


Вкуснотища – Very good!
Пищу называють...



FOOD






Это вовсе не каприз,
сыр мы называем...

CHEESE






Мясо жарится, шкварчит,
мясо по-английски...

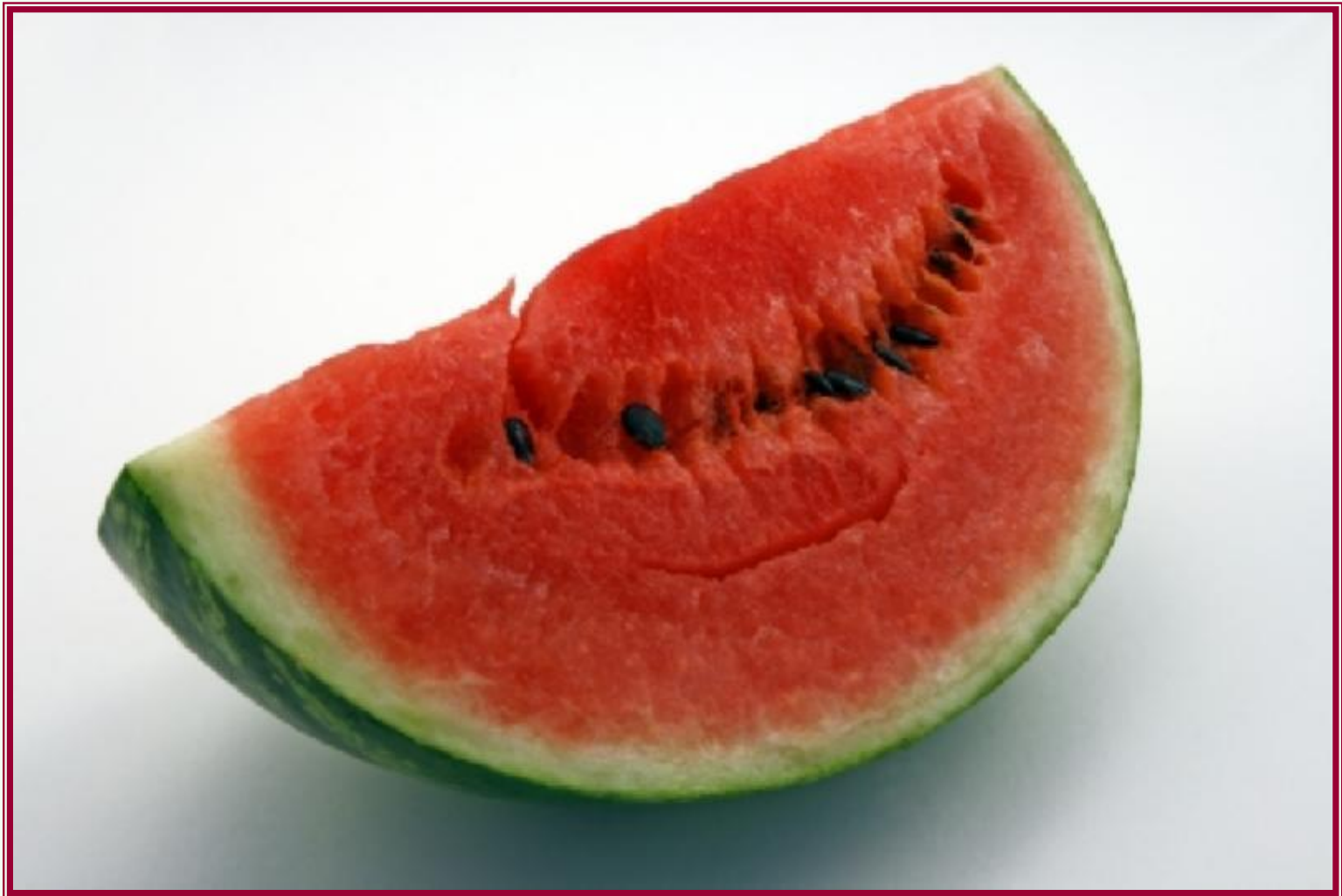
MEAT






Арбуз предпочитаю сливам,
арбуз иначе...

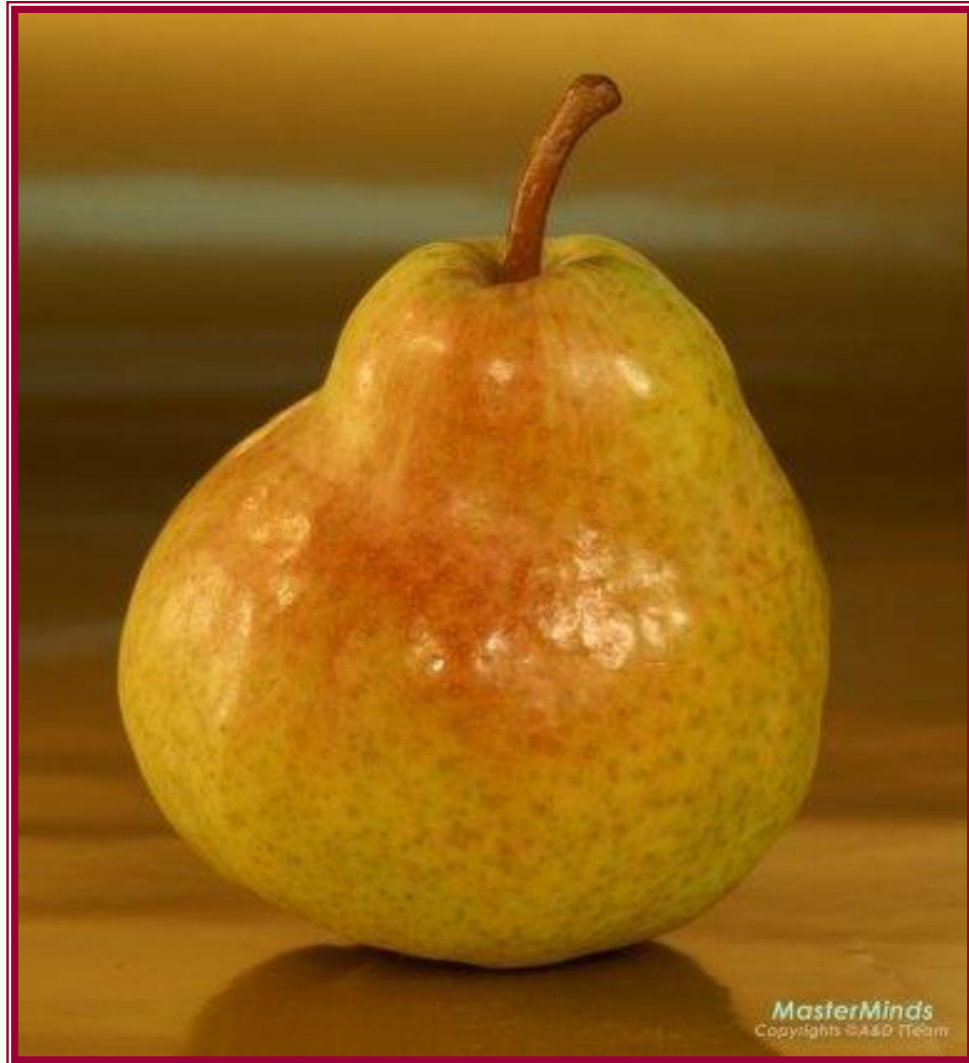
WATER - MELON





Узнали все впервые,
что груша - это ...

PEAR





Масло нужно всем ребятам.
Масло по-английски ...

BUTTER





Без соли борщ не лезет в рот.
Соль по-английски – просто..

SALT





Ведро воды не принесете?
Вода, водичка будет...

WATER





Слива тут и слива – там.
Слива по-английски...

PLUM





Виноград мы съели весь.
Виноград – иначе ...

GRAPE



Phonetic exercise

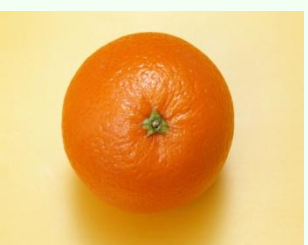
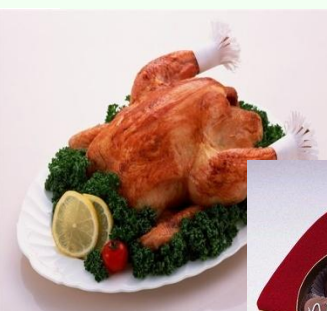
- [p] – plum, pear, apple, pepper
- [t] – nut, carrot, plate
- [S] – sugar, mushroom, radish
- [tS] – cherry, cheese, chocolate
- [dʒ] – jam, juice, cabbage, vegetables
- [i:] – tea, pea, sweet, meat
- [ei] – cake, grapes, apricot



Which is your favorite food?



ice cream sundae



My favorite food is...

1.

2.

3.

4.

5.

6.

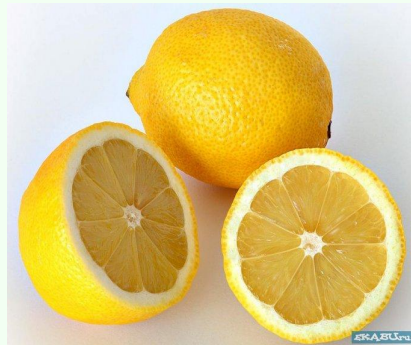


**Write the words on your list
in two columns**

<i>Food</i>	
<i>healthy</i>	<i>unhealthy</i>



<i>Keep your healthy</i>	<i>Give you energy</i>	<i>Help you to grow and make you strong</i>	<i>Empty foods</i>
1.... 2....	cereals 3.... pasta 4....	cheese 5.... 6.... fish	7.... cola 8....



6 Eat well, stay healthy!

Read about the foods we eat. Do *you* eat all of the 'seven important things'?

Reading

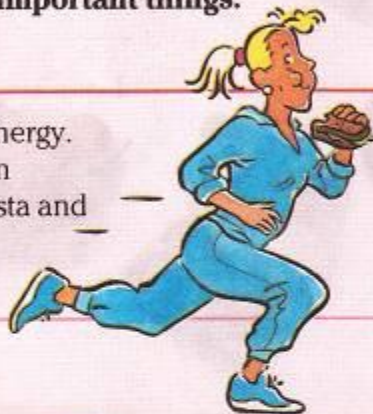
WB • p. 12–13

Exs. 1–4

EAT WELL stay healthy

Good food has seven important things.

CARBOHYDRATES give you energy. There are carbohydrates in bread, sugar, potatoes, pasta and rice.

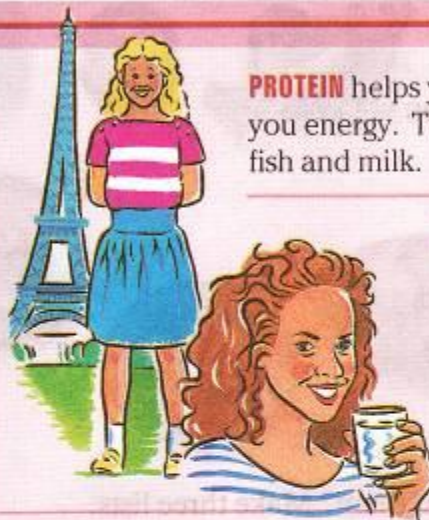


FATS make you strong and give you energy. There are fats in meat, butter and cheese and oil.

VITAMINS are important for your eyes, your skin, your bones, your hair and for other parts of your body. There are 13 types of vitamins (A, B, C, and so on). There are vitamins in many types of food.



PROTEIN helps you to grow and gives you energy. There is protein in meat, fish and milk.



WATER is important for your blood. It also cleans your body from the inside. Drink lots of water every day!

MINERALS make your bones and teeth strong. There are different types of minerals in milk, vegetables, eggs, meat, cereals and many other foods.



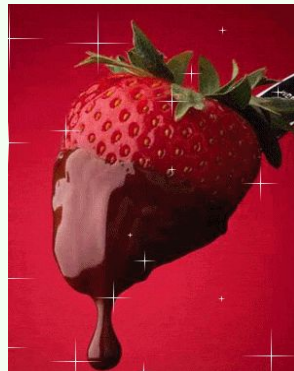
FIBRE cleans the inside of your body. There is fibre in nuts, beans and cereals.



DANGER!

HIGH IN CARBOHYDRATES!
HIGH IN SUGAR AND SALT!

<i>Keep your healthy</i>	<i>Give you energy</i>	<i>Help you to grow and make you strong</i>	<i>Empty foods</i>
1. fruit 2. vegetables	cereals 3. bread pasta 4. sugar	cheese 5. meat 6. butter fish	7. chips cola 8. sweet



Read the statements and say true or false

- All foods are good for you.
- Fruit and vegetables are full of sugar and fat.
- Sweets, chips and coke keep you healthy.
- You should eat a variety of foods to stay healthy and grow big and strong.



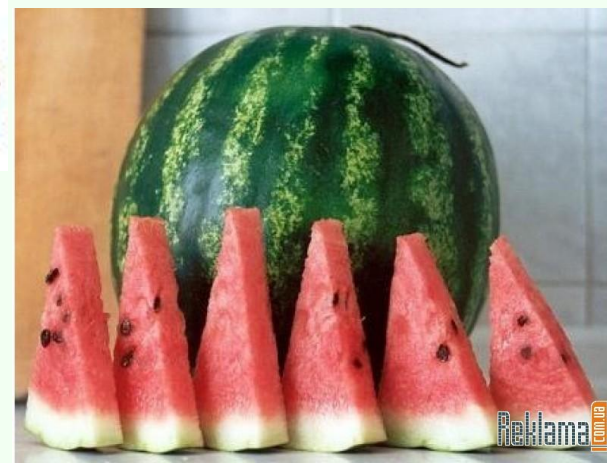
Write a healthy menu for a day

Menu

- for breakfast

- for lunch

- for dinner



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- Составьте акrostих со словом

F-

O-

O-

D-

