

# Rainbow of food.



Food of different colors responsible for different functions in the body.

Do you agree agree? Why?  
Why not?



Which of the following items are fruits? vegetables? Find them in the picture above.



grape		
apple		
broccoli		
carrot		
corn		
lettuce		
orange		
tomato		
cherry		
raisin		
lemon		
celery		



What colour is each?



grape	purple
apple	green, red
orange	orange
cherry	red
raisin	blue
lemon	yellow
melon	green, yellow, orange
strawberry	red
blueberry	blue
pineapple	yellow
peach	orange
banana	yellow

pear	green, yellow
raspberry	red
plum	purple
watermelon	green, red
fig	purple
lime	green

cabbage	green
aubergine	purple
corn	yellow
pumpkin	orange
broccoli	green
carrot	orange
pea	green
lettuce	green
tomato	red
celery	green



Which of these words are countable/uncountable? What are their plural forms.

grapes	C
apples	C
oranges	C
cherries	C
raisins	C
lemons	C
melons	C
strawberries	C
blueberries	C
pineapples	C
peaches	C
bananas	C

pears	C
raspberries	C
plums	C
watermelons	C
figs	C
limes	C

cabbages	C
aubergines	C
corn	U
pumpkins	C
broccoli	U
carrots	C
peas	C
lettuces	C
tomatoes	C
celery	U





How do you eat the following foods in your country? How do you prefer them?



bread



cake



steamed

roasted

boiled

baked

toasted

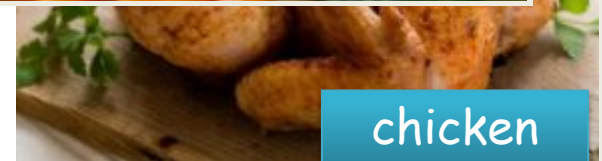
raw

grilled

fried



We usually prefer eat fish grilled or fried. I prefer it grilled.



chicken

Choose the correct word. Check in your dictionary.

1. I want a bottle of **fizzy/still** water, not sparkling.

2. She loves a **bitter/oily** main

3. Cinammon and ginger are

4. Let's eat. I'm **starving**


5. Fizzy drinks contain

6. We had lamb chops for

adjective

**basic**

adjective

UK  /'beɪ.sɪk/ US  /'beɪ.sɪk/

**B1**

larger, same

simple and not complicated, so able to provide the base or starting point from which something can develop:

- The r
- One c
- You'll
- Our r
- fi
- 7

- I really need to get some basic financial advice.
- He only has a basic command of English (= he only knows the most important and simple words and expressions).
- The basic (= most important) problem is that they don't talk to each other enough.
- It's the most basic model (= it only has the most simple features).

## Reading

List which colour foods you ate yesterday. How do you think colour is related to food? Listen to and read the text to find out.



**F** Shakespeare, Da Vinci and Picasso must have all been fans of purple foods. This is because fruits and vegetables like figs, prunes and beetroot make people more **creative**. If that isn't a good enough reason to eat them, then think about this ... purple foods can keep you looking young! Imagine being eighty years old, but looking as if you're forty and just about to finish writing your second best-selling novel. Bring on the purple foods!



B. Orange food



C. Yellow food



D. Green food



E. Blue food



F. Purple food








Read the text again. Which colour food should you eat if ...



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-  You have a difficult exam to study for?
-  You are feeling very nervous about meeting someone?
-  You are worried about getting lines and wrinkles?
-  You've been feeling a bit sad lately?
-  You are taking part in a championship swimming match?



B. Orange food



C. Yellow food



D. Green food




E. Blue food



F. Purple food



Find words in the text related to the body. Compare with a partner. Add some more. 

Brain

Grinning

Mind

Ear

Physical

Teeth

Eyesight

Bones

A smile

Tummy

F

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Head

Heart

Hearing ...



B. Orange food



C. Yellow food



D. Green food



E. Blue food



F. Purple food

Find the verbs/phrases which mean:



1. eat or buy sth you really enjoy

F

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2. get rid of *fight off* *treat yourself*

3. depressed and miserable

4. smiling broadly *down in the dumps* *grinning from ear to ear*

5. looking for *in search of*



B. Orange food



C. Yellow food



D. Green food



E. Blue food



F. Purple food

To have the ability to invent and develop original ideas

Related to the body

Giving your full attention to sth

Diseases caused by germs

The organ you think with

Look for the positive side to every situation

Your feeling of happiness, sadness, etc

Lift, extra energy

Stomach

Make a noise because of hunger

Calming

As much/many of sth that you can hold in your hand

Say you are not satisfied with a situation

The ability to see

boost

brain

eyesight

concentration

optimistic

tummy

infections

emotions

complain

soothing

rumbling

handful

physically

creative

Find all the root words and create words families.

Boost	Booster, boosting, boosted
Brain	Brainy
Concentrate	Concentration, concentrated
Infect	Infection, infectious, infected
Sight-eyesight	Sighted, sighting
Optimism	Optimistic, optimistically
Emotion	Emotionally, emotional, emotive
Complain	Complaint, complainer
Rumble	Rumbling, rumbled
Soothe	Soothing, soothed
Physical	Physically
Create	Creation, creative, creativity, creatively



## Healthy foods

RICH IN	HIGH AMOUNTS FOUND IN
vitamins, minerals, fibre*	fruit, vegetables
protein	chicken, milk, cheese, yoghurt, meat, fish,
carbohydrates	eggs, rice, potatoes, cereal

## Unhealthy foods

sugar, fat	sweets, biscuits, fizzy drinks, butter, oil,
	chocolate, crisps, cakes

\*parts of plants that make food pass quickly through your body

Look at the food list you made in Ex. 4a. How healthy do you think it is? Discuss.



**Fibre** - клетчатка  
**Protein** - белок  
**Carbohydrate** - углевод

Well, my list had very few fruits and vegetables and a lot sweets and biscuits. I suppose that's not very healthy because they contain a lot of sugar and fat. What about you?

Portfolio: Prepare a two-minute talk about improving eating habits using a rainbow diet. In your speech:

1. Say why we should have healthy eating habits.
2. Mention ways a rainbow diet can help us.
3. Recommend the diet.

**Suggested Answer Key**

*We should have healthy eating habits to prevent us from getting ill by making sure we get all the vitamins and minerals that are essential for good health.*

*A fun way to do this is to follow a rainbow diet, that is, to eat lots of fruit and vegetables in all the colours of the rainbow.*

*If you do this, you will find that red foods such as strawberries, raspberries, apples, tomatoes and so on will give you an energy boost and protect you from many serious illnesses. Orange foods such as oranges, pumpkins, peaches and mangoes can improve your powers*

*of concentration, help your eyesight and help fight off infections because they contain Vitamin C. Yellow foods such as bananas, lemons and pineapples help us to stay happy and green foods like broccoli and lettuce can help us to relax and stay calm. Blue foods like blueberries can soothe our emotions as well as our bodies. Finally, purple foods such as figs and plums are said to make people more creative as well as help to keep them looking young! For all these reasons, I think eating a rainbow diet is a good idea and we should all start today – after all – what have we got to lose?*





Work out a healthy menu for Monday. Use various colours of food/drinks.



MENU  
PLAN  
MONDAY

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# Monday

## ***Suggested Answer Key***

### ***Monday***

***Breakfast:*** cereal with fruit e.g. strawberries, melon, apple and banana

***Mid-morning snack:*** a handful of nuts and an orange

***Lunch:*** salad with lettuce, tomatoes, cucumber, grated carrot and chicken or fish

***Dinner:*** Starter: corn on the cob, main course: broccoli, peas and fish or chicken with a baked potato, dessert: blueberries and figs

Menu

## Words of Wisdom

Tell me what you eat, and I'll tell you what you are.

*(Anthelme Brillat-Savarin, French lawyer and politician)*

1. Read the quotation.
2. How to paraphrase the quotation.
3. Discuss the meaning in pairs or small groups.
4. Do you agree or disagree with the quotation.

