

# Healthy food

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# Healthy lifestyle

## ► Physical exercises



## ► Healthy eating



**Healthy food can be  
delicious**

# 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**

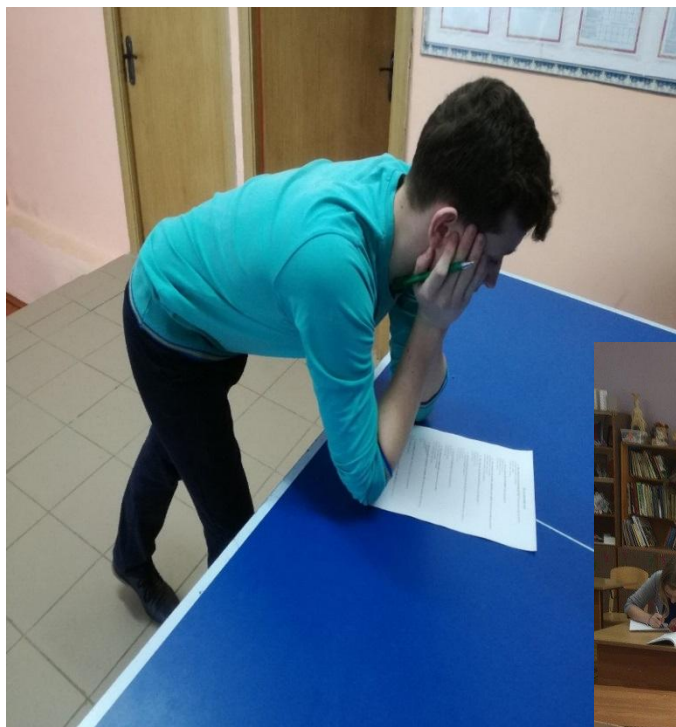
**But**

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

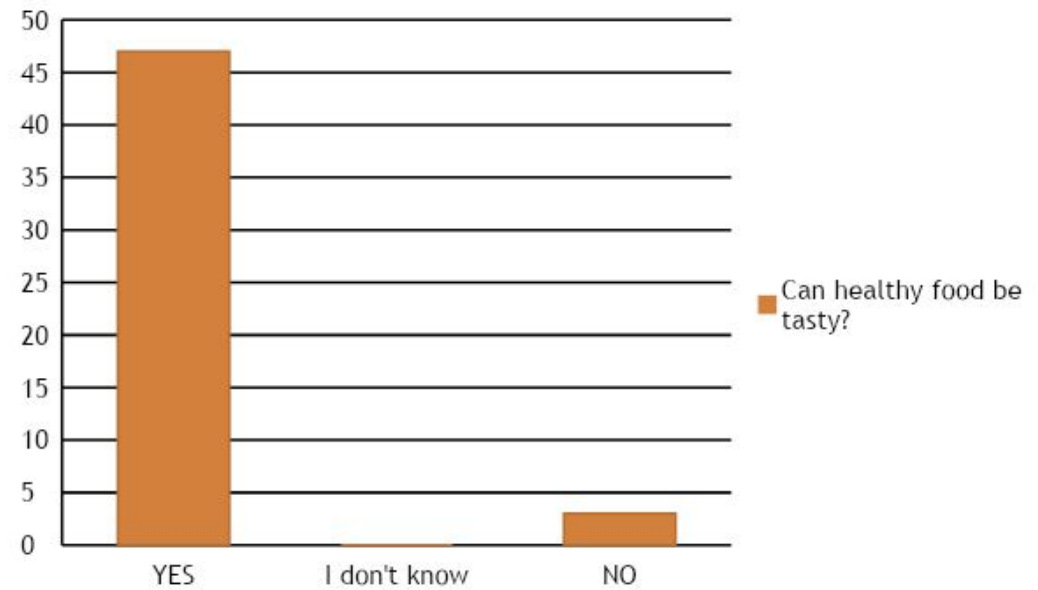
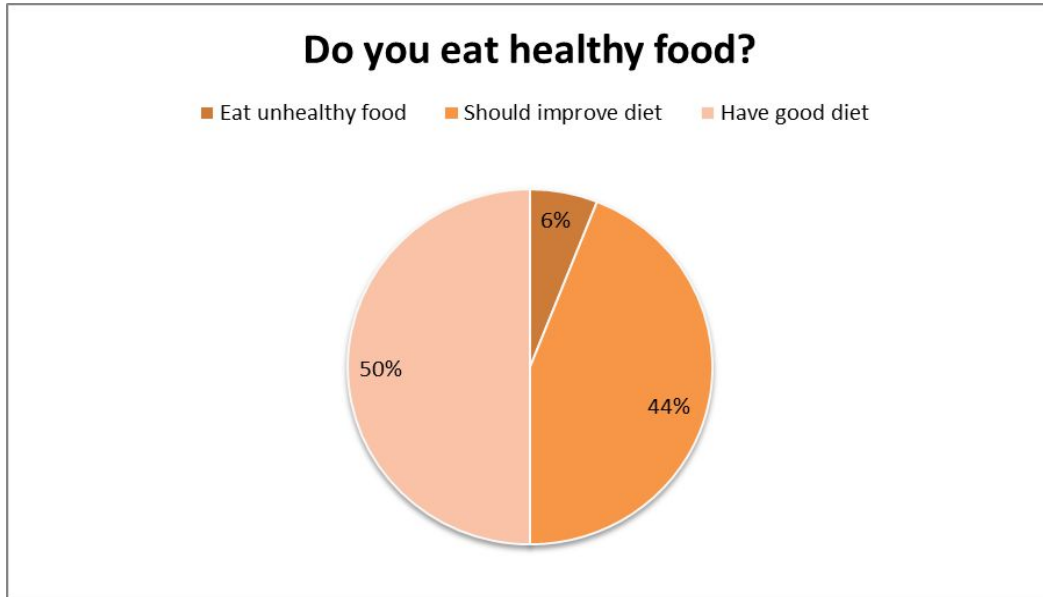


# Step 2

## ► 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

