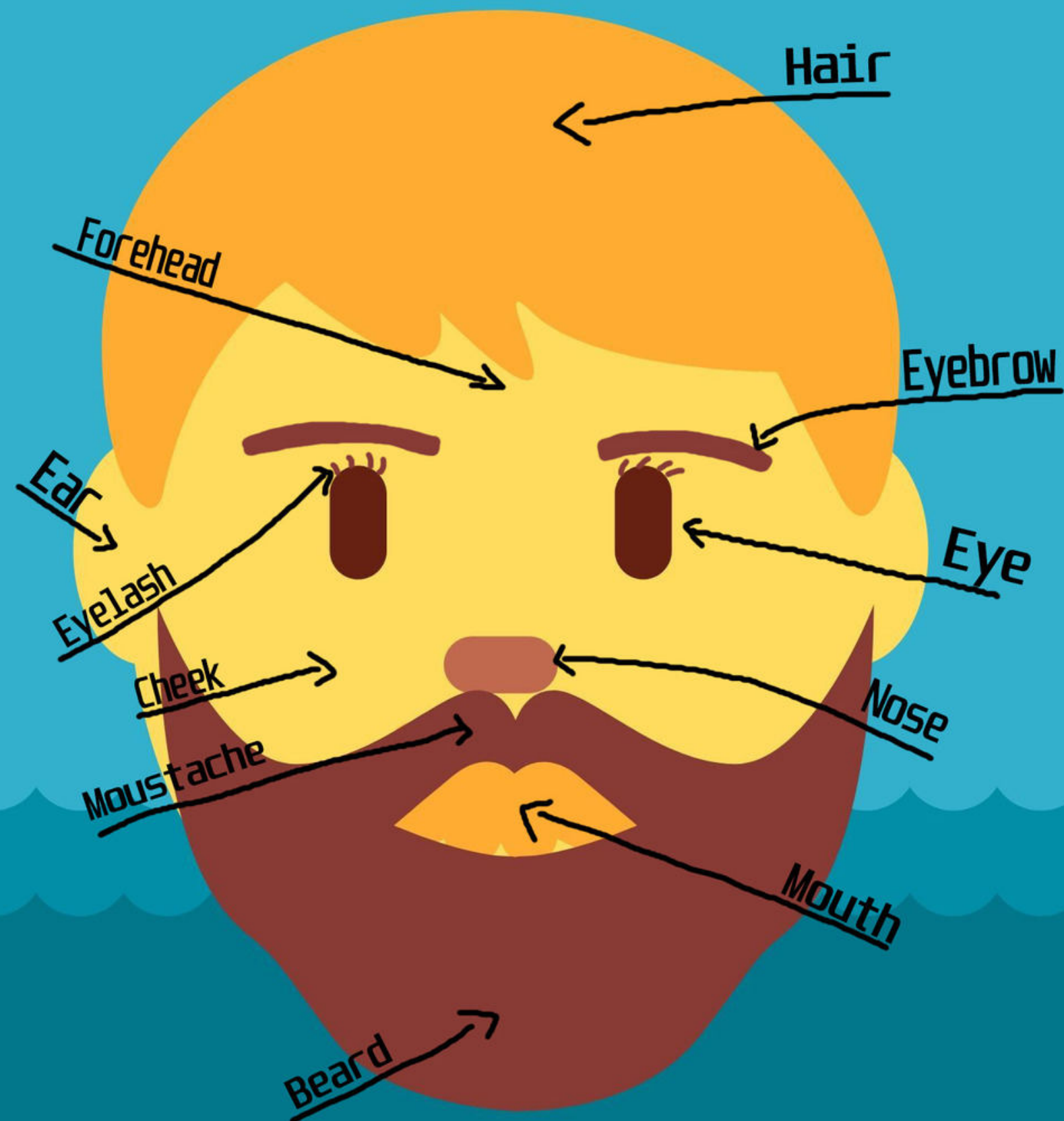
Sort your rubbish for  
recycling



# HUMAN BODY



# Parts of the face



# AT THE DOCTOR'S

Doctor: What's the matter?

Patient: I have got a....

