

FOOD and HEALTH



AN APPLE A DAY KEEPS A DOCTOR AWAY



Eating Healthy is key when you are Tobacco-free!

- Love to snack? While studying keep trail mix or veggies beside your desk for when you get hungry
- Start your day with breakfast! Eat cereals, with low fat milk, fruits, yogurt or whole wheat toast
- Balance your food choices. No need to give up hamburgers and fries; eat this in moderation and balance with whole wheat grains, and veggies
 - Don't skip meals; this will increase your nicotine cravings
 - Eat early and eat often in small amounts; this will keep your metabolic rate high and fuel you throughout your day

**HEALTH IS BETTER THAN
WEALTH**

**A SOUND MIND IN A SOUND
BODY**

**SMOKING IS DANGEROUS FOR
YOUR HEALTH**





AIM: TO PROVIDE STUDENTS' ORAL
PRACTICE ABOUT HEALTHY EATING

OBJECTIVE: BY THE END OF THE
LESSON THE STUDENTS WILL HAVE
HAD PRACTICE IN MAKING UP
DIALOGUES AND MONOLOGUES
ABOUT HEALTHY FOOD

Travelling to

To

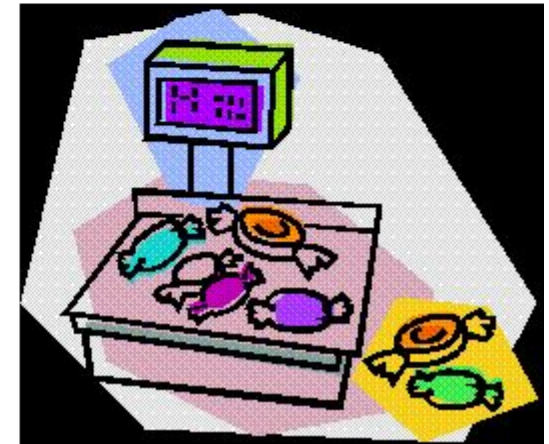


HEALTH - CITY

warming-up



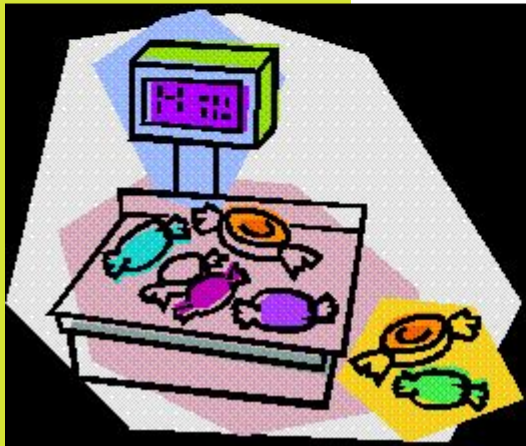
Ice	let
Porr	tail
Cut	cream
Bis	ets
Cock	ade
Sand	cuit
Lemon	idge
Swe	wich



warming-up



Ice	cream
Porr	idge
Cut	let
Bis	cuit
Cock	tail
Sand	wich
Lemon	ade
Swe	ets



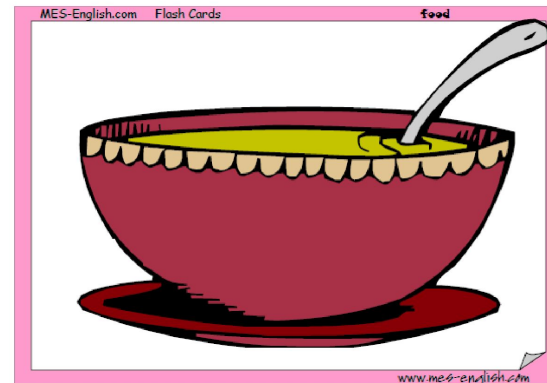
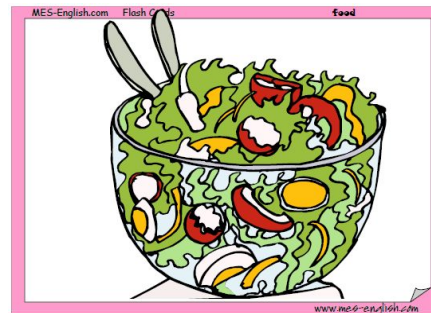
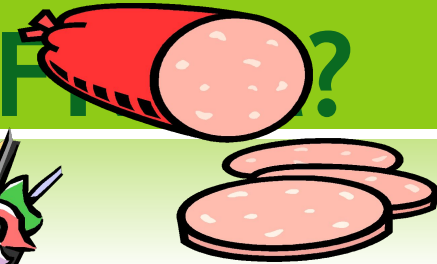
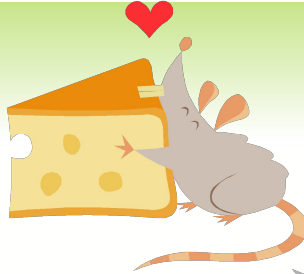


ANSWER THE QUESTIONS:

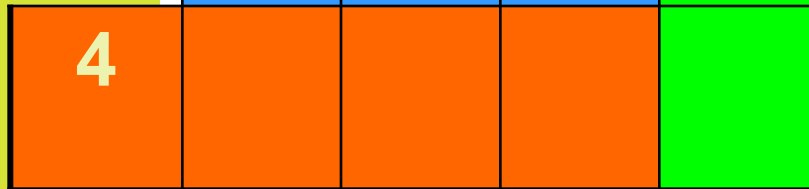
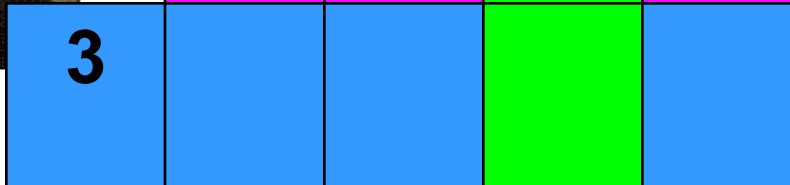
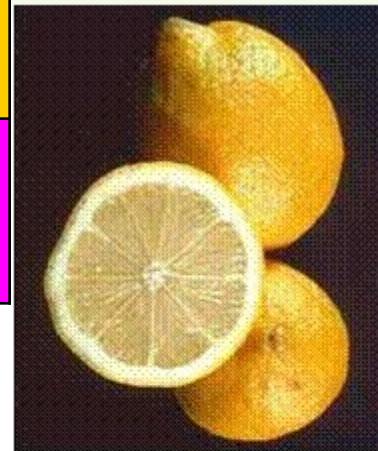
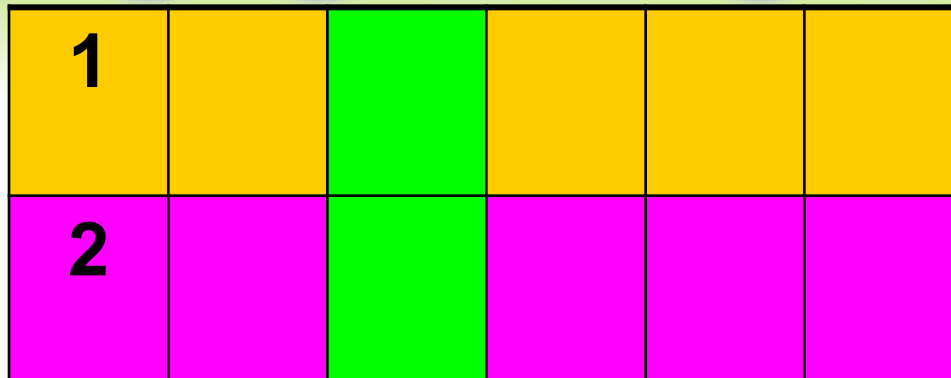
1. WHAT DO BRITISH CHILDREN EAT AT SCHOOL?
2. WHAT DO THEY EAT AT HOME?
3. WHAT DO THEY USUALLY DRINK?
4. IS IT HEALTHY?



WHAT ARE THESE THINGS MADE FROM?



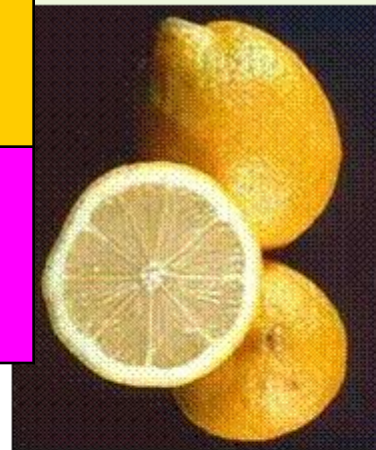
CROSSWORD



CROSSWORD



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2	c	o	O	k	i	e



3	l	e	m	O	n
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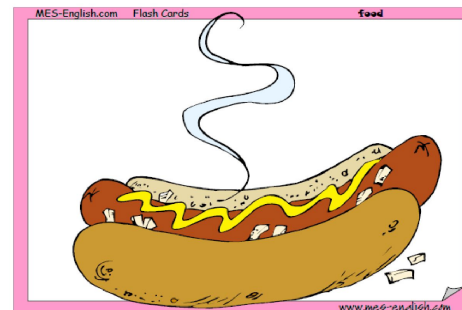
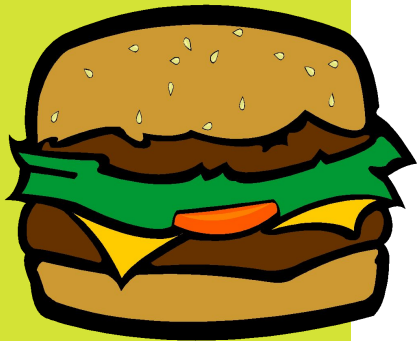
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FAST FOOD

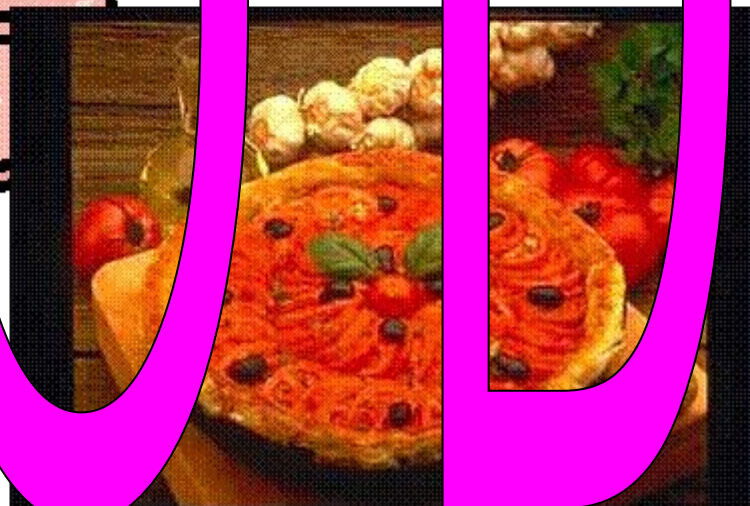
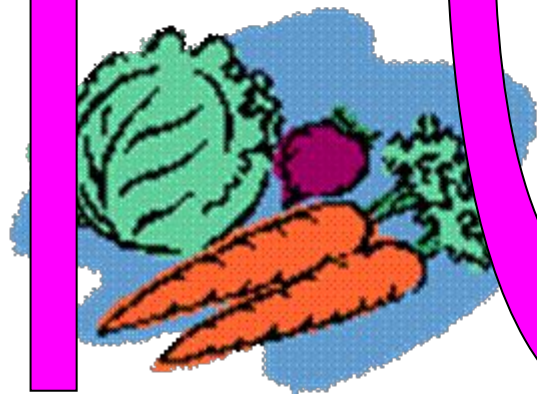
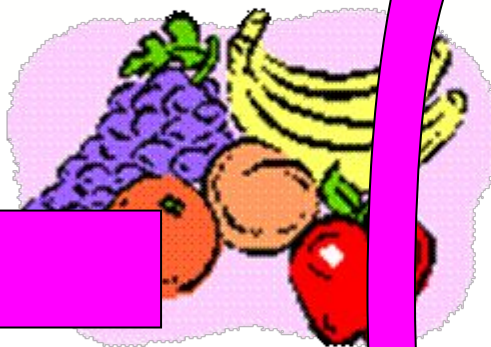


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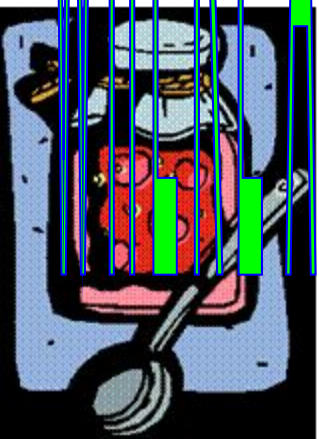
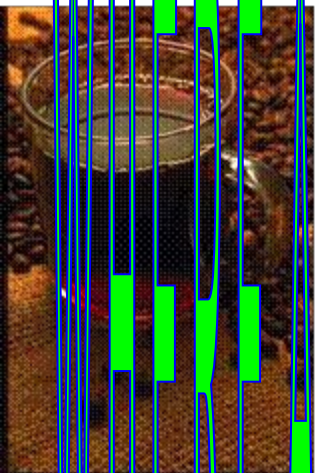


FOOD

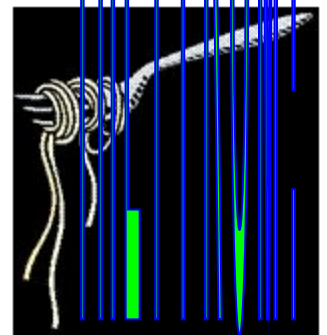
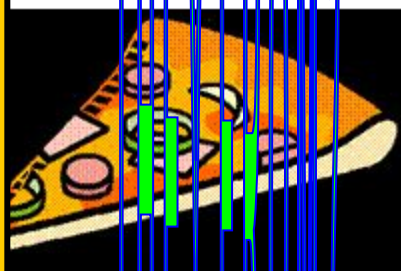
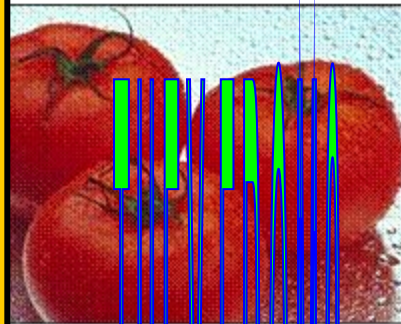




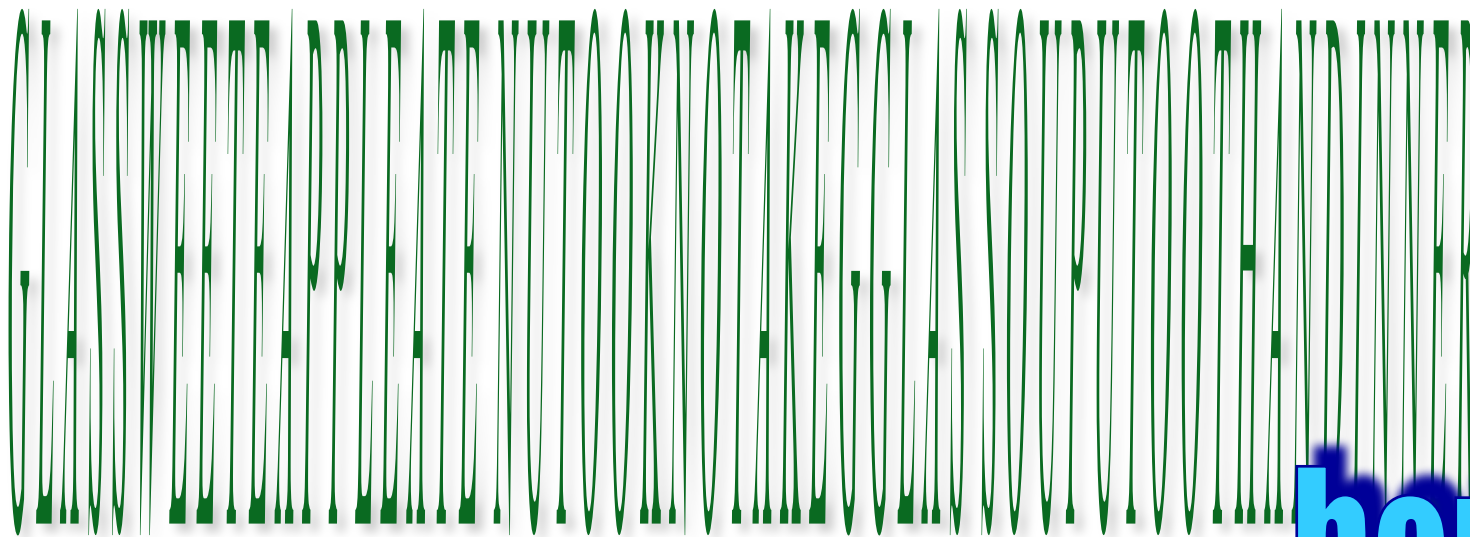
What fruit and vegetables can you see?



KVAS
COKE
BANANA
COCOA
PIZZA
COFFEE
BORSHCH
JAM
PASTA
KASHA
SPAGHETTI
PUDDING
TOAST
PELMENI
TOMATO



HOW MANY WORDS can



you

find

here?

READ ONLY the WORDS on the THEME «FOOD»

***BEGIN EACH WORD WITH THE
LAST LETTER OF THE PREVIOUS
ONE***

CHOCOLATE, E...












WHAT

***WOULD YOU
LIKE TO EAT?***

WHAT

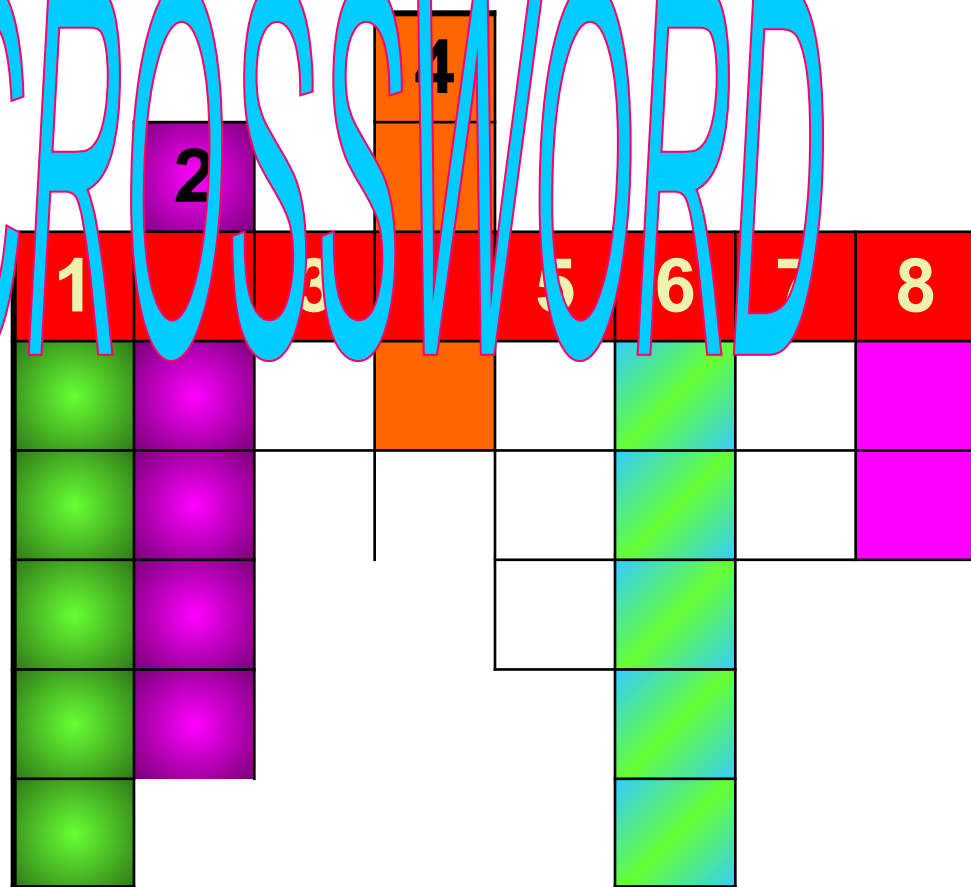
***WOULD YOU
LIKE TO DRINK?***

SECRET MESSAGE

		9			
++--	++--	+--	-+++	--+++	+--+
	7				10
++--	-+-	-+++	--++-	--+-	-+-

SOLVE the CROSSWORD

1. My father drinks ...with milk.
2. Meat-balls and ...are made from meat.
3. Would you like a ...of tea.
4. Three and one is ...
5. Cats like to drink ...
6. All children like to eat this tasty fruit. It's a ...
7. My sister likes to ... ice-cream.
8. What colour is this apple? It's ...






Read the word on the theme «FOOD»

20, Queen Street

London, Great Britain

15th December 2006

Hello, my pen-friend!

My name is Mike. I am 12. I want to tell you about the main holiday in Britain – about Christmas. All British children like this holiday very much, because they eat and drink a lot of tasty things:  ,  , chocolate,  , jam, cakes, lemonade.

The usual meal for Christmas is a roast turkey with  , and other vegetables:  and  . And the usual sweet thing is a sweet Christmas pudding.

And what about you? What do you like to eat or drink for your holidays?

With best wishes for Christmas and New Year.

Mike.

ANSWER THE QUESTIONS:

- **What holiday do British children like very much?**
- **Why do they like it?**
- **What sweet things do they eat for Christmas?**
- **What is the usual meal for Christmas?**