

# HEALTHY FOOD



for keeping energy

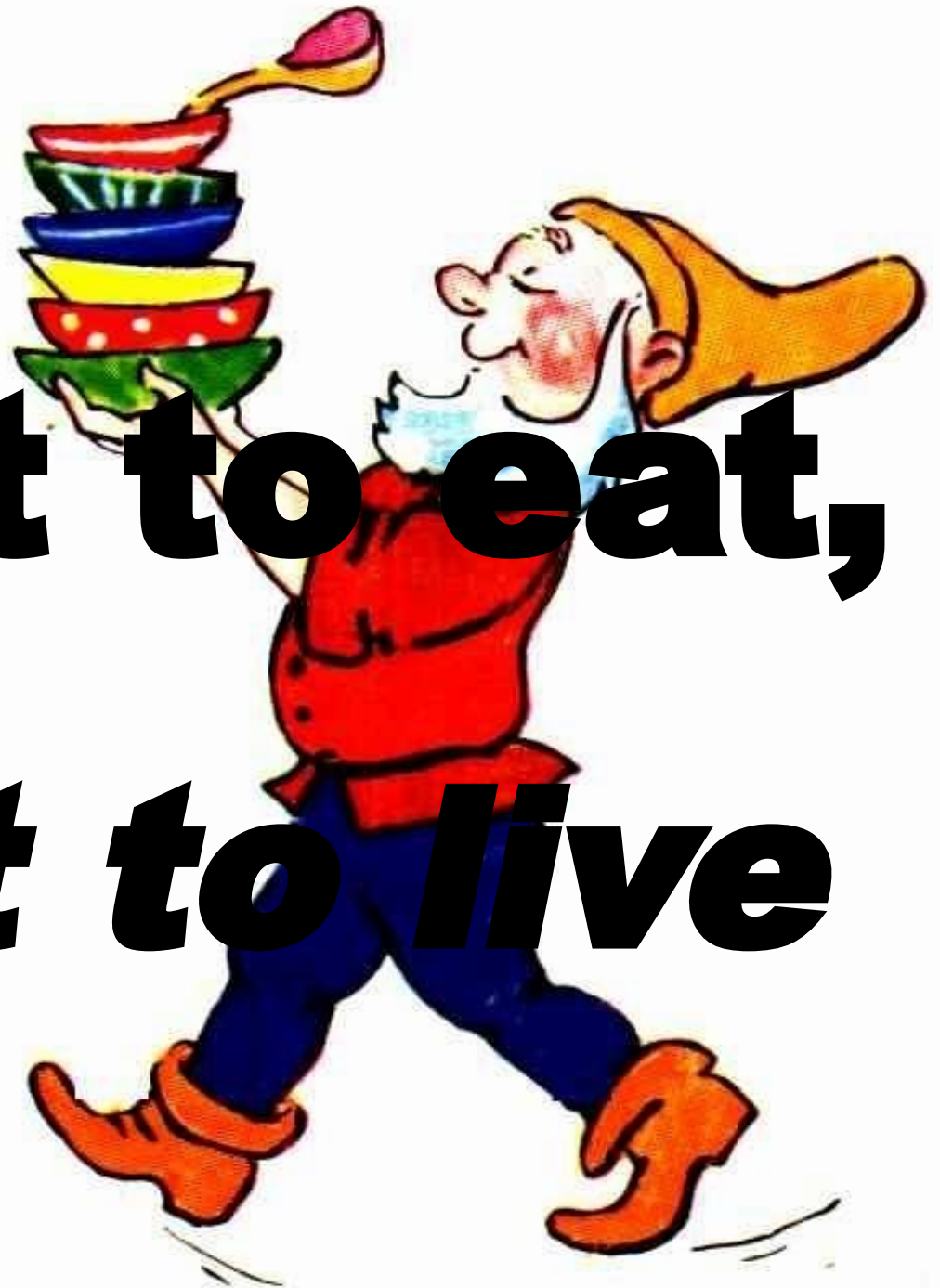
for pleasure

**People eat**

to live

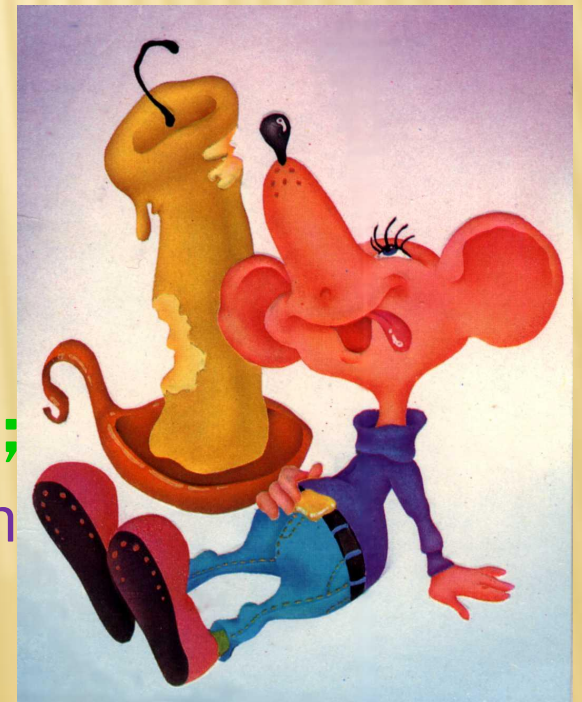
from force of habit

**Live not to eat,  
but *eat to live***



# GUESS THE RIDDLES

- - A desire for food, a discomfort caused by a need for food ;
- - A room or place for cooking ;
- - One who eats no meat ;
- - Clean, but not water,  
White, but not snow,  
Sweet, but not ice-cream,  
What is it? ;
- - I'm yellow and long, monkey likes me. Who am I?
- - It's red. It's round. We make ketchup from it ;
- - It's long. It's orange . Rabbits like it very much ;
- - It's doesn't grow on the tree. It's big and green





## Complete sentences

1. I like to eat ...
2. I don't like to eat ...
3. My mum likes to cook...
4. I usually like to buy ...  
at the ...





- Soup
- Meat
- Bacon
- Peanuts
- Pizza
- Glass of water
- Cup of coffee
- Cup of tea
- Cake
- Cheese sandwich
- Lemonade
- Ham



carrot

tomatoes

cheese

sugar

tea

oranges

eggs

butter

bread

meat

milk

fish

lemons

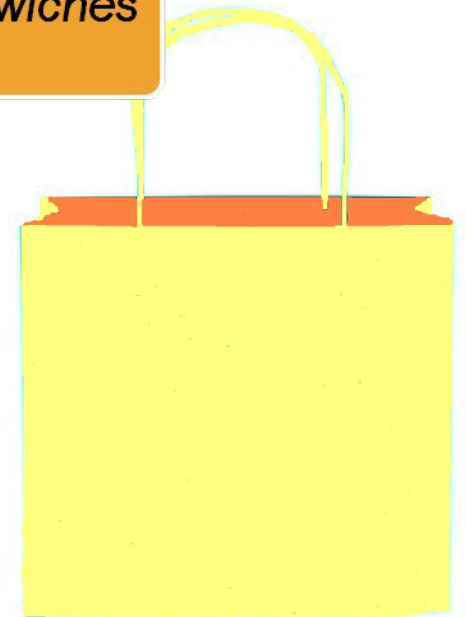
apples

coffee

sandwiches



**Uncountable**



**Countable**

# PROJECT “MASTER CHEF”

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- ▣ 1 страва - “Healthy food” (Vegetable soup)
- ▣ 2 страва - “Unhealthy food” (Sandwich)





# Healthy food



Milk, fruit, vegetables, nuts,  
fresh juice

“+”

**1....** (*Many vitamins*)

**2....** (*No medical problems*)

**3....** (*People live longer and  
look better*)

# Unhealthy food



Sandwich, hot-dog, pizza, chips,  
fries

“-”

**1....** (*Many fats and sugar*)

**2....** (*Bad for health*)

**3....** (*Low vitamins and  
minerals*)

**People must eat** . . . , . . . , . . .  
**that to be** . . . , . . . , . . .



# ADVICE



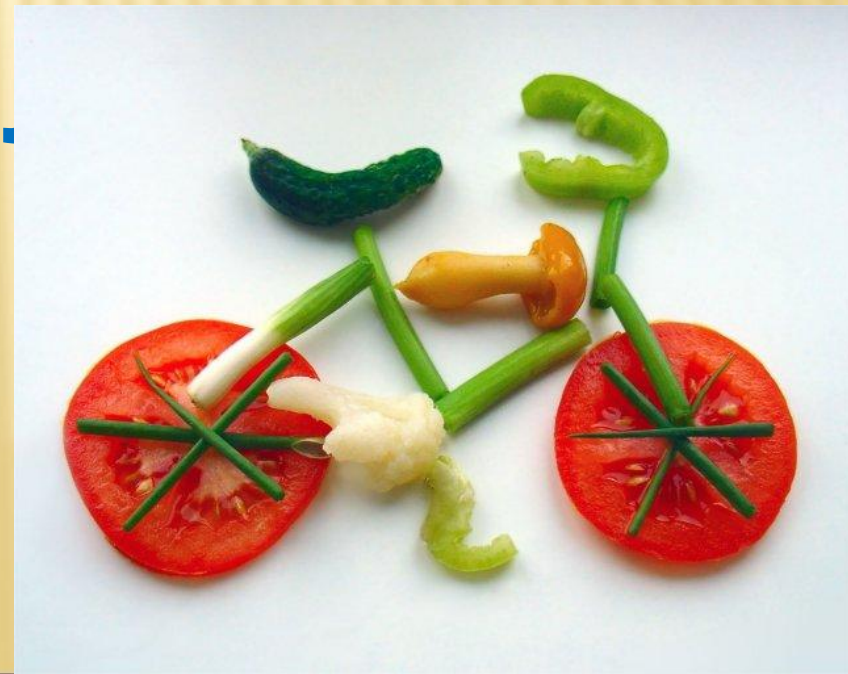
1. Start your day with a healthy breakfast.
2. Drink plenty of water. One should drink 8-10 glasses of water every day.
3. Eat healthy food. Include fruit and vegetables in your diet.
4. Drink milk, its product is rich in calcium.
5. Keep sugar to a minimum.

# HOME WORK

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**1. Write a short composition  
“I want to be healthy”.**

**2. Підготуватися до к.р.,  
повторити прави.**



# THANK YOU FOR YOUR WORK!!!

The lesson is  
over!

