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№580 Приморского района Санкт-Петербурга



Презентация по теме
«Ты-это то, что ты ешь!»

учителя английского языка
Омельченко Ленизы
Раисовны

Санкт-Петербург, 2011

Watch video and guess the theme

<http://www.youtube.com/watch?v=vLTgTH3Kems>

You are what you eat!



They lead healthy lifestyle.

They lead unhealthy lifestyle.

healthy food

unhealthy food



Food pyramid



1.



2.



3.



4.



5.



6.

Watch video

<http://www.youtube.com/watch?v=IWHVbLx76bM>

Match the expressions to the photos



- *loves sweets
- *likes junk food
- *likes Mum's cooking
- *dislikes meat and milk
- *against fast food
- *can't resist junk food
- *is crazy about sweet things
- *eats fruit and vegetables
- *always feels hungry

Give advice



should

shouldn't



What should/shouldn't Dima eat?

Dima **shouldn't** eat hamburgers.

He **should** eat vegetables.

He **should** eat dairy products.

He **shouldn't** drink Cola.

He **should** eat fruit.

He

What should/shouldn't L.R. eat?

L.R. **shouldn't** eat a lot of sweets.

She **should** eat meat.

She **shouldn't** eat chocolates.

She **should** eat fruit.

She **should** drink milk.

She

Match the nicknames to the photos



"A health food nut"

"A junk food junkie"

"A sweet-tooth"

"A health food nut"

"A sweet-tooth"

"A junk food junkie"

Complete the dialogue and check it



Sorry, I can't.

I'm on a diet. I don't eat hamburgers and I don't drink Cola.

Oh, no. I don't eat ice cream and fruit salad. They have a lot of calories, too.

Are you?!

What does it mean "sea food diet"?

Oh!?

Yes, I'm on a "sea" food diet.

Are you?!

Sorry, I can't.

Oh, no. I don't eat ice cream and fruit salad.

They have a lot of calories, too.

You know, I'm on a diet, too!

Why?

I'm on a diet. I don't eat hamburgers and I don't drink Cola.

Oh!?

What does it mean "sea food diet"?

Well. We can have fruit salad and ice cream.

It means "see and eat"!

Hello! Let's go to McDonald's.

Why?

Well. We can have fruit salad and ice cream.

You know, I'm on a diet, too!

Yes, I'm on a "sea" food diet.

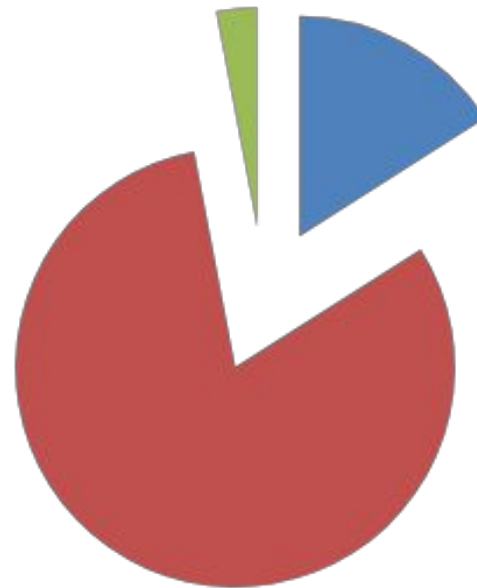
It means "see and eat"!



How often do you go to Mc Donald's?

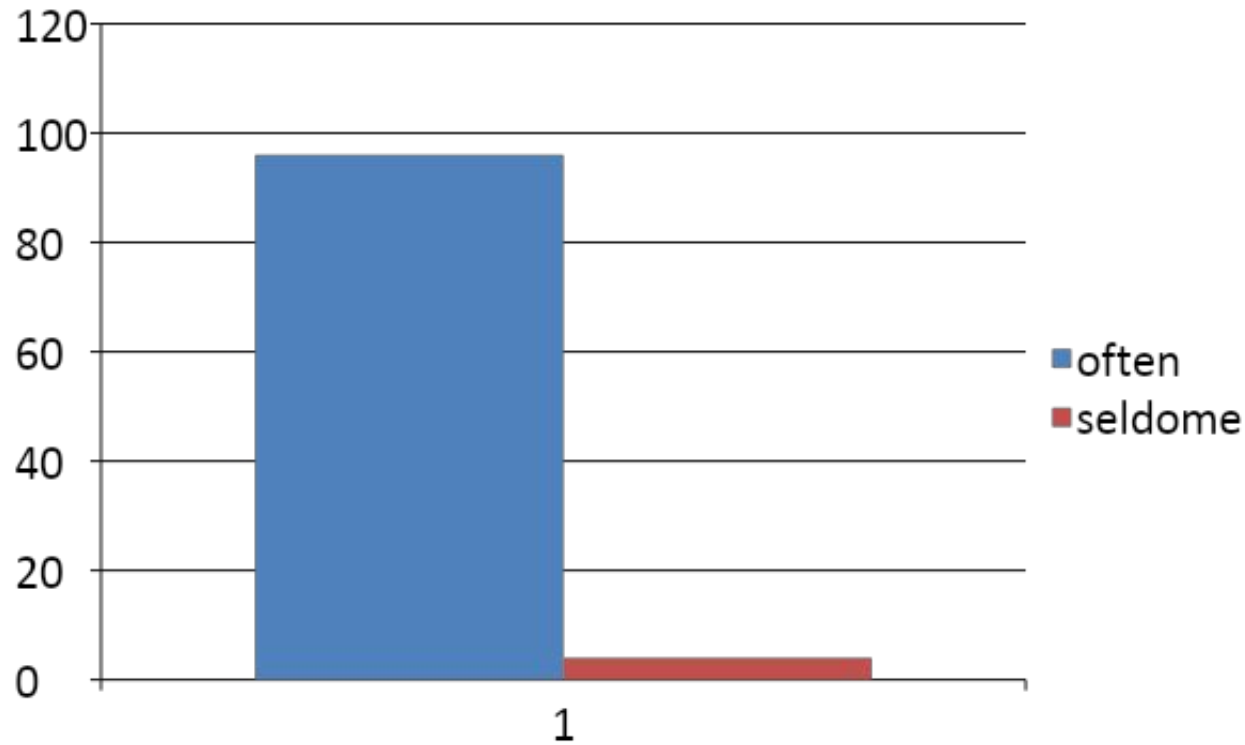


- 1 often
- 2 sometimes
- 3 never



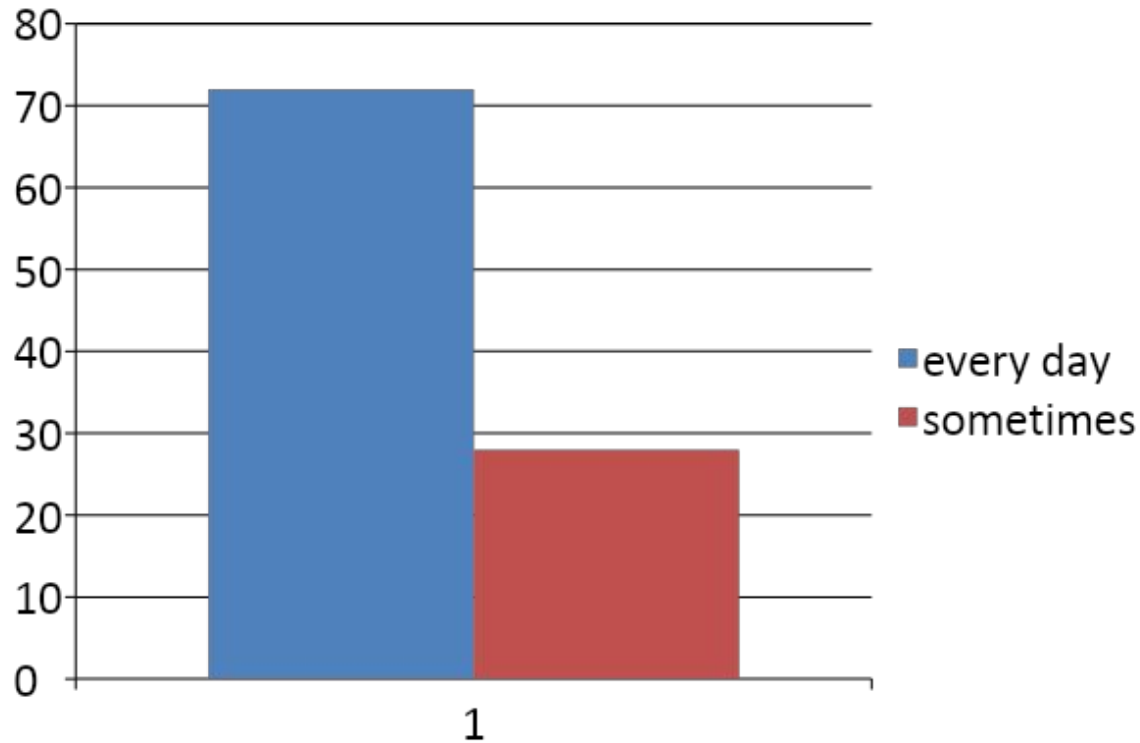
16% of pupils **often** go to Mc Donald's
81% of pupils **sometimes** go
3% of pupils **never** go

How often do you eat fruit and vegetables?



96% of pupils **often** eat
4% of pupils **seldom** eat

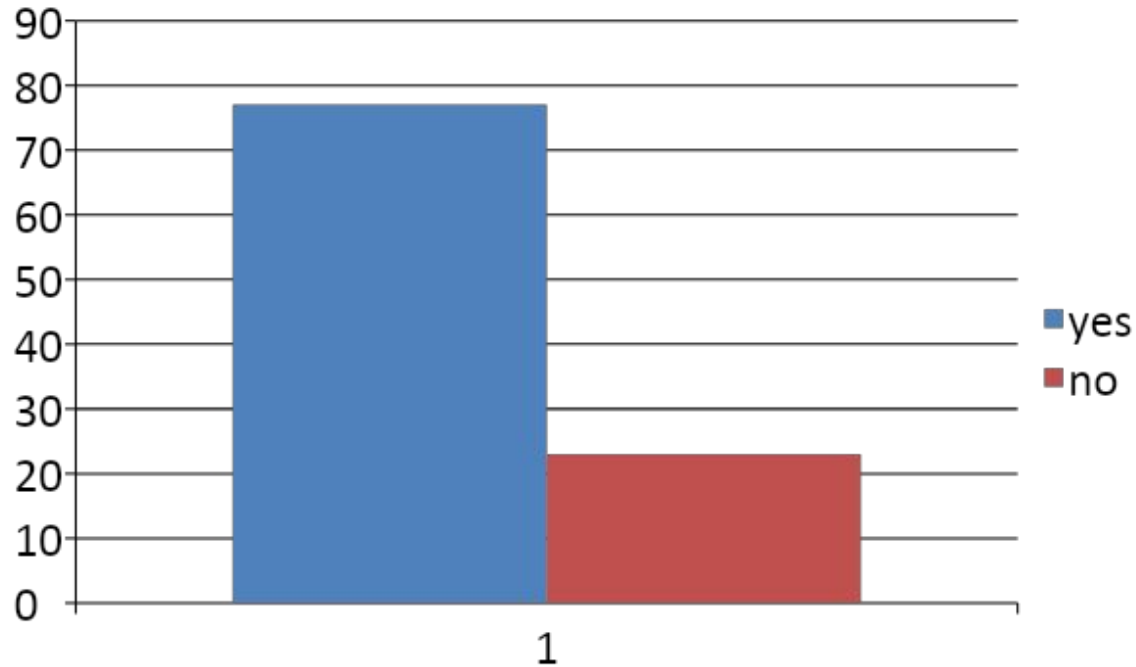
How often do you eat dairy products?



72% of pupils eat every day

28% of pupils sometimes eat

Do you drink Cola?



77% of pupils drink Cola

23% of pupils don't drink Cola



Junk food junkie

Johnny's got an addiction
 He's strung without conviction.
 He was raised with a **1. microwave**
 Sticky, trashy, fast food slave!
 He's a **2. junk food** junkie,
 He could be a lot more hunky,
 But he's a junk food junkie.
 Blame it on the food, yeah, you know it's
3. bad !
 Mother doesn't really **4. know** .
 Shopping in a glossy show,
 Then again, her budget's low,
 Her health's so bad it makes her **5. slow**
 She's a junk food junkie.
 She's **6. stressed** and very jumpy.
 She's a junk food junkie.
 Blame it on the food, yeah, we know it's bad!

Jenny's in a fix
 With her **7. arithmetic** .
 Poor concentration-
 Boys in the **8. classroom** cause agitation.
 She's a junk food junkie.
 She could be a lot more funky.
 But she's a junk food junkie.
 Blame it on the food, yeah!
 You know it's bad!
 Bad!

know
 classroom
 slow
 arithmetic
 microwave
 stressed
 junk food
 bad

- Junk food is delicious and cheap, so young people love it.
- Boys eat more junk food than girls.
- Eating a lot of junk food is bad for your body and your mind.

Home task

"My healthy menu"

Write your healthy menu for one day using the information of this lesson.



A close-up photograph of a single strawberry splashing into water. The strawberry is the central focus, covered in water droplets, with a green stem and a small leaf at the top. The water around it is in motion, creating a dynamic splash. The background is a soft, out-of-focus light pink. Overlaid on the image is the text "Thank you!" in a large, outlined, sans-serif font. The text is semi-transparent, allowing the strawberry and water to be seen through it.

Thank you!