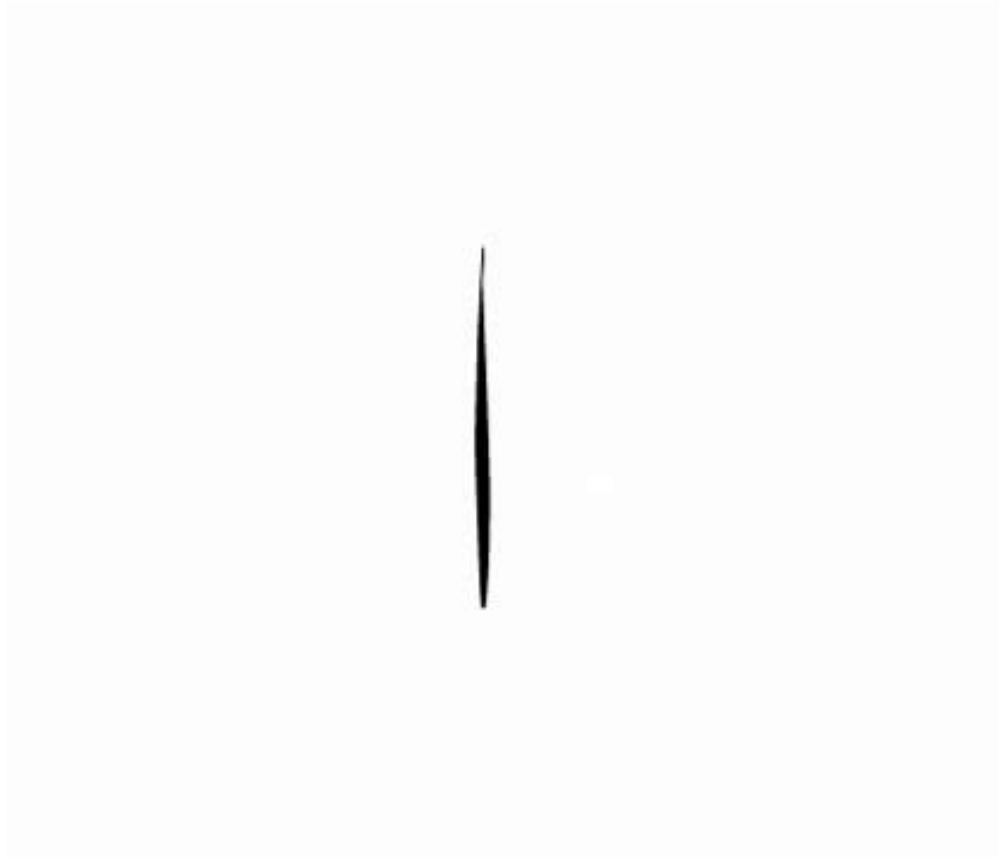


Friday, the twenty-fifth of November  
Classwork

Watch video and guess the theme



# You are what you eat!



They lead healthy lifestyle.

They lead unhealthy lifestyle.

# healthy food

# unhealthy food

Разделите продукты на две группы:



# 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?

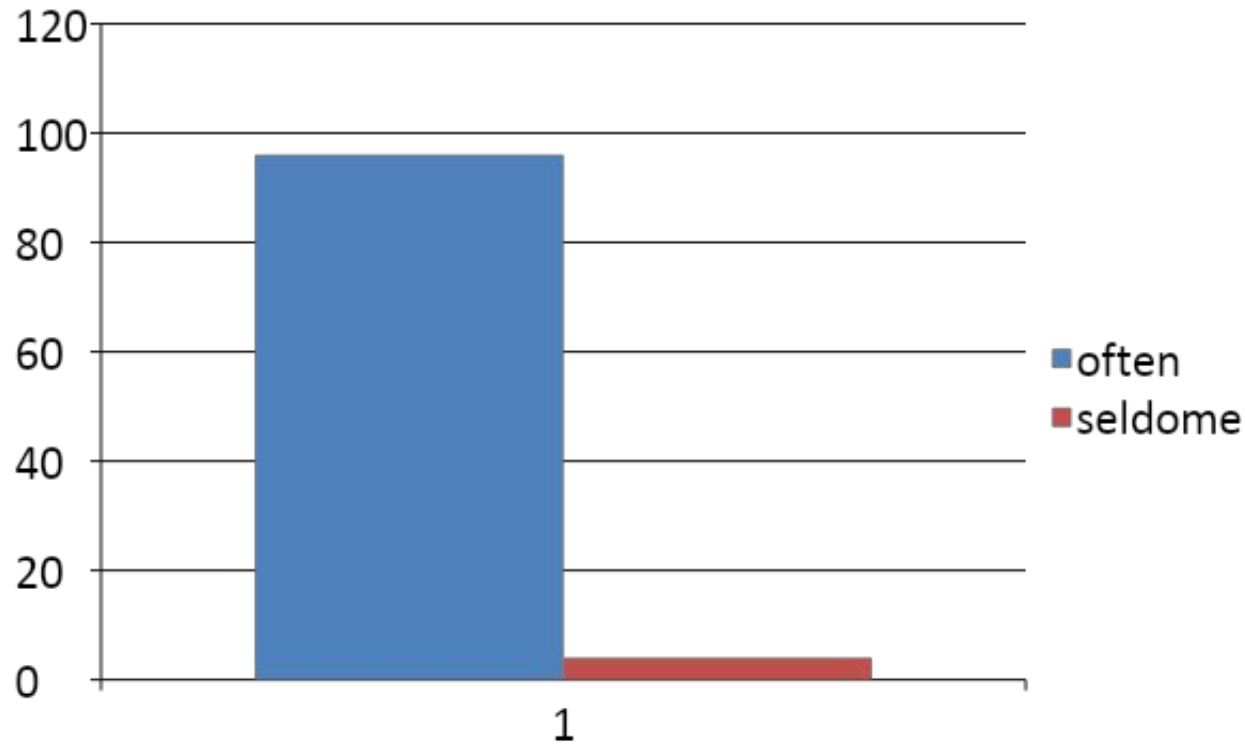
Well. We can have fruit salad and ice cream.

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

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

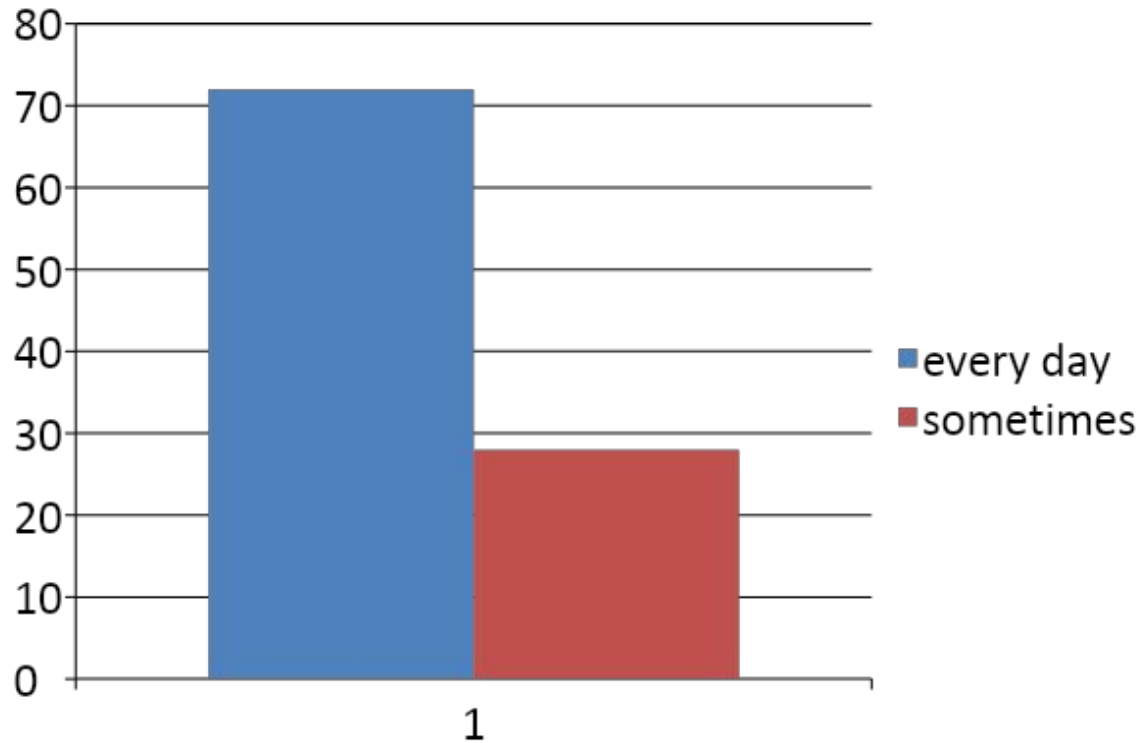
It means "see and eat"!

# How often do you eat fruit and vegetables?



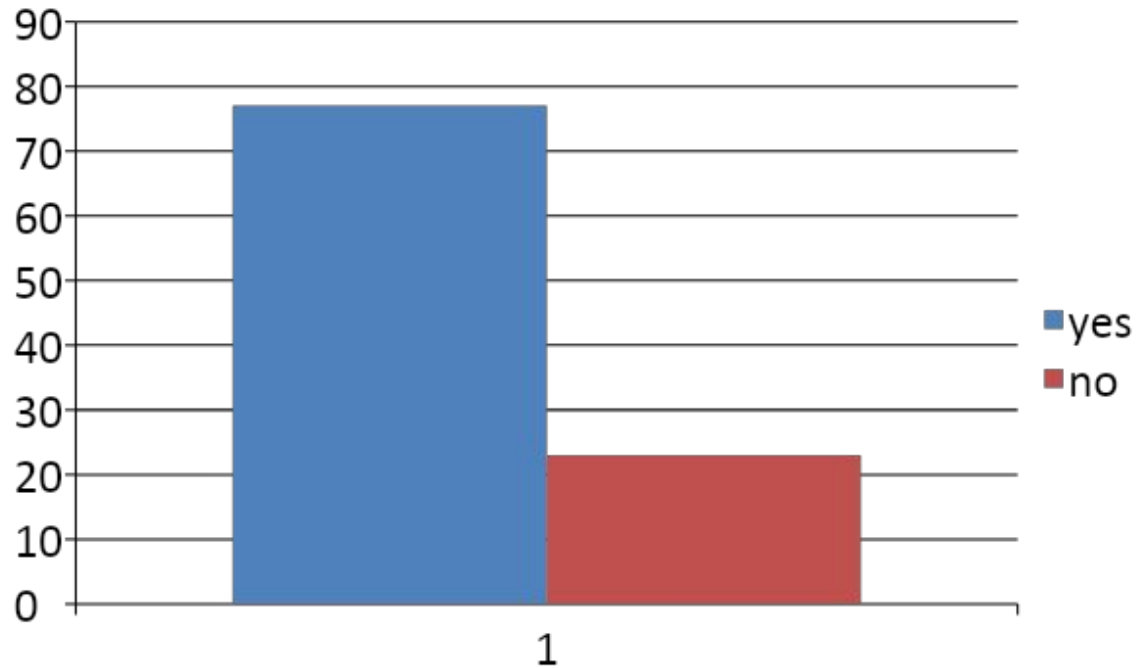
96% of pupils **often** eat  
4% of pupils **seldom** eat

# 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



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. The overall mood is fresh and appreciative.

Thank you!