The topic of the lesson:

Healthy and unhealthy foods

Healthy foods

rich in	high amounts found in
vitamins, minerals, fibre	fruit, vegetables
protein	chicken, milk, cheese, yoghurt, meat, fish
carbohydrates	eggs, rice, potatoes, cereal

Unhealthy foods

sugar, fat	sweets, biscuits, fizzy drinks, butter, oil, chocolate, crisps, cakes

# Do you know what food is good for you and what is not?

- grape * apple * broccoli * carrot * corn
- lettuce * orange * tomato * cherry * raisin
- lemon * celery * melon * strawberry
- blueberry * pea * pineapple * peach
- pear * raspberry * plum * watermelon
- banana * pumpkin * fig * lime * cabbage

- Protect you from serious illnesses
- Keep older people active
- Treat yourself to
- Give extra boost
- Brain food
- Improve your powers of concentration
- Fight off infections
- Eyesight
- Stay happy
- Make optimistic
- Calm yourself down
- Keep your emotion under control
- Contain vitamins and minerals
- Keep your teeth and bones strong and healthy
- Are soothing both emotionally and physically
- Prepare you for a good night's rest
- Make people more creative
- Keep you looking young

Red foods
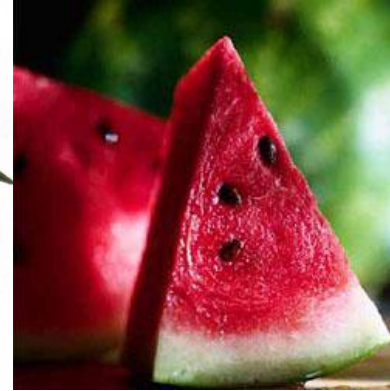
- to give extra boost
- to protect from illnesses
- to keep … active
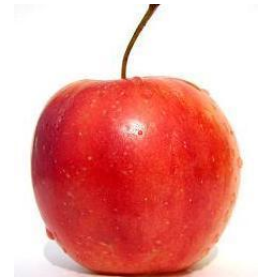
Orange foods

- brain food
- to keep mind on things
- to improve the power of concentration
- to have lots of vitamin C

Yellow foods

- to stay happy
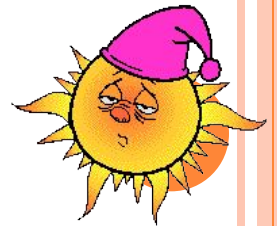- to make … more optimistic
- to grin from ear to ear

Green foods

- to relax
- to calm oneself down
- to keep the emotions under control
- contain vitamins and minerals
- to keep teeth and bones strong and healthy

Blue foods

- to be soothing, both emotionally and physically
- to prepare … for a good night's rest
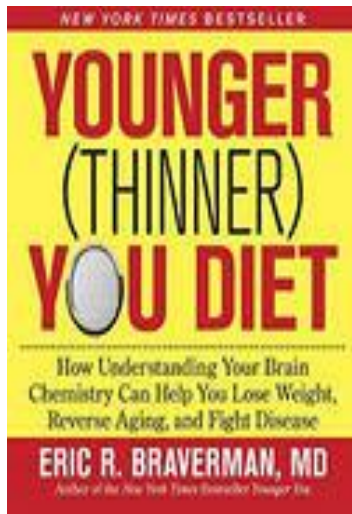
Purple foods

prune

- to make people more creative
- to keep … looking young

Dr. Eric Braverman believes that the selection of the foods we eat should be based on what he calls a "rainbow diet."
"Different colored foods have different pigments in them, which have antioxidant value and anti-aging benefits," he says.

NEW YORK TIMES BESTSELLER

YOUNGER
(THINNER)
YOU DIET

How Understanding Your Brain
Chemistry Can Help You Lose Weight,
Reverse Aging, and Fight Disease

ERIC R. BRAVERMAN, MD
Author of the New York Times Bestseller Younger You

Which colour food should you eat if…

- You have difficult exam to study for?
- You are feeling very nervous about meeting someone?
- You are worried about getting lines and wrinkles?
- You've been feeling a bit sad lately?
- You are taking part in a championship swimming match?

True or false

- Red food won't protect you from many serious illnesses.
- Orange foods are important.
- You'll feel a smile coming on when you eat mangoes, oranges and peaches.
- Green foods keep you teeth and bones strong and healthy.
- Blueberries and raisins are brain foods.
- Some of famous people were fond of purple foods.

- 1. An 🍎 a day keeps the doctor away.
- 2. Early to bed, early to rise makes a man healthy, wealthy and wise.
- 3. After dinner sleep a wile, after supper walk a mile.
- 4. Health is the greatest wealth.
- 5. Tastes differ.

USE the structures

1) We should have healthy eating habits to prevent us from getting ill. A fun way to do it is to follow a rainbow diet.

2) Healthy food is rich in …:
   High amounts of … you can find in …

3) …. are rich in ….

4) Unhealthy food is rich in…

5) To be healthy you should eat … … such as…

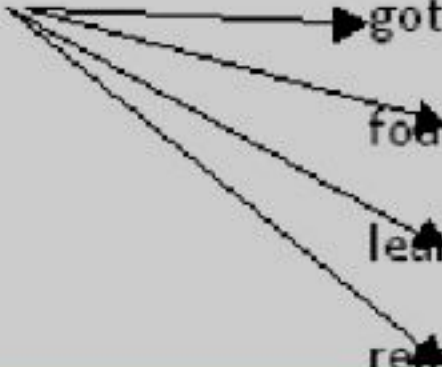6) You shouldn't eat … because …

Home Work

- Prepare a two- minute talk about improving eating habits using a rainbow diet. In your speech:
- *say why we should have healthy eating habits*
- *mention ways a rainbow diet can help us*
- *Recommend the diet*
- Ex.8, p.103

Now I → know how to
can

speak about
understand the information
explain the problem
say my opinion on...
give arguments
find necessary information
express my attitude to....

During today's lesson I have → got acquainted
found out
learnt
remembered

WHAT EMOTIONS DO YOU FEEL?

I feel…..

satisfaction

unsatisfaction

boredom

happiness

proud

sadness

joy

irritation

surprise

success

Because I…

was not bored, worked hard, didn't relax, answered properly, was active, was emotional, fulfilled the task, received a reward (a good mark).