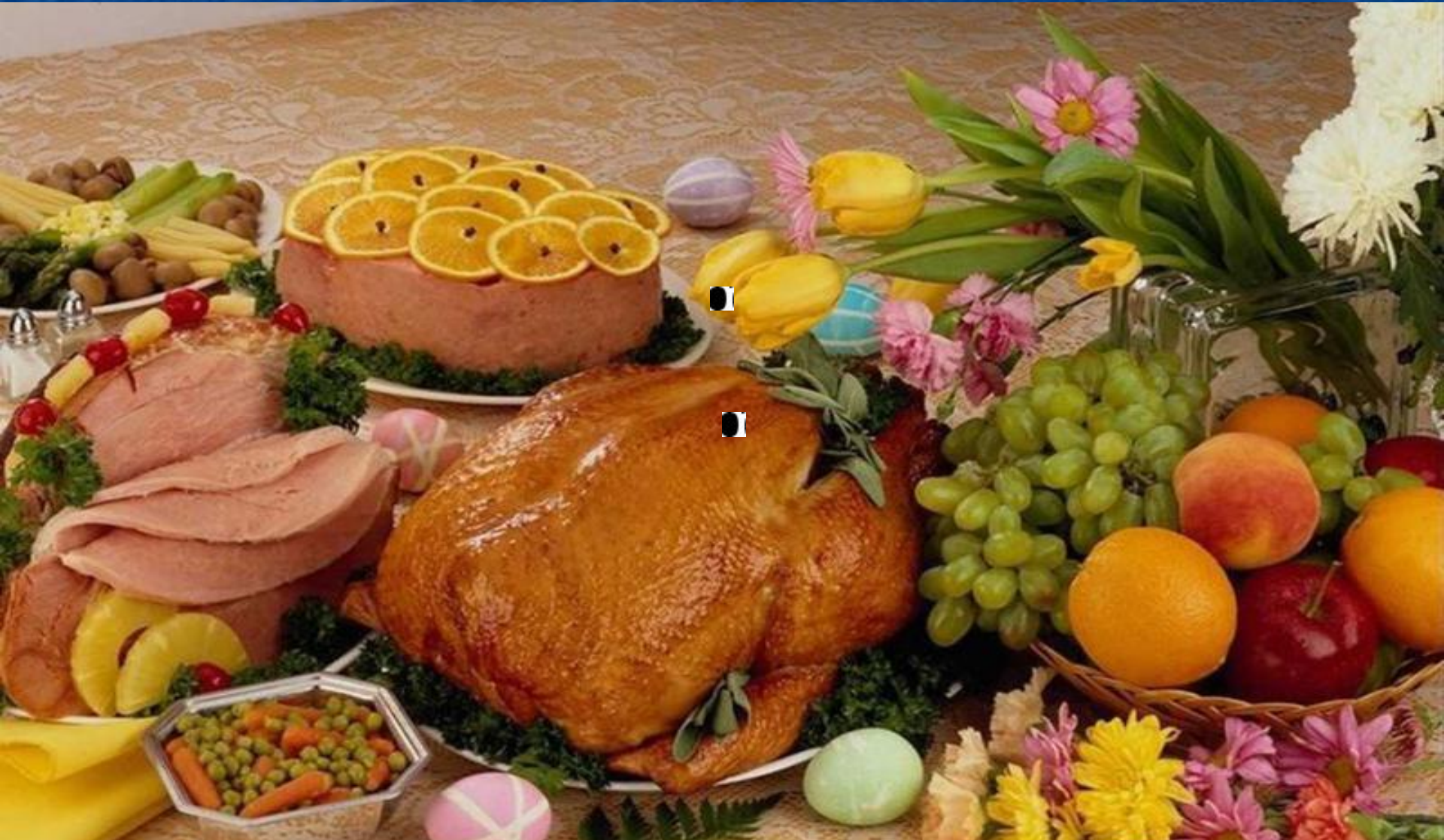


# ***FOOD AND HEALTH***





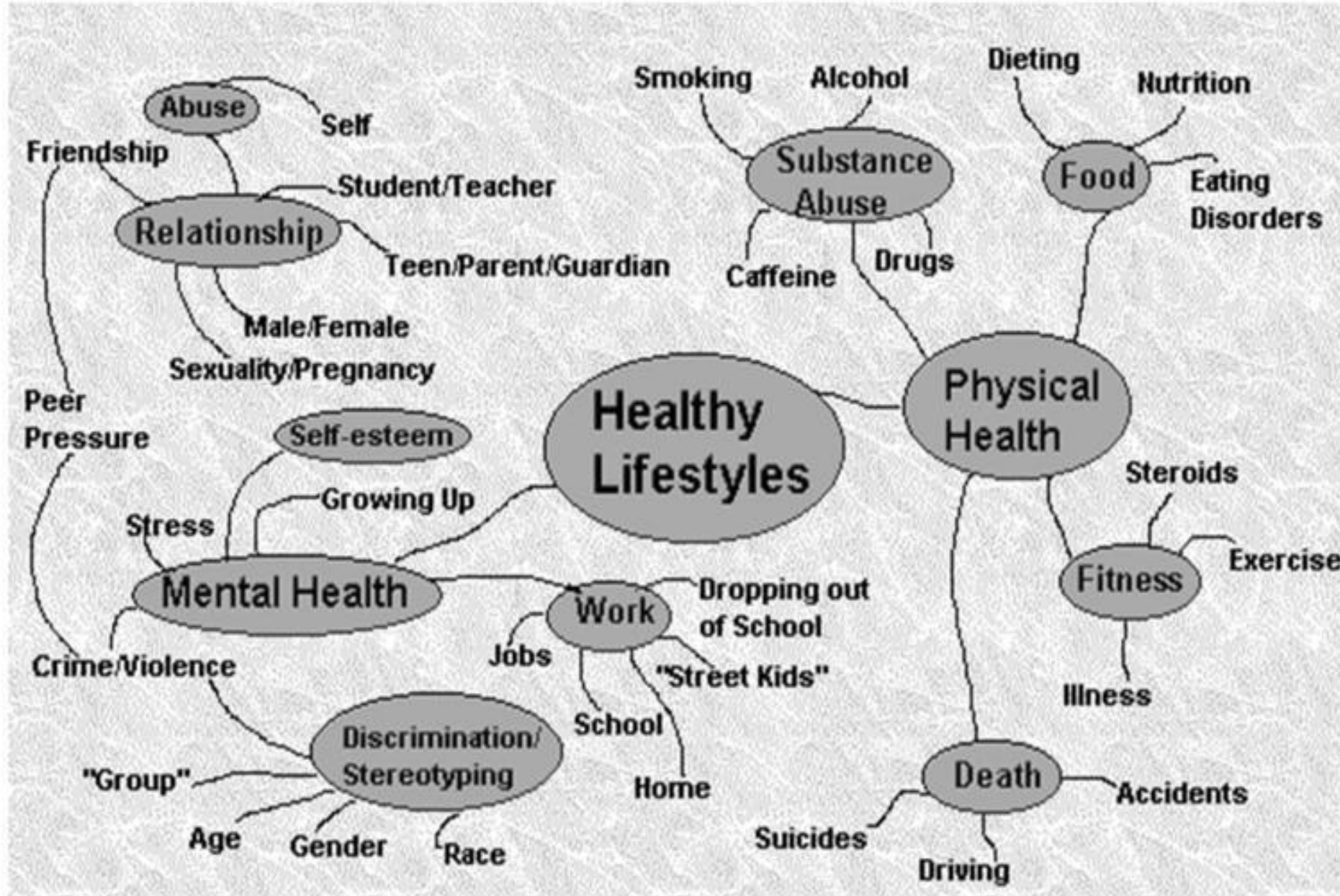




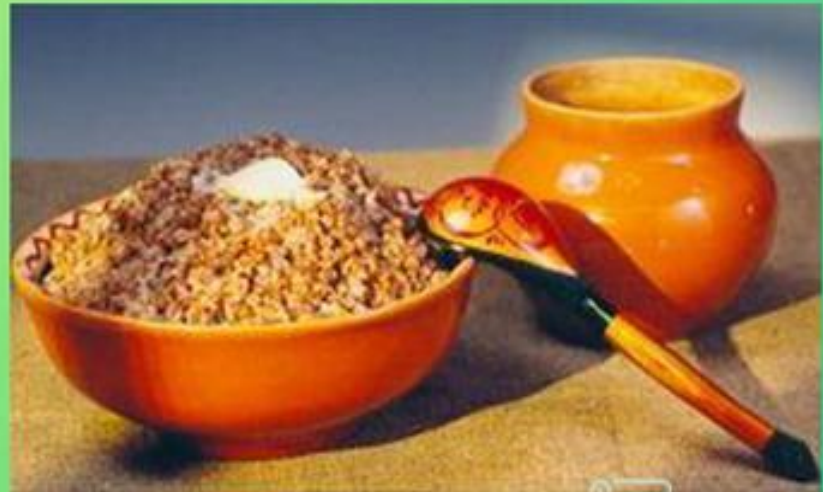
There is a good proverb that I like very much: "We eat to live, but do not live to eat." I think this is true because food is something that we need to stay alive. Food is a source of energy. Nevertheless I like eating tasty food even though I am not much into it. So, for some people food is a source of pleasure, too. But the food that we eat should also be healthy.







# “Food for health”





# Speaking drill.

- Do you usually have breakfast in the morning?
- Do you like juice for breakfast?
- Do you like milk for lunch?
- Does your mother drink coffee in the morning?
- What food do you like to eat?
- Do you eat a lot of sweets?
- What fruit and vegetables do you prefer?
- How many times do you eat in a day?



## Proverbs dealing with food:

*EARLY TO BED AND EARLY TO RISE MAKES A  
MAN HEALTHY, WEALTHY AND WISE.*

*HEALTH IS ABOVE WEALTH.*

*AN APPLE A DAY KEEPS A DOCTOR AWAY*

*EAT TO LIVE BUT DON'T LIVE TO EAT*

*EAT AT PLEASURE BUT WITH MEASURE*

*APPETITE COMES WITH EATING.*

**Let's speak a little bit about colors and  
their influence on our health.**





 MyShared



Red

- Apples
- Bell Peppers
- Cherries
- Cranberries
- Grapes
- Radishes
- Raspberries
- Plums
- Strawberries
- Tomatoes
- Watermelon

Orange

- Apricots
- Bell Peppers
- Butternut
- Squash
- Cantaloupe
- Carrots
- Mangoes
- Oranges
- Papaya
- Pumpkin
- Sweet Potatoes
- Yams

Yellow

- Apples
- Avocados
- Bananas
- Bell Peppers
- Cabbage
- Cauliflower
- Celery
- Kiwi
- Lemons
- Limes
- Onions
- Pears
- Pineapple
- Squash

Green

- Artichokes
- Asparagus
- Broccoli
- Brussels sprouts
- Collard Greens
- Cucumbers
- Grapes
- Green Beans
- Honeydew
- Leeks
- Lettuce
- Peas
- Spinach
- Swiss Chard
- Turnip greens

Blue

- Beets
- Blackberries
- Blueberries
- Cabbage
- Cherries
- Currants
- Eggplant
- Grapes
- Plums





# Dare to Compare

FAT, SUGAR,  
WHITE FLOUR, SALT,  
PRESERVATIVES,  
FOOD COLORING

VITAMINS, MINERALS,  
FIBER, PROTEIN,  
AMINO ACIDS,  
PHYTONUTRIENTS,  
ANTIOXIDANTS



## UNHEALTHY

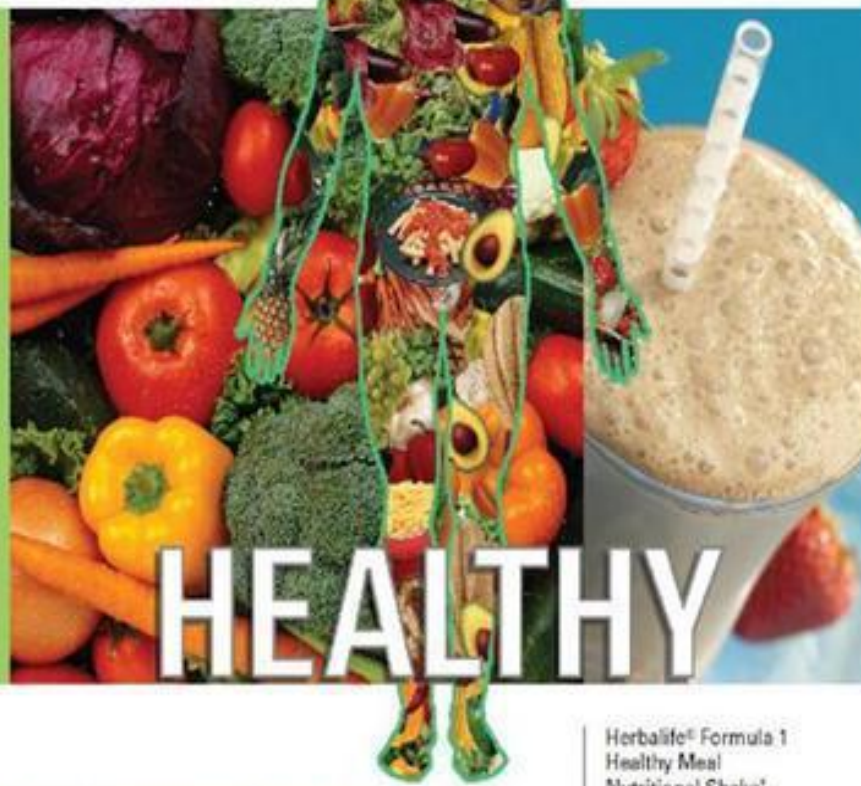
Hamburger, fries  
and soda\*

- 1,270 calories
- 49g fat
- 30g protein
- 70mg cholesterol

Two deluxe tacos\*

- 596 calories
- 22g fat
- 20g protein
- 70mg cholesterol

Fast foods are excessively  
high in calories and deficient  
in nutrients.



## HEALTHY

Well-balanced, nutritious  
meals help you maintain a  
healthy weight.

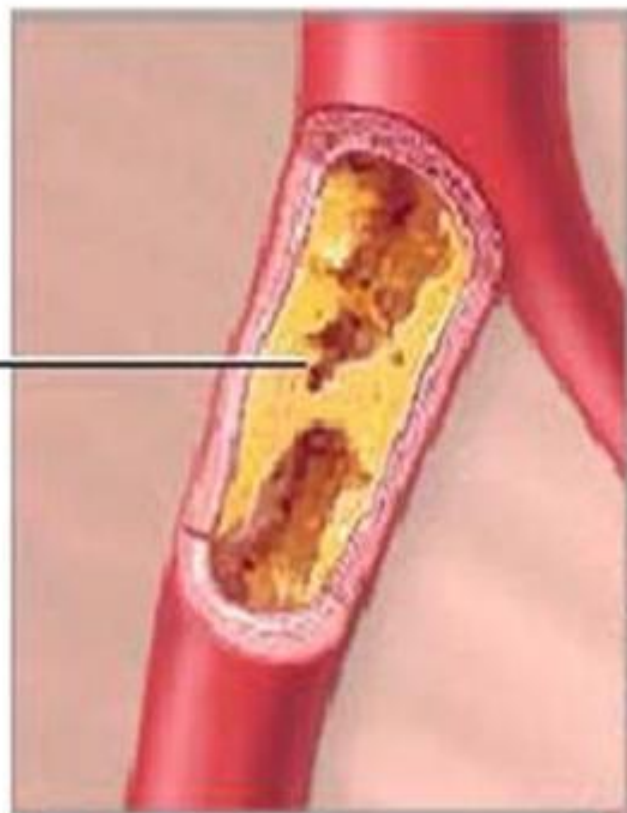
Herbalife® Formula 1  
Healthy Meal  
Nutritional Shaker\*

(1 serving of Formula 1, 8 oz.  
of nondairy milk and 1 oz. of  
strawberries)

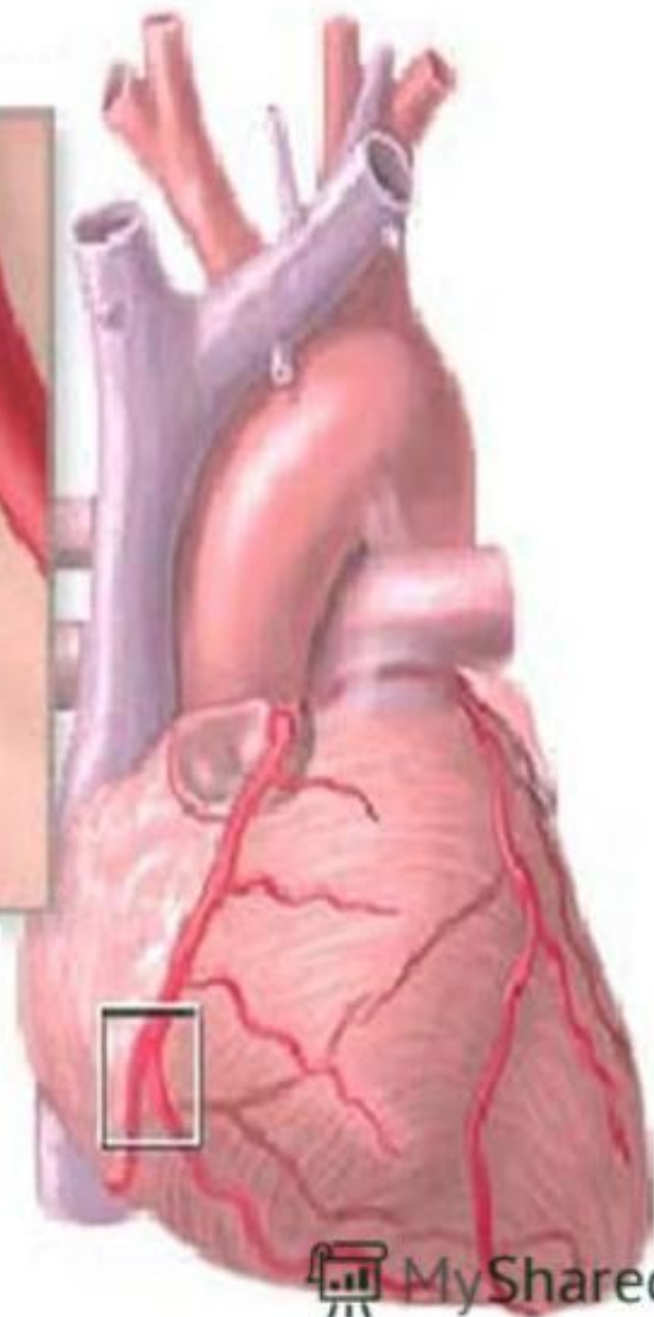
- 228 calories
- 1g fat
- 18g protein
- 5mg cholesterol



Plaque in  
coronary  
artery



**What can reduce the risk of heart disease?**





# 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

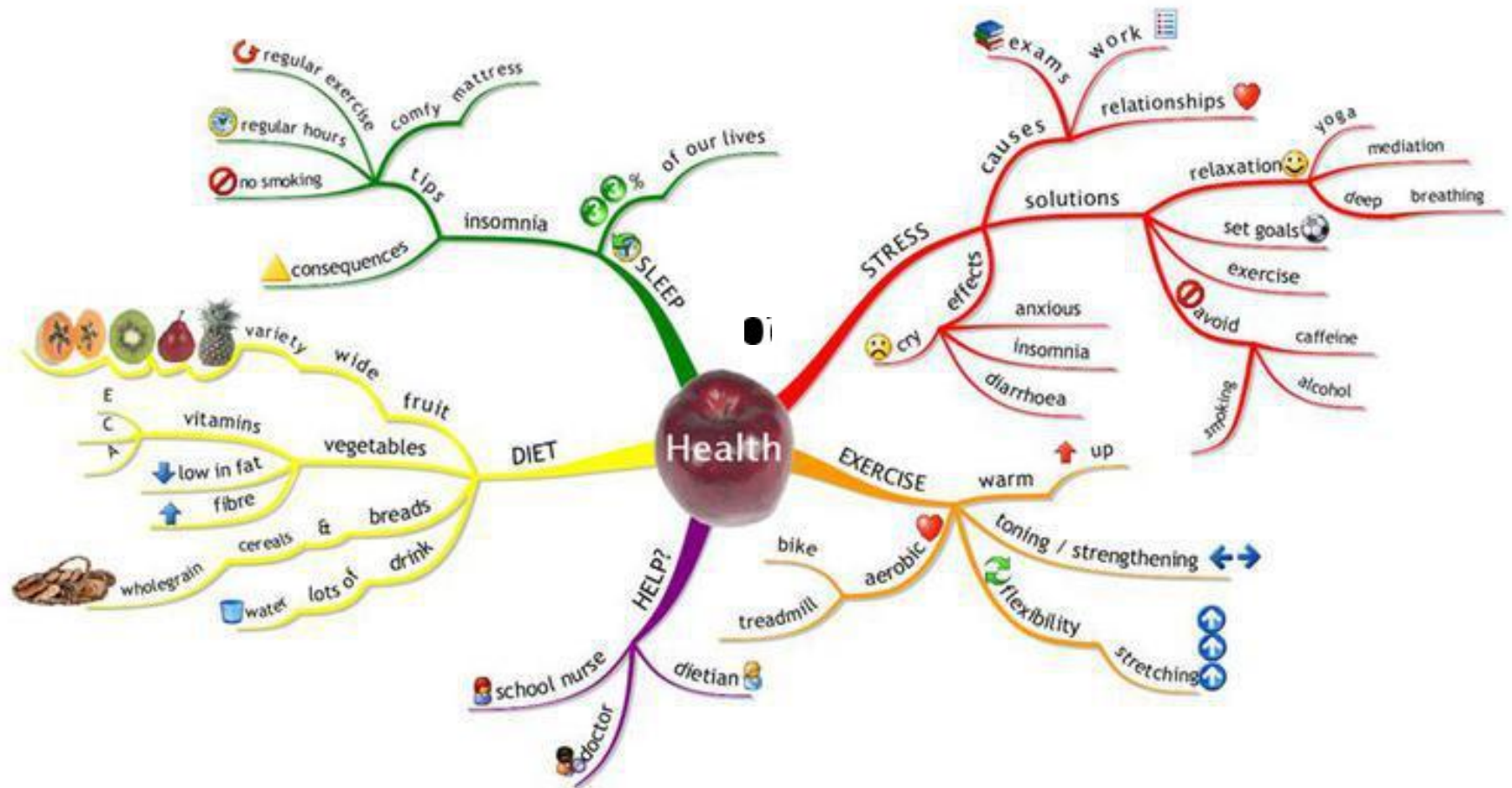
Milk and dairy foods

There are five main groups of valuable foods



MyShared

Today we have known a lot. I'm sure that you know what food is healthy and what is junk. So, when you have to choose what to eat you'll recall our lesson.



But now try to make equal diet and health on these scales:





To keep fit I try to eat only healthy food. But sometimes it can be untasty.

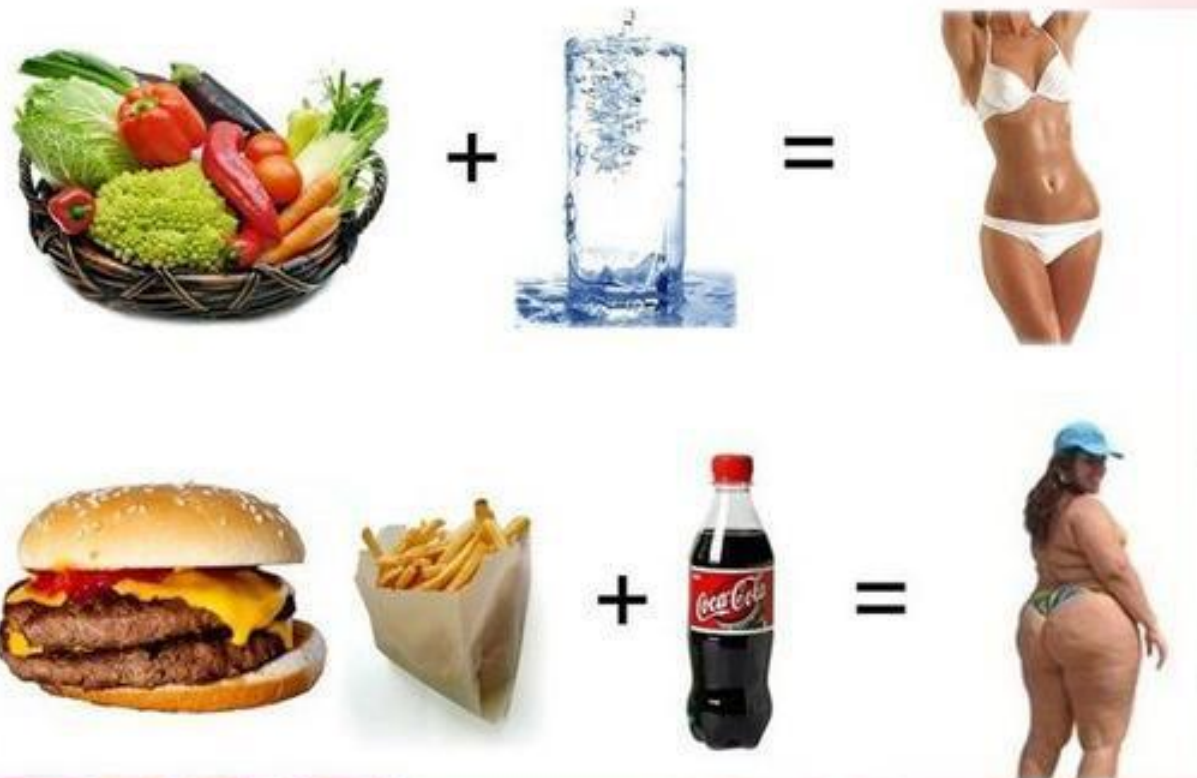


However Mark Twain said: "The only way to keep your health is to eat what you don't want, drink what you don't like and do what you'd rather not".



Don't forget: Early to bed,  
early to rise makes a man  
healthy, wealthy and wise!

And this one..



***YOU'LL FEEL JUST GREAT  
IF YOU EAT HEALTHY  
FOOD!***





Thanks for attention!

**GOOD OF YOU!!!**