

# Diet



To be or not to be?

# Good products



**fruit**

**s**



**vegetabl  
es**



**bean**

**s**



**butte**

**r**



**chees**

**e**

# Good products



mea

t



poultr

y



fis

h

# Good products

**mil**

**k**



**nut**

**s**

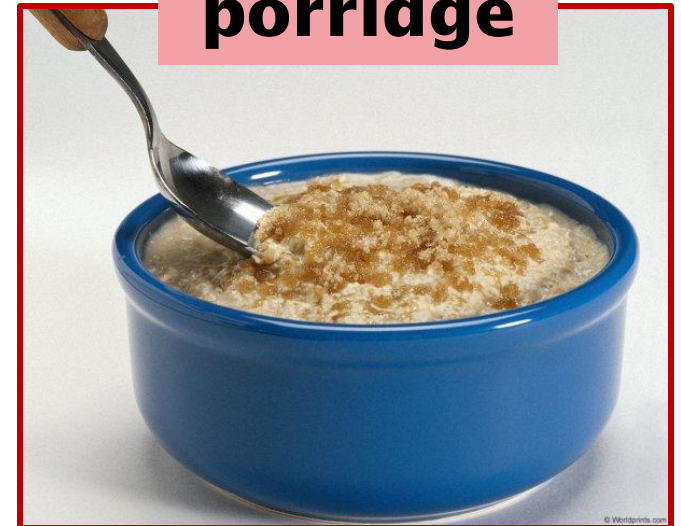


**cereal**

**s**



**porridge**



**brown bread**



# Good drinks

mineral  
water

green tea

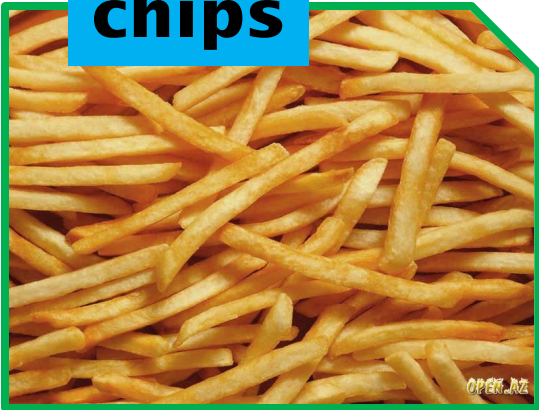


juices



# Bad products

**chips**



**rolls**

**pizza**



**hamburger**



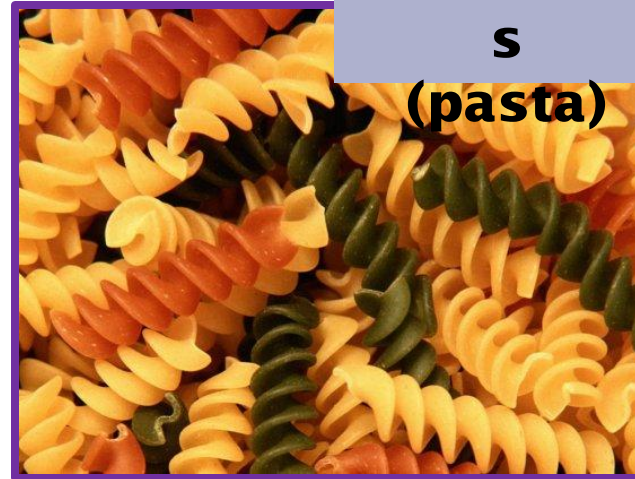
**salami**

# Bad products

**chocolate**



**macaronie  
s  
(pasta)**



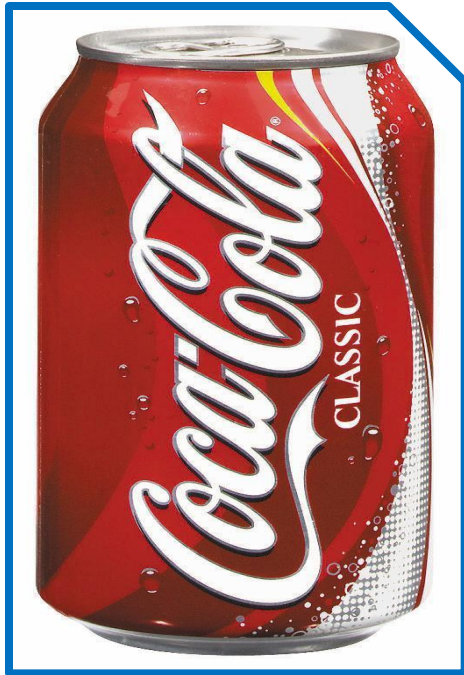
**cake**



**sweets**

# Bad drinks

**beer**



**lemonade**



**coffe**

<http://www.liveinternet.ru/users/coffeman/>



# A balanced food

**Fruits  
and  
vegetables**

**Cereals,  
bread,  
pasta**

**Meat, fish,  
eggs, beans**

**Milk  
products**

**Fat, sweets**

**S**



# **A balanced food**



**To look wonderful**

**To be healthy**

**What does she  
eat?**

# **An unbalanced food**

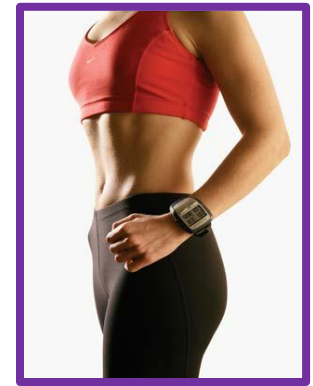


to cause health problems

to look ugly

**What does he  
eat?**

# Diet: good and bad points



To keep fit

To cut out snacks

To look wonderful

To eat more vegetables and fruits

Not to overeat

To have anaemia

to be healthy

to eat less everything

to cause health problems

to eat a variety of food

to use low-calorie food

to cut out of sweets



# Dictation



1



2



3



4



5

# Dictation



6



7



8

