

# Healthy food

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# Healthy lifestyle

## ► Physical exercises



## ► Healthy eating



**Healthy food can be  
delicious**

The background features abstract, overlapping geometric shapes in various shades of green, ranging from light lime to dark forest green. These shapes are primarily located on the right side of the frame, creating a modern, layered effect. The rest of the background is plain white.

# Tasks

- ▶ **To know food habits of the pupils from our school and their attitude to healthy food**
- ▶ **To work with information to the topics “Healthy food” and “Junk food”**
- ▶ **To analyze the information**
- ▶ **To find some delicious recipes**
- ▶ **To cook dishes**

# Step 1

- ▶ **Chose the theme**
- ▶ **Defined aim and tasks**
- ▶ **Formed hypothesis**

# Step 1

- ▶ **A diet is very important**
- ▶ **We should eat fresh and healthy food**

**But**

- ▶ **Junk food is very popular. It is tasty**

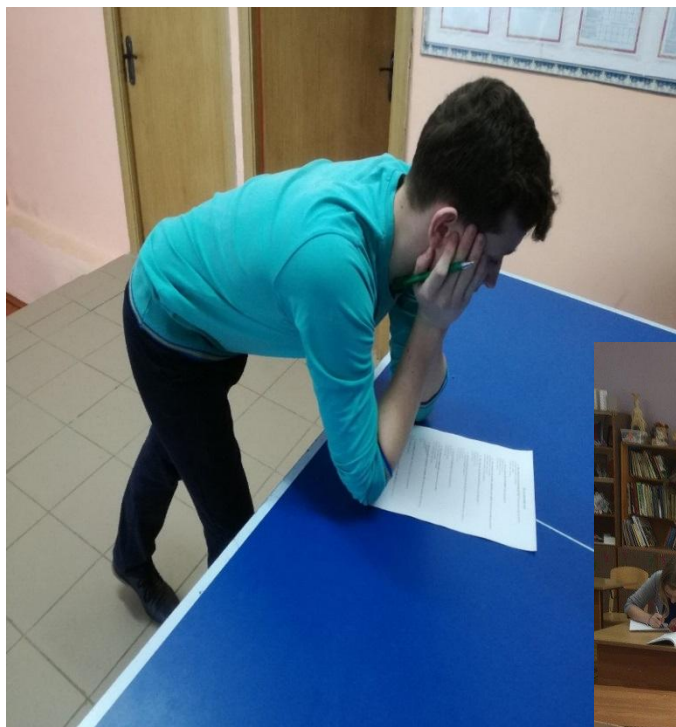
**But**

- ▶ **Healthy food is not only good for health but delicious**

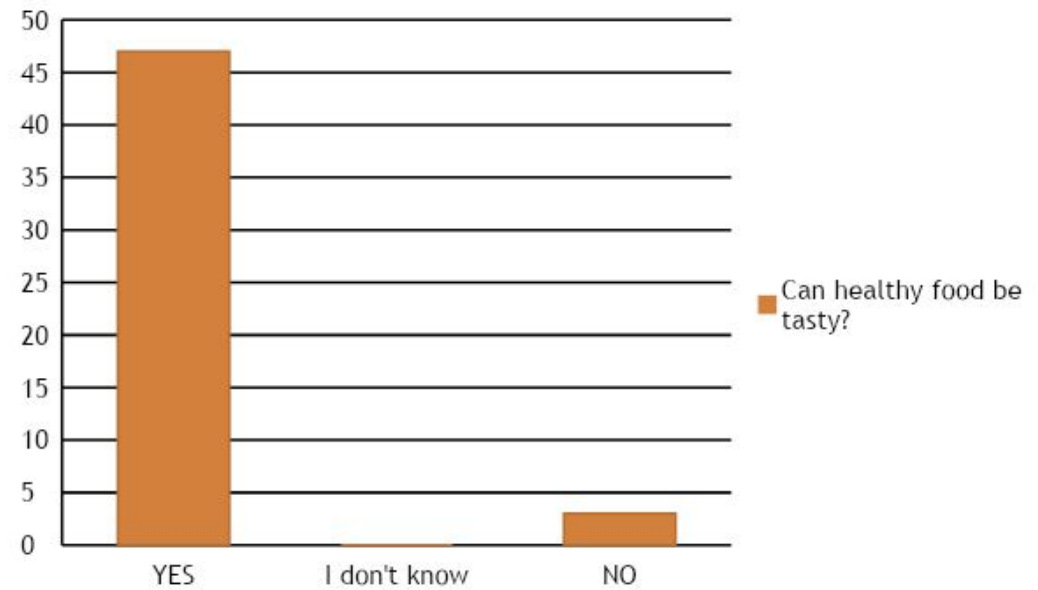
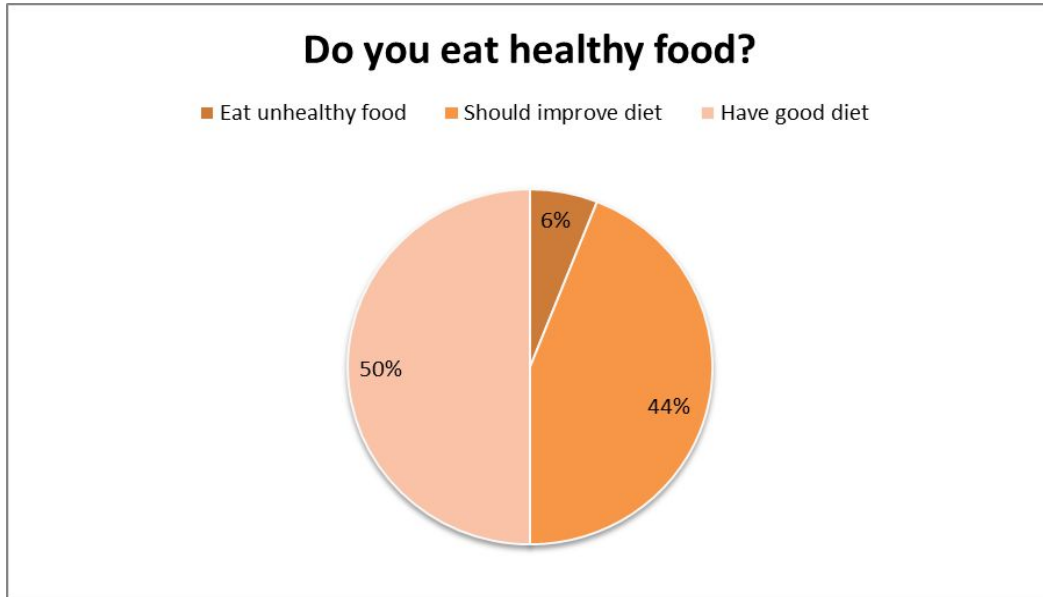


# Step 2

## ► Practical research work



# Results





## Step 3-4

- ▶ **Translated texts**
- ▶ **Watched videos**
- ▶ **Chose recipes**

# Results

- ▶ We have known the food habits of the pupils from our school and their attitude to healthy food
- ▶ We have learned some facts about healthy and junk food
- ▶ We have found delicious but healthy recipes and cooked them
- ▶ We have proved the hypothesis

**Healthy food can be tasty**

## Step 5

- ▶ **Chicken with cheese**  
**(an alternative to pork with cheese)**



## Step 5

- ▶ **Dietary salad  
in a cheese  
basket**

DIETARY SALAD IN A CHEESE BASKET

