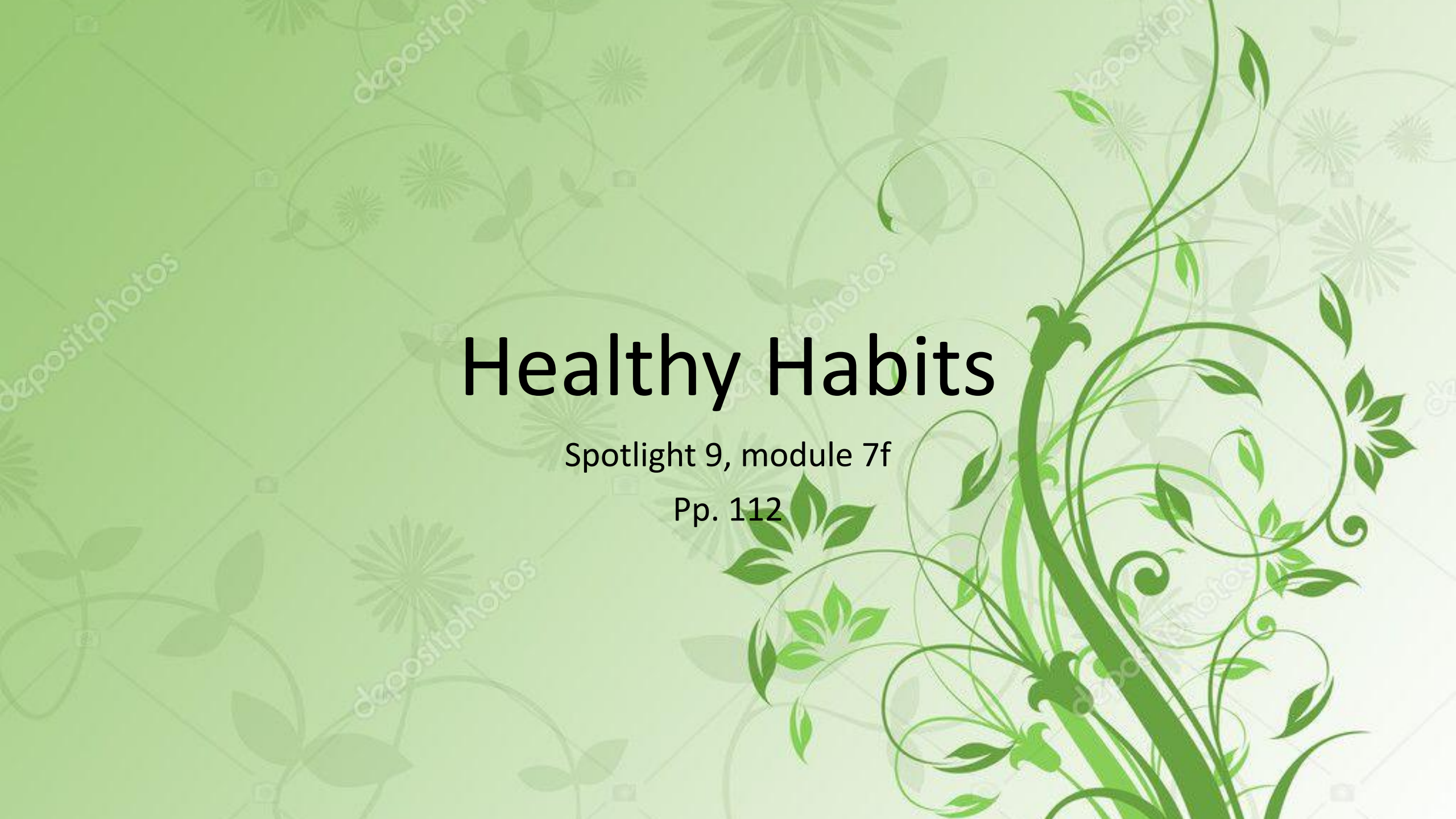


# Healthy Habits

Spotlight 9, module 7f

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## New vocabulary

- Starving очень голодный
- Treat угощение
- Nutritious питательный, полезный
- home-made домашнего приготовления
- dessert десерт
- roast жареный
- tasty вкусный
- thirsty испытывающий жажду
- snacks перекус
- slice кусочек
- balanced сбалансированный
- be part of быть частью чего-либо
- burn calories сжигать калории
- chew жевать



- cut down on сокращать что-либо
- dairy product молочный продукт
- fizzy drink газированная вода, лимонад
- follow a diet придерживаться диеты
- go on a diet садиться на диету
- keep sth up продолжать ч-л
- lack отсутствие ч-л
- locker шкафчик в раздевалке
- put on weight набирать вес
- revision повторение
- sip захлёбывать
- steamed приготовленный на пару
- swallow глотать
- take up заняться (спортом)
- rich in богатый чем-то



# Fill in the words

**2** Fill in: *key, recipe, physical, balanced, treat, junk, habits.*

My friend Katie is such a health nut! She goes jogging every day, and eats a 1) ..... diet. She says the 2) ..... to a healthy lifestyle is eating well and exercising regularly. But Katie thinks I don't get enough 3) ..... activity because I prefer watching TV to exercising. She says my lifestyle is a(n) 4) ..... for disaster and that I need to make some changes. Well, I agree that my eating 5) ..... may not be the best but I could never do what she does. Avoid all 6) ..... food? No, thanks! I think it's important to 7) ..... yourself once in a while! But I see what she means about exercise. So I think I will make some changes in that department!

# Choose the correct word

3

Underline the correct item.

- 1 People who are watching their weight prefer food which is **low/short** in fat.
- 2 Did you know that spinach is **rich/full** in iron?
- 3 Exercise helps us **destroy/burn** calories more easily.
- 4 A piece of fruit or some nuts are healthy **desserts/snacks** to have if you're hungry between meals.
- 5 Jane is a vegetarian, and doesn't eat any meat **produce/products**.
- 6 You're looking so much healthier now that you're eating sensibly; **give/keep** up the good work!

