



FOOD AND HEALTH

**Does our health
depend
on food we eat?**



PROVERBS AND SAYINGS

- ❑ An apple a day differ.
- ❑ The way to man's heart not live to eat.
- ❑ To lengthen your life, is through his stomach.
- ❑ Tastes keeps the doctor away.
- ❑ We eat to live, lessen your meal.
- ❑ You are what you eat.

Use the scheme

S1 (w)



S2 (wc)



S3 (s)



S4 (qu)



S5 (a)



**Chicken
soup**



**Hot
dog**



**Vegetabl
e
salad**

Salt, sugar, pepper, vinegar

If + Present,
Present

If + Present, **will**

If + Past, **would**

**Does our health
depend
on food we eat?**



Useful Phrases

Expressing opinion

A think	A am sure
To my mind	A believe
An my opinion	A can say

Agreeing

Exactly	A think so
That's right	Absolutely

Disagreeing

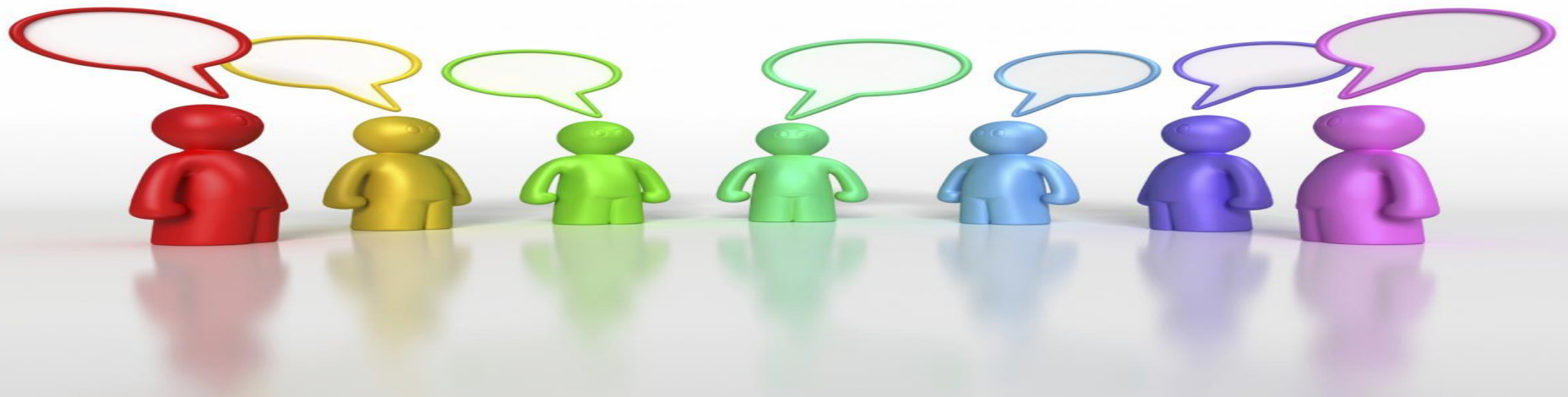
I'm afraid you are wrong
Absolutely not
A see your point but...
On the one hand,
On the other hand,
I have got an argument to
oppose.

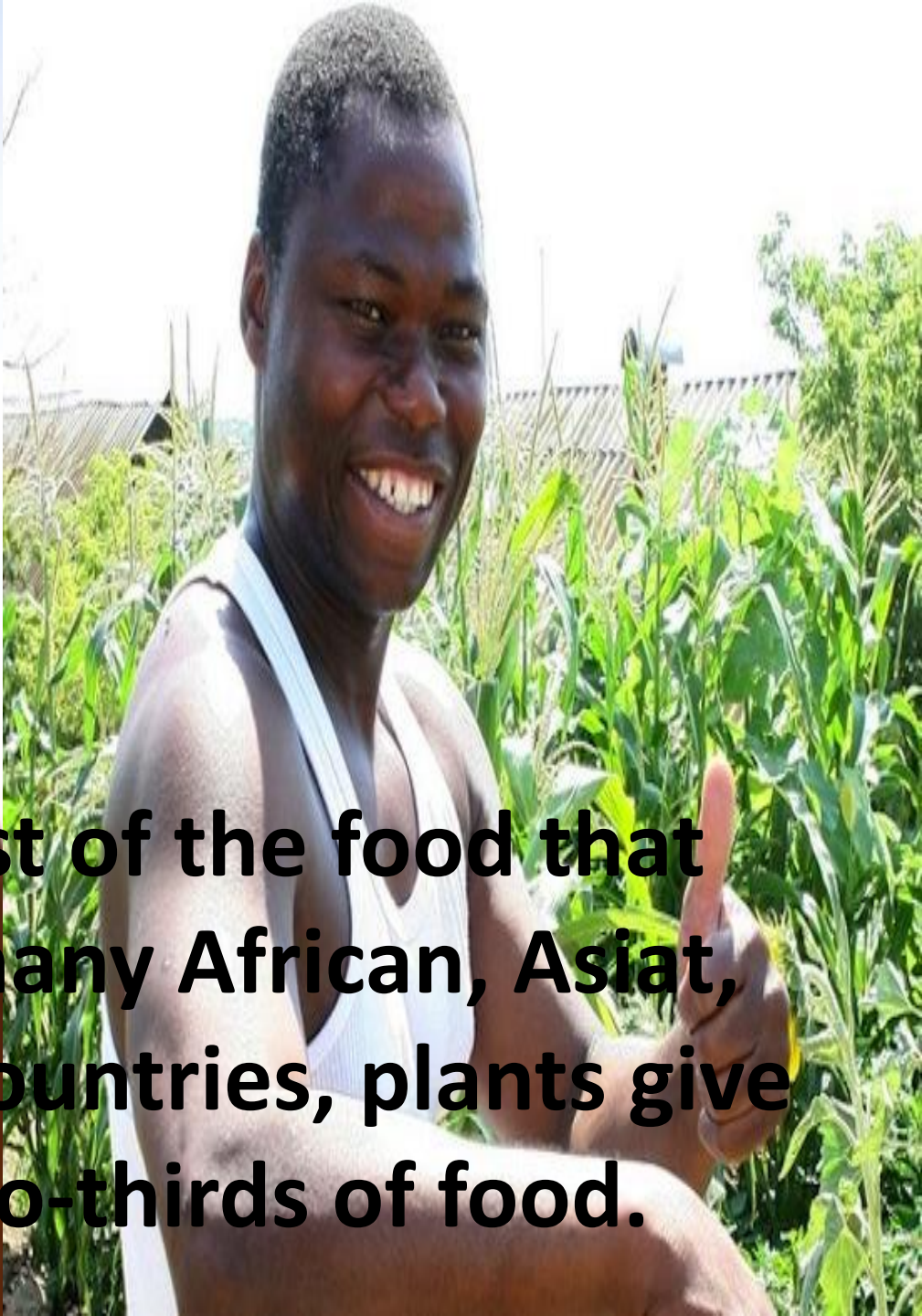
WELCOME to the Discussion Club



RULES OF THE DISCUSSION

- Be polite and tolerant
- Don't interrupt each other
- Ask and answer the questions
- Listen to a speaker attentively
- Respect other students' opinion





Plants give most of the food that people eat. In many African, Asian, Latin-American countries, plants give more than two-thirds of food.

**The most important foods from plants
are grains,**



Vegetables and Fruit



Bread, is the main food in many countries.



People also make breakfast cereals from grains.



Popular fruits include apples, bananas





Cherries

Melons





Oranges



Peaches

Pineapples



Strawberries



Most fruits are eaten as snacks, or in a salad or dessert.

Favorite vegetables include cabbage,
carrots



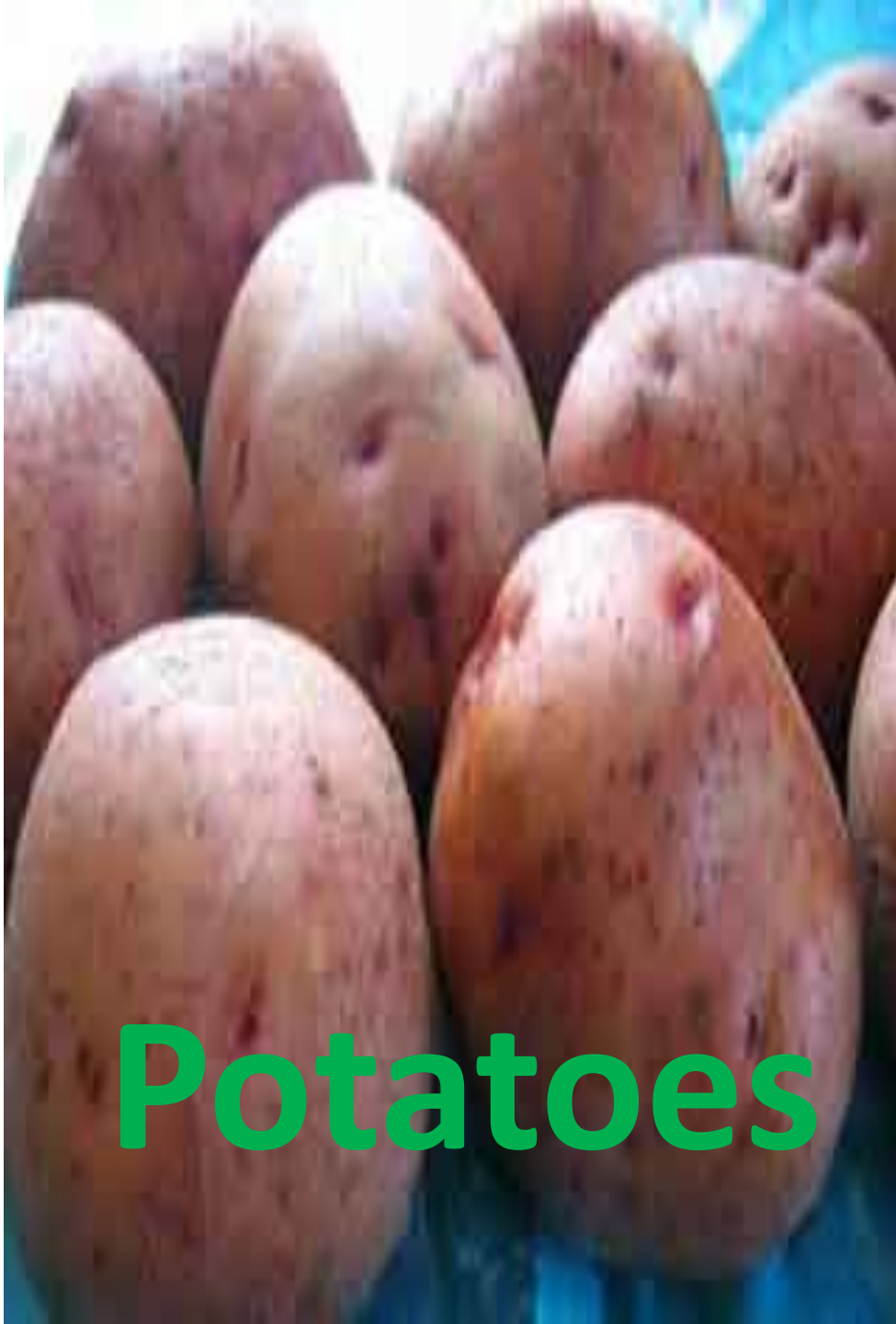
Onions



www.ukrspice.kiev.ua



Peas



Potatoes

Sweet corn



Vegetables are usually eaten during the main part of a meal.





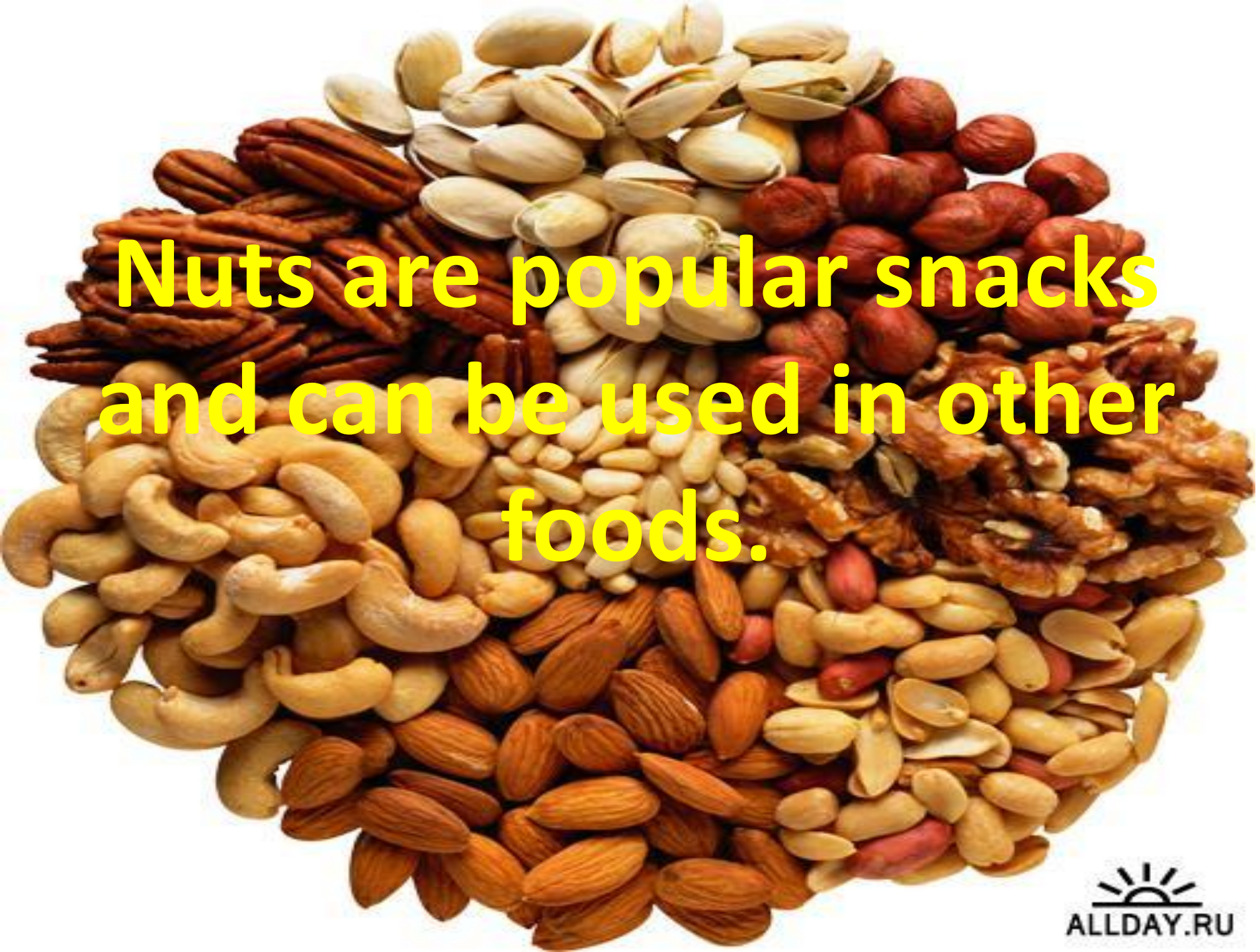
**They maybe served raw and
cooked.**

Other foods from plants include nuts, spices and drinks.



Coffee, cocoa, tea and many other drinks are made from plants.

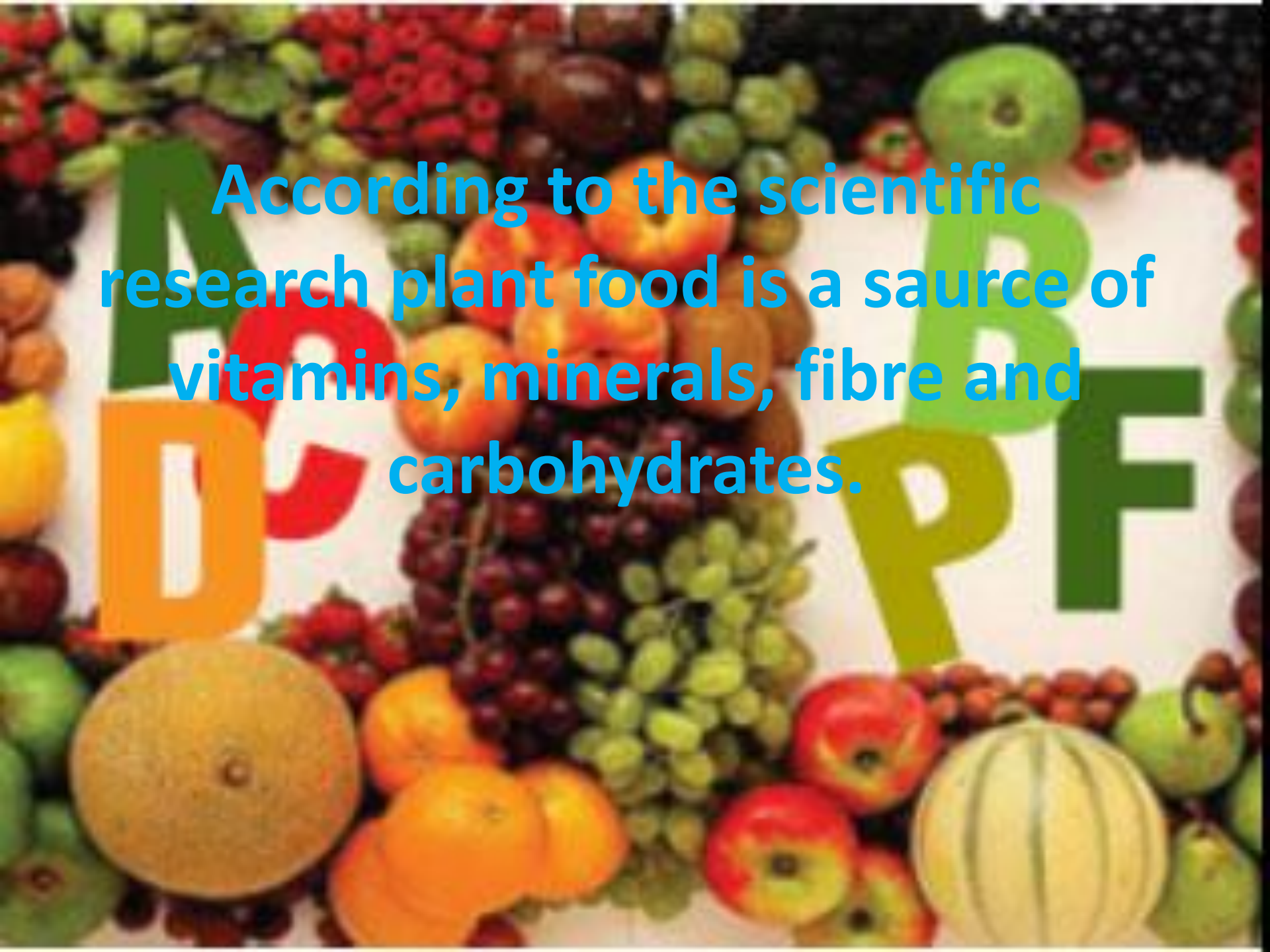




**Nuts are popular snacks
and can be used in other
foods.**

Food industry uses plant materials to make cooking oils, sugar and syrups.



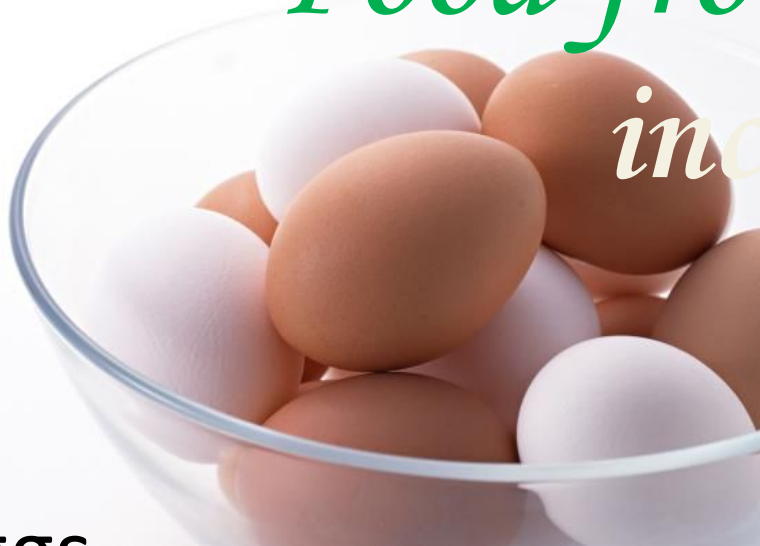


According to the scientific research plant food is a source of vitamins, minerals, fibre and carbohydrates.

Food from animals

include

s



eggs



meat



dairy products

*These foods cost more than
foods
from plants.*



As a result, foods from animals are eaten more in developed countries such as Europe, Australia and America.





Meat is usually heated before it is eaten.



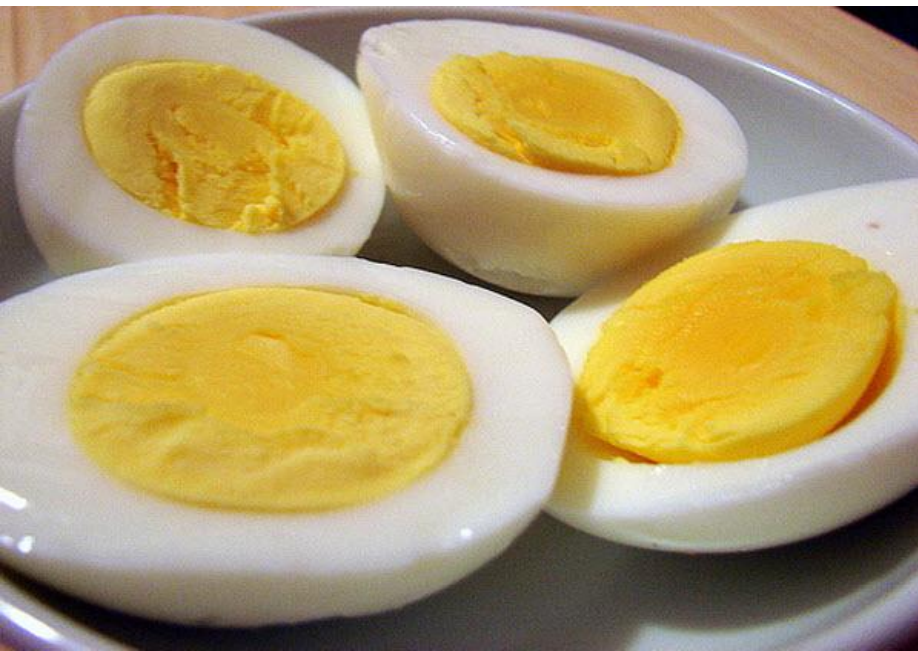
Heating makes it tastier and kills microbes that can cause illness.

Meat is commonly eaten during the main part of a meal.





Chicken eggs are popular as a breakfast or supper dish or they can be used in other cooked dishes.



In some countries people enjoy the eggs of such birds as



People of various countries also eat the eggs of



alligators



crocodiles

and certain other reptiles

*Dairy products
are important foods in many
cultures.*



*Cows give most of the milk used in
the United States and Canada*





camels



goats

Milk is also given by
such animals as

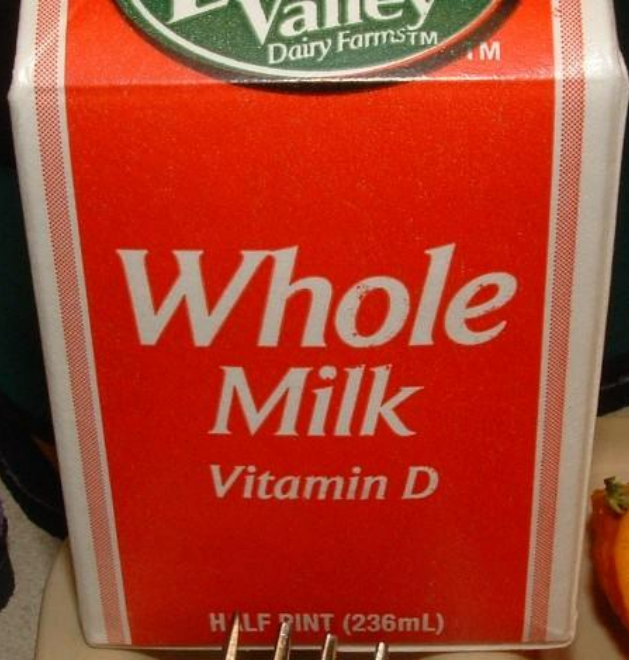


sheep

in other
part of the world



reindeer



whole milk

Milk and milk products get to the market in many forms such as



low-fat milk



condensed milk

Other dairy products include



butter



cheese



sour cream



ice cream

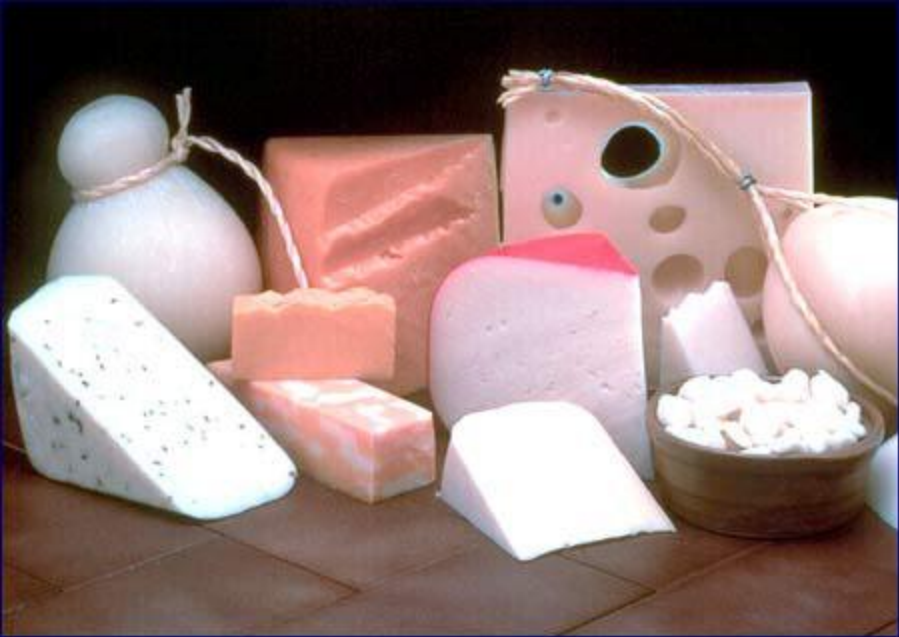


kefir



yoghurt





Animal food is very useful



Eating meat or being a vegetarian?



NATURAL (ORGANIC) FOOD OR GMF?





Decide who has these opinions: Jan or Tom?

1. I would never buy tomatoes of a big size.
2. GMF could solve the problem of the world hunger.
3. GM cows producing a lot of milk is a craze.
4. People can't say "no" to all new things.
5. Creating new foods is a progress.
6. People in many countries, especially developing ones, don't have enough to eat but GMF is not the right decision.



HOW WOULD YOU DESCRIBE JAN'S AND TOM'S OPINION ON THE SUBJECT:

- **strongly in favor;**
- **strongly against;**
- **in favor but with reservations.**

NATURAL (ORGANIC) FOOD OR GMF?



Use the key phrases to give words of advice:

- *to keep fit*
- *to be in perfect condition*
- *to feel well*
- *to be healthy and strong*
- *to have stomach trouble*
- *to be a real picture of health*
- *to be pretty fit*
- *to get only healthy food*



***The wise man should consider that
health is the greatest of human
blessings.***

Let food be your medicine.





Home assignment

- 1) Write an essay to the newspaper on the topic “Healthy food of the future”.
- 2) Prepare your own menu based on balanced healthy diet.