



The topic of the  
lesson:



# Healthy and unhealthy foods

## *Healthy foods*

### *rich in*

- vitamins, minerals, fibre
- protein
- carbohydrates

### *high amounts found in*

fruit, vegetables  
chicken, milk, cheese,  
yoghurt, meat, fish  
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?





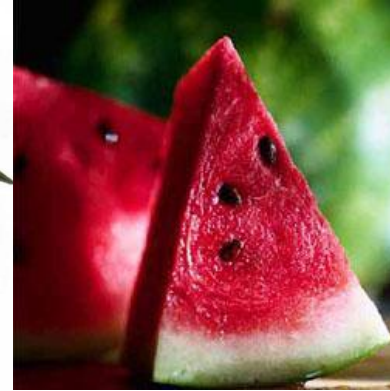
- grape \* apple \* broccoli \* carrot \* corn
- lettuce \* orange \* tomato \* cherry \* raisin
- lemon \* celery \* melon \* strawberry
- blueberry \* pea \* pineapple \* peach
- pear \* raspberry \* plum \* watermelon
- banana \* pumpkin \* fig \* lime \* cabbage



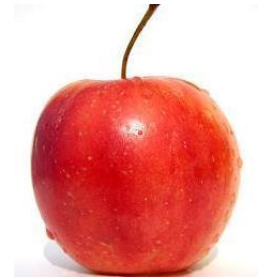
- Protect you from serious illnesses
- Keep older people active
- Treat yourself to
- Give extra boost
- Brain food
- Improve your powers of concentration
- Fight off infections
- Eyesight
- Stay happy
- Make optimistic
- Calm yourself down
- Keep your emotion under control
- Contain vitamins and minerals
- 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



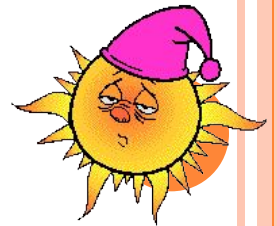
- to relax
- to calm oneself down
- to keep the emotions under control
- contain vitamins and minerals
- to keep teeth and bones strong and healthy



# Blue foods



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



# Purple foods



prune



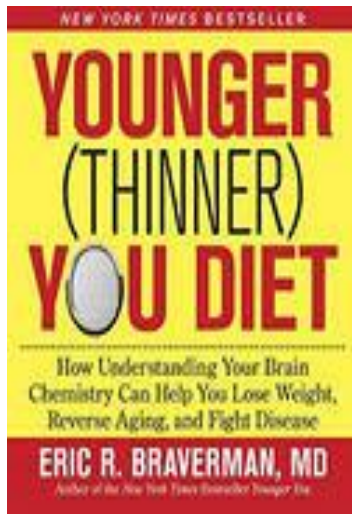
- to make people more creative
- to keep ... looking young





**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.**



# 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 while, 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

speaking about  
understanding the information  
explaining the problem  
saying my opinion on...  
giving arguments  
finding necessary information  
expressing 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

Because I...

irritation

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

surprise

success

joy