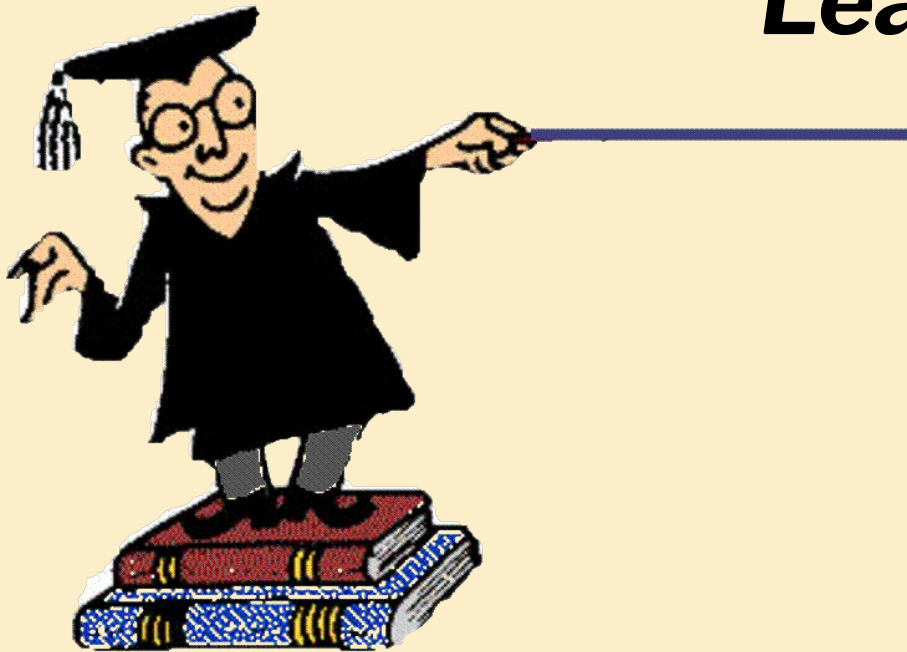




Food



***Plan for today:
Speak about food,
Learn new words***



NEW WORDS:

- aubergine ['əʊbedʒi:n]- баклажан
broccoli ['brɒkəli] - брокколи
lettuce ['letɪs] – салат-латук
raisin ['reɪz(ə)n]- изюм
celery ['sel(ə)rɪ] - сельдерей
tangerine [,tændʒ(ə)'ri:n] - мандарин
pineapple ['paɪnæpl] - ананас
fig [fɪg] - инжир
cabbage ['kæbɪdʒ] - капуста
prune [pru:n] - чернослив
beetroot ['bi:tru:t] - свёкла
raspberry ['rɑ:zb(ə)rɪ] - малина





Let's discuss



- 1. What is food?**
- 2. Do you like to eat out ? Do you like to eat at home or at a restaurant?**
- 3. Do you like to eat at fast food restaurants?**
- 4. Do you like food from other countries?**
- 5. What is your favourite food/drink?**
- 6. What is a typical food from your country?**
- 7. Can you cook? What?**

Vocabulary

1. protein-белки
2. carbohydrates-углеводы
3. fiber-клетчатка
4. fat-жиры
5. steamed-на пару
6. boiled-вареный
7. fried-жареный
8. roasted- жаренный
9. baked-запеченный
10. raw-сырой
11. healthy/ unhealthy food-полезная . неполезная еда
12. to have a snack-перекус

ANSWER THE QUESTIONS:

1. How many meals have you got a day?
2. What do you usually have for breakfast?
3. What do you usually have for lunch?
4. What do you usually have for dinner?
5. What food is rich in fat, protein, carbohydrates?
6. Are you a good eater?



The Balance of Good Health

Fruit and vegetables

Bread, other cereals and potatoes



Meat, fish and alternatives

Foods containing fat
Foods and drinks containing sugar

Milk and dairy foods

There are five main groups of valuable foods

Ex : You should eat more ...to be healthy

Complete the table with the words

Healthy food	Carbohydrates	Protein	Unhealthy food
1.... 2....	3.... 4....	5.... 6....	7.... cola 8....

Cooking methods

- ✓ steamed
- ✓ boiled
- ✓ toasted
- ✓ grilled
- ✓ fried
- ✓ roasted
- ✓ baked
- ✓ raw

bread

chicken

cake

potatoes

rice

fish

meat

vegetables

Ex: I usually eat fish fried or grilled

Listening

Breakfast around the world

Kemal



Mi-Kyun



g

Dmitry

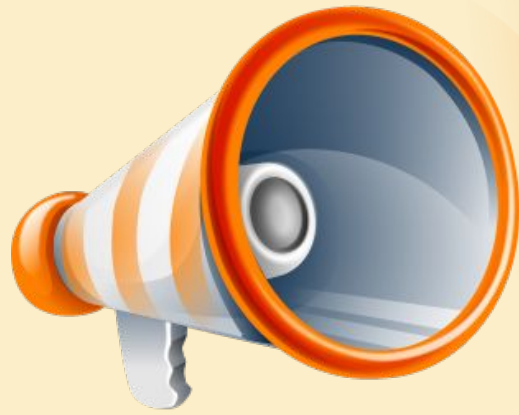


Sonia



Jose





***Speak about your normal
breakfast,
lunch, dinner, snack***

Ex: I usually have ... for breakfast/lunch...

Listeni ng

- 1)
- 2)
- 3)
- 4)





RAINBOW OF FOOD

- ✓ Do you think about colour when you eat something?
- ✓ What for is (red food, yellow, green , orange food?)



Healthy eating habits prevent us from getting ill. We get all the vitamins and minerals that are essential for good health.

The best way to be healthy is to follow a rainbow diet, that is, to eat lots of fruit and vegetables in all the colours of the rainbow.

Red foods such as strawberries, raspberries, apples, tomatoes give us an extra boost and protect us from many serious illnesses.

Orange foods such as oranges, pumpkins, peaches and mangoes can improve our powers of concentration, as well as eyesight and help our body 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 keep our emotions under control.

Finally, purple foods such as figs and plums make people more creative and keep them looking young!

RED FOOD

**ORANGE
FOOD**

**GREEN
FOOD**

BLUE FOOD

PURPLE FOOD

**YELLOW
FOOD**

Which colour food should you eat if:

- you have a difficult exam
- you feel nervous
- you are worried about getting wrinkles(морщины)
- you feel sad
- you are taking part in a swimming match

Write

- **What should you eat to be healthy?**
- **Are you for or against diets?**



Feedback

I have learnt.....

I can talk about.....