



# ENGLISH PRESENTATION Food

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Form: 10-B

Theme: Food

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# Vocabulary

Supply

Tend

saturated fats

instead

chemicals

cheaper

additives

Ordinary

phenomenon

diseases





Supply





saturated fats





chemicals





additives





phenomenon





instead





diseases





cheaper





Ordinary



# Text

It's very important to choose the right food nowadays. Healthy and balanced diet is useful for every person. We depend on food as well as the cars depend on gas, for example. It's our natural fuel, which gives our body physical strength and health. When the body is healthy, the mind will also be healthy.





Different types of food contain different nutrients for our body. Some supply us with carbohydrates, some with proteins or fats, some with vitamins and minerals, etc. Many people think that fat is bad for people and they try to cut down on it.





The problem is that we do need some kinds of fat, but the saturated fats from animal products, like red meat, butter and cheese, can be really bad for health. Friendly fats can be found in avocados, nuts and seeds, olives and tuna fish, and in some other products.







Some people cut down on too much sugar and salt, which is also a good idea. One of the healthiest types of food is fruit and vegetables. Such organic products can be only useful if they don't contain any chemicals and additives, which has become a common phenomenon in modern supermarkets. More and more people tend to grow fruit and vegetables in their own gardens, instead of buying them.





Another problem is modified food. It's much cheaper than ordinary food, which is why people often buy it. From the other hand, modified food can lead to dangerous diseases. The food people eat depends a lot on their culture, religion, beliefs, health and other factors. However, some rules are common for everyone. They are: less fat, sugar and salt; and more water, vitamins, fresh fruit and vegetables.





# Exercises

1. Many people think that fat is bad for people and they try to ... on it.

a) depend

2. We ... on food as well as the cars depend on gas, for example.

b) Healthiest

3. One of the ... types of food is fruit and vegetables.

c) Cut down

4. More and more people instead fruit and vegetables in their own gardens, ... of buying them.

d) contain

e) tend to grow

5. Different types of food different nutrients for our body.





**1. Healthy and balanced diet is useful for every person.**

*Здорове і збалансоване харчування корисно для кожної людини.*

**2. Different types of food contain different nutrients for our body.**

*Різні види їжі містять різні поживні речовини для нашого організму.*

**3. Some supply us with carbohydrates, some with proteins or fats, some with vitamins and minerals, etc.**

*Деякі поставляють нам вуглеводи, деякі білки і жири, деякі вітаміни і мінерали, і т.д.*


**4. More and more people tend to grow fruit and vegetables in their own gardens, instead of buying them.**

*Все більше і більше людей, як правило, вирощують фрукти та овочі у власному саду, замість того, щоб купувати їх.*


**5. The food people eat depends a lot on their culture, religion, beliefs, health and other factors.**

*Їжа, яку їдять люди, багато в чому залежить від їх культури, релігії, переконань, стану здоров'я та інших факторів.*



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1. What do you usually eat for your breakfast?
  2. Do you drink enough water? How much water do you consume a day?
  3. Are there any meal traditions in your family?
  4. Do you have a friend, who hates Coke?
  5. Is shopping for food your favorite activity?



A top-down view of a light-colored wooden surface with a border of fresh vegetables and fruits. The border includes items like yellow squash, corn, green beans, asparagus, watermelon, purple eggplant, red radishes, mushrooms, a large melon, green onions, basil, red tomatoes, a red bell pepper, and a bunch of celery. The text "The end" is centered in the middle of the image in a light blue font.

The end