

"You are what you eat"

*Ayurveda, the ancient Indian
science of life.*



How do you
understand it?

Do you agree?



Give the English equivalents:



A healthy mind in
a healthy body.

Wealth is nothing
without health.

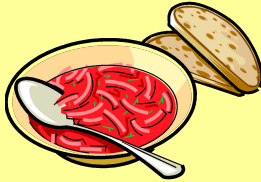
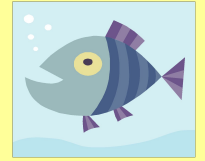
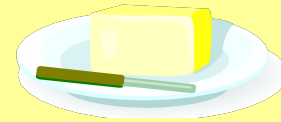
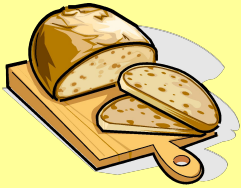
An apple a day
keeps a doctor
away.

Кто яблоко в день
съедает, у того
доктор не
бывает.

Здоровье дороже
денег.

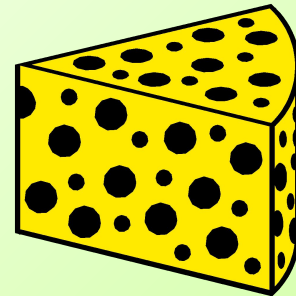
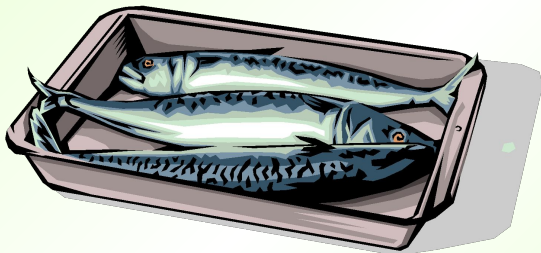
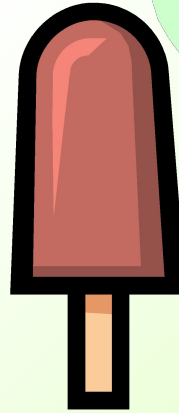
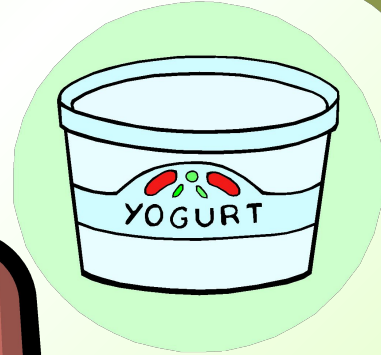
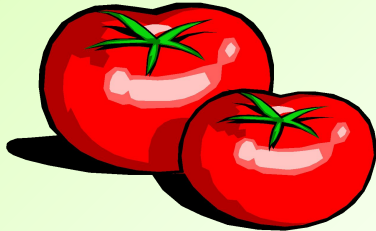
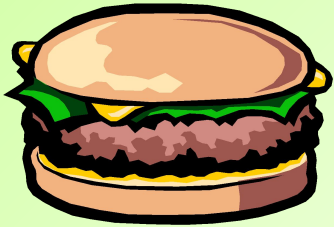
В здоровом теле
здоровый дух.

What food do you know?

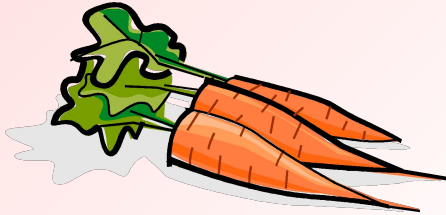


Healthy food

Unhealthy food



What is healthy for you?



Carrot is healthy for me.
Sweets are unhealthy for me.

What products...

...keep you healthy?

...

...

...

...



...give you energy?

...

...

...

...

...help you to grow and make you strong?

...

...

...

...

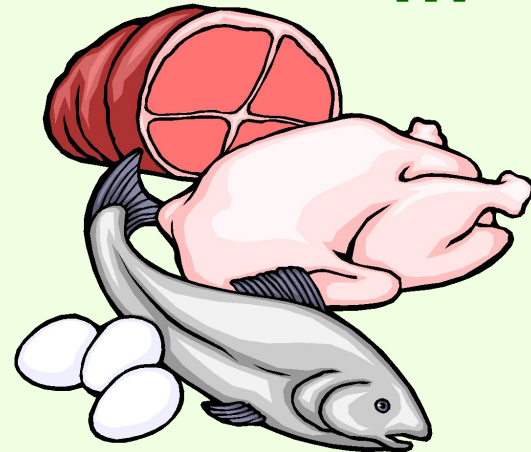
...are empty foods?

...

...

...

...

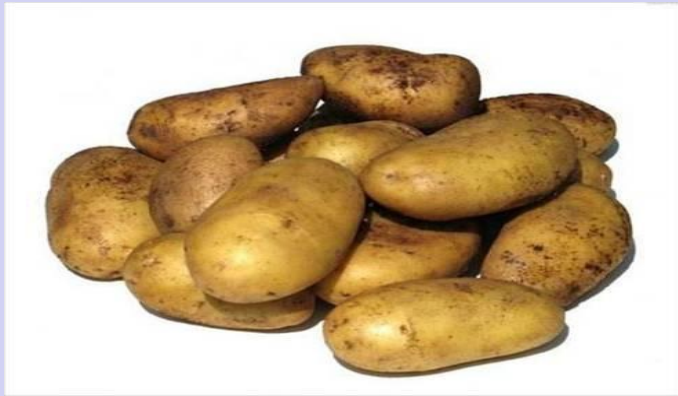


When do you say few/little?

few] **almost no**
little]

a few] **some**
a little]

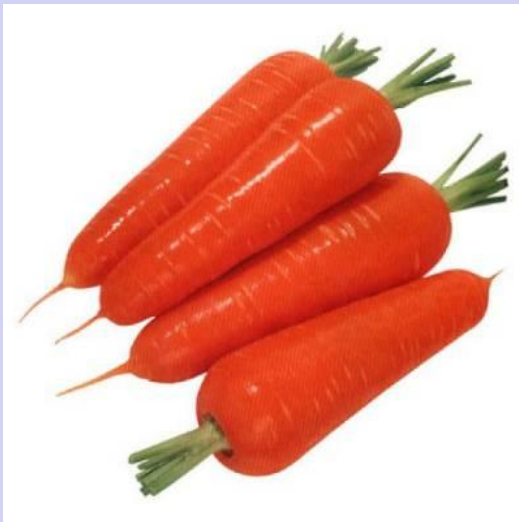
... potatoes



...sugar



... carrots

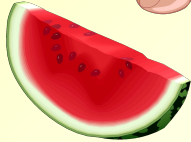


... bread



Project "My healthy food pyramid"

You should eat
less...



You should eat
more...

Put the products in the right order.

Eat to live

or



Live to eat

Make your choice
!

