

"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.

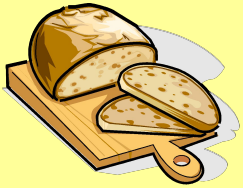
An apple a day
keeps a doctor
away.

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

Здоровье дороже
денег.

В здоровом теле
здоровый дух.

What food do you know?



bread



cheese



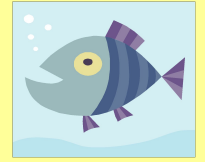
cake



juice



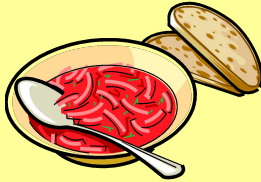
butter



fish



egg



soup



sweets



milk



honey



tea



coffee



cola



sandwich



chips



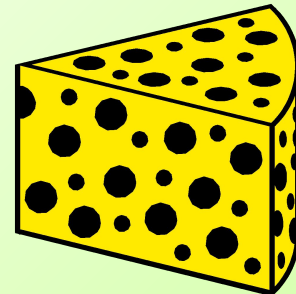
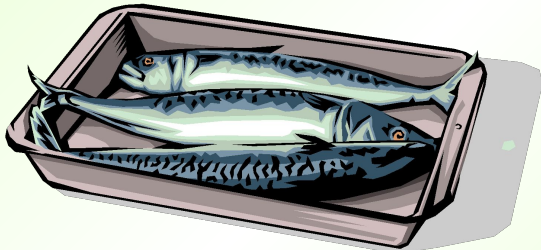
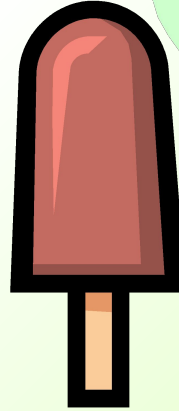
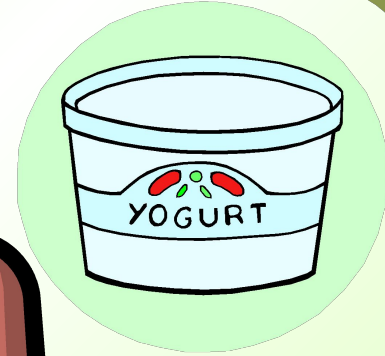
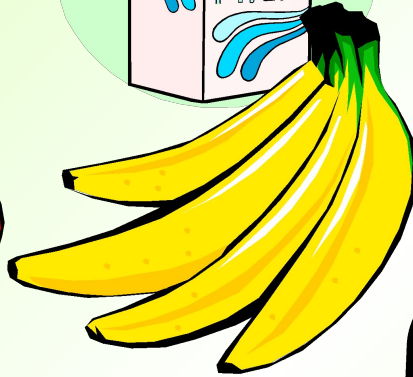
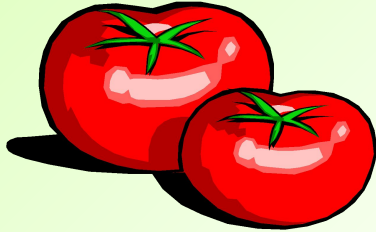
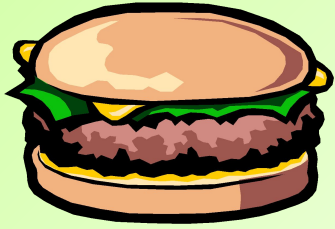
cereal



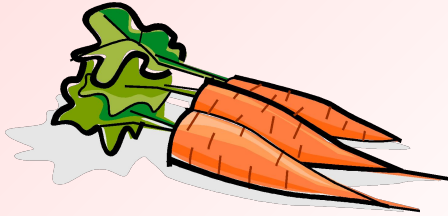
pasta

Healthy food

Unhealthy food



What is healthy for you?



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

What products...

...keep you
healthy?

fruits
... ..

vegetables
... ..

honey
... ..

yogurt
... ..

...give you
energy?

cereal
... ..

bread
... ..

sweets
... ..

chocolate
... ..

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

meat
... ..

cheese
... ..

milk
... ..

fish
... ..

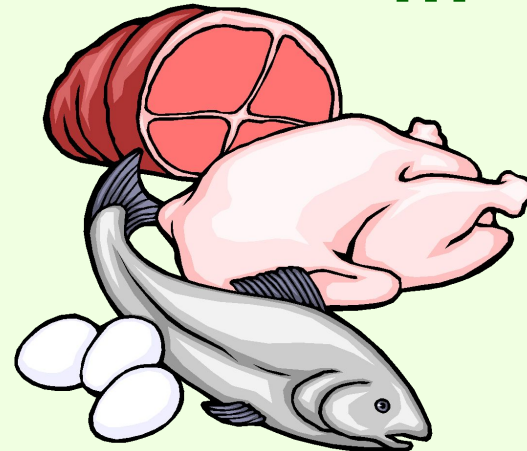
...are empty
foods?

chips
... ..

cola
... ..

sandwich
... ..

cake
... ..



When do you say few/little?

few] **almost no**
little]

a few] **some**
a little]

... ice - cream



... milk



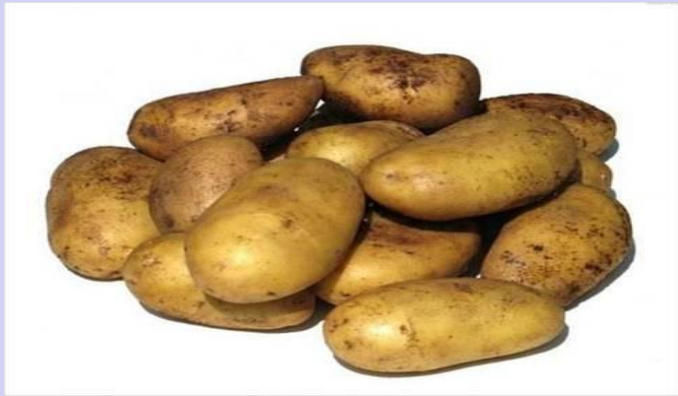
... vegetables



.... juice



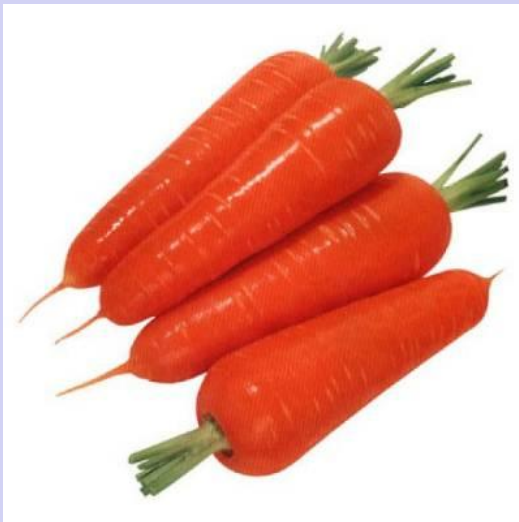
... potatoes



...sugar



... carrots

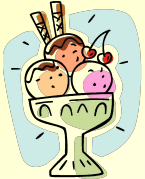
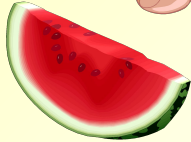


... bread



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
!

