

HOW TO BE HEALTHY...



What do we eat every day?



What do we eat?

- | | | |
|----------|------------|-----------|
| Oranges | fish | chocolate |
| Eggs | pears | bread |
| Apples | popcorn | meat... |
| Tomatoes | cheese | |
| Chicken | popcorn | |
| Yogurt | cabbage | |
| Hot dog | cake | |
| Carrots | hamburgers | |
| Nuts | cola ... | |

FOOD

healthy/ unhealthy

- ▣ 1) ...
- ▣ 2) ...

- ▣ 1)...
- ▣ 2) ...

- ▣ My favourite foods are...
- ▣ I think that ... is healthy but my friend thinks that it`s unhealthy.
- ▣ We both think that ... is healthy.

What does this food do for our health?

■ BREAD EGGS MEAT NUTS SWEETS FRUIT
CRISPS VEGETABLES

- Keep you Healthy: 1, 2
- Give you energy : cereals, 3, pasta, 4.
- Help you to grow and make you strong :
cheese, 5 ... 6, fish
- Empty food: 7, cola, 8.



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**THANK YOU FOR
YOUR ATTENTION**