

Healthy Food, Healthy Body



**ПРЕЗЕНТАЦИЯ**  
**К УРОКУ АНГЛИЙСКОГО ЯЗЫКА В 10 КЛАССЕ:**

**FRUITS AND VEGETABLES:**  
**WHAT IS THEIR HEALTH BENEFIT?**



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# «THE ONLY BEAUTY I KNOW IS HEALTH»



health  
IS THE GREATEST  
wealth



**YOU ARE WHAT YOU EAT. BUT CAN WE EAT PROPERLY?**



## Our handy food and health tips!

### Problems

### Solutions

- a) overweight → eat less and take regular exercise
- b) underweight → eat well-balanced food
- c) lack of concentration → eat lots of iron-rich food
- d) tiredness → follow a low-carbohydrate diet
- e) frequent illness → eat food rich in vitamin C
- f) indigestion → avoid spicy food
- g) dry skin → drink more water

**And many of these problems can be solved with the help of fruits and vegetables!**



# RAINBOW OF FOOD



**Eat** the Colors of the Rainbow



# RED FOODS

**Red foods get you moving. They give you that extra boost when you really need it the most. What's more, eating foods of this group will protect you from many serious illnesses and keep older people active for longer.**

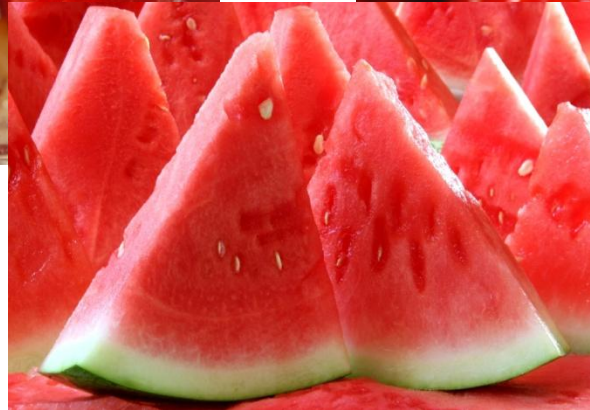


# GARNET

- 1. Garnet lowers blood sugar, so it is very useful for diabetics.**
- 2. Treats skin.**
- 3. Displays radiation. People living in an area of high radiation just need to regularly drink of garnet juice.**
- 4. Reduces pressure. Bones pomegranate lower blood pressure.**
- 5. Increases hemoglobin.**







# ORANGE FOODS

**Orange foods are brain food. Mangoes, oranges and peaches have lots of vitamin C, which help your body fight off infections. Carrot can help your eyesight.**



# CARROT

- Carrots - a good source of vitamin A.
- The benefits of carrots for eyes. All probably heard about how useful carrot to our eyes. The way it is. Our eyes are very fond of vitamin A.
- Carrots are beneficial to patients with diabetes mellitus. Doctors, nutritionists recommend eating boiled carrots diabetics.
- Use carrots in digestion. Carrots are well controlled carbohydrate metabolism and normalizes digestion in general.
- Carrots against skin aging.





# BANANA

**Eat a banana and you'll feel a bit better. The use of bananas in the high content of vitamin C, E, beta-carotene, as well as choline, improves memory. Vitamin B5 is important for metabolism of carbohydrates and fats, is involved in the development of histamine, hemoglobin, cholesterol. A sufficient intake of pyridoxine important for healthy teeth, gums, skin.**



# PINEAPPLE

**Eat a couple of pineapple slices and you'll smile!  
Enjoy yellow foods!**



# GREEN FOODS

Broccoli, lettuce and cucumbers are green foods. They are great when you want to relax, calm yourself down, keep your emotions under control. They contain vitamins and minerals that keep your teeth and bones strong and healthy.



# CUCUMBER

**Useful properties of cucumber are shown in a diet for losing weight because green vegetable occupies a large space in the stomach, thereby satisfy hunger. But we know that most of the cucumber consists of water, which helps to clean the digestive tract.**

**It is clear that here we are talking about the use of only fresh cucumbers.**





# GREEN GRAPES

**Benefits of green grapes is undeniable. It helps with constipation, indigestion, useful for the prevention of cataracts, asthma.**

**Juice is an excellent home remedy for migraine. If consumed regularly green grapes, the benefits certainly manifest itself in slowing the aging process.**



# BLUE FOODS

**Blue products can soothe you, both emotionally and physically, and prepare you for a good night's rest.**

**Eat blueberries, and you do not expose your body from invisible but destructive radiation, which is often present in modern cities.**



# PURPLE FOODS

**Purple vegetables, fruits and berries contain nutrients that are beneficial to health. They protect the heart and vision, contribute to mental concentration.**

**Fruits and vegetables like figs, prunes and beetroot make people more creative. More over, purple foods can keep you look young!**



## PLUMS AND PRUNES

Plums are a very good source of vitamin C, which helps the absorption of iron. They also contain vitamins A, B2, and dietary fiber. A recent study showed that the reduced blood pressure, bad cholesterol goes with regular use of prunes. In addition, plums and prunes contain phenols - natural compounds found in plants that have protective properties.



# LENTIL (ЧЕЧЕВИЦА)

**It contains as much protein as many muscle meats. Lentils neutralize muscle acids in the body, and are especially good for the heart.**



# CHICK-PEA (HYT)

**Chickpeas are a helpful source of zinc, folate and protein.**

**They are also very high in dietary fiber and hence a healthy source of carbohydrate for persons with insulin sensitivity or diabetes.**

**Chickpeas are low in fat.**



# EXOTIC FRUITS

The term "exotic fruits" is used mostly in developed countries, referring mostly to some tropical fruits that are unknown to the consumers of the developed countries, or many of them.

The supermarkets have a wide selections of exotic fruits such as papaya and mango, kiwi and papaya, mangosteen and guava...



Everybody says eating fruits is good for your health, but we dare you to try exotic fruits. Exotic fruits that do not grow in our gardens, can be just as beneficial to health than apples or pears.



# KIWI

**For centuries, kiwi was used as a medicine rather than as a fruit.**

**Kiwi is often used in sports drinks because of the taste and nutritional value. It has much vitamin C.**

**The appropriate dose of kiwi for use as treatment depends on several factors such as the user's age, health, and several other conditions.**

**Kiwi helps to strengthen the "shattered" nerves and removes from depression easily ease. Kiwi is a natural antidepressant.**





# MANGO

**The beneficial properties of mango will please you very much. Like all fruits, mangoes is a real treasure trove of vitamins and minerals: 12 amino acids, vitamins A, C and B, much potassium, zinc and other elements.**



# PAPAYA

**Papaya is recommended to include in the menu for those who susceptible to colds, as it strengthens the immune system perfectly.**



# FRUITS AND VEGETABLES IN THE SHOPS OF BOGORODITSKOE

There are six shops in our village, and in each of them fruits and vegetables are sold. So, you needn't go anywhere to buy them.



The prices of fruits and vegetables aren't very high.



# ORANGES – 76 ₺



# TANGERINE – 90 ₱



# APPLES – 45-65 ₱



**BANANAS – 80 ₱**



# Lemons - 116 ₱





# SCHOOL LUNCHES IN DIFFERENT COUNTRIES

**Proper baby food at school - the key to not only high-quality studies and the active development of the organism, but also a guarantee that in adulthood he will have fewer health problems.**



# USA



# KOREA



# FRANCE



# GREECE



# RUSSIAN FEDERATION



# WHAT FRUITS DO YOU LIKE MORE? (PUPILS OF OUR SCHOOL)

	The 4th form	The 9-th form
<u>Apple</u>	81%	62%
<u>Banana</u>	54%	12%
<u>Orange</u>	54%	50%
<u>Pear</u>	9%	-
<u>Grapes</u>	-	37%
<u>Pineapple</u>	-	12%



# WHAT TO CHOOSE? SO, YOU ARE TO DECIDE...



**What would you choose to eat and why?**

- Carrots or sweets?**
- Vegetable soup or pizza?**
- Cherry or hamburger?**
- Apple or chips?**





# VEGETABLES

артишок — **artichoke**

баклажан — **aubergine**

брюссельская капуста — **Brussels sprout**

горошек — **peas**

перец — **pepper**

кабачок — **squash**

капуста — **cabbage**

лук — **onion**

морковь — **carrot**

огурец — **cucumber**

помидор — **tomato**

свёкла — **beetroot**

сельдерей — **celery**

спаржа — **asparagus**

фасоль / бобы — **beans**

цветная капуста — **cauliflower**

шпинат — **spinach** [ˈspɪnɪʃ]



# FRUIT and BERRIES

абрикос — **apricot**

авокадо — **avocado**

ананас — **pineapple**

апельсин — **orange**

арбуз — **water melon**

банан — **banana**

брусника **cowberry**

виноград — **grape**

вишня — **cherry**

дыня — **melon**

инжир — **fig**

киви — **kivifruit**

клубника — **strawberry**

клюква — **cranberry**

лимон — **lemon**

малина — **raspberry**

смородина — **currant**

яблоко — **apple**

prunes - **чернослив**



## Источники:

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- 3) <https://en.wikipedia.org/wiki/Chickpea>
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