

### Thurthday, the 28<sup>th</sup> of April











An apple a day keeps the doctor away. One man's meat is another man's poison. Gluttony kills more than sword. The belly carries legs.



**TEEN DIET** 

# HEALTH!

#### overweight

underweight

lack of concentration

tiredness

tooth decay



frequent illness

indigestion

dry skin

eat food rich in vitamin C

cut out sugary drinks and shacks

follow a low-carbohydrate diet

avoid spicy foods and eating fast or late at night

drink more water and eat more oily fish, nuts and seeds

eat lots of iron-rich foods and have a good breakfast

eat less and take regular exercises

eat three well-balanced meals and three or four snacks per day



I think I'm skinnier than I should be.»

John

«I feel really sleepy during the day.»

Mary

«I'm always catching colds.» Mya

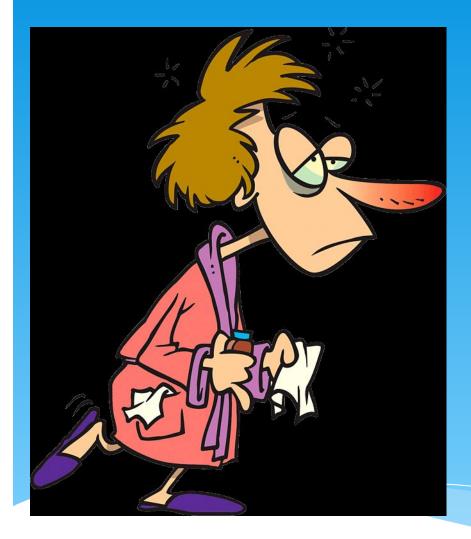
LO LC

«I find my mind wanders in class.»

Andy







### off colour



### get oneself back into shape



#### on one's feet



#### take a turn for the worse

- Have you seen Mary? I could hardly recognize her! She's so slim!
- Yes, I met her two days ago. She kept a diet and got into shape.

- James 's taken a turn for worse I'm afraid.

- Unfortunately, You're right. The doctor says he has to be operated on.

- Kate's looking off colour. Is she ill?
  - Oh, no. She must be tired

- I feel better now. I can start working.
- We're so glad you're back on your feet. All the staff missed you.

#### Reading

#### Mark the statements «True» or «False».

- 1. Susan has been examined by the doctor.
- 2. Susan has no problems with her teeth.
- 3. Susan doesn't like fizzy drinks.
- 4. Cola is sugary enough.
- 5. Susan hasn't followed Emma's advice.



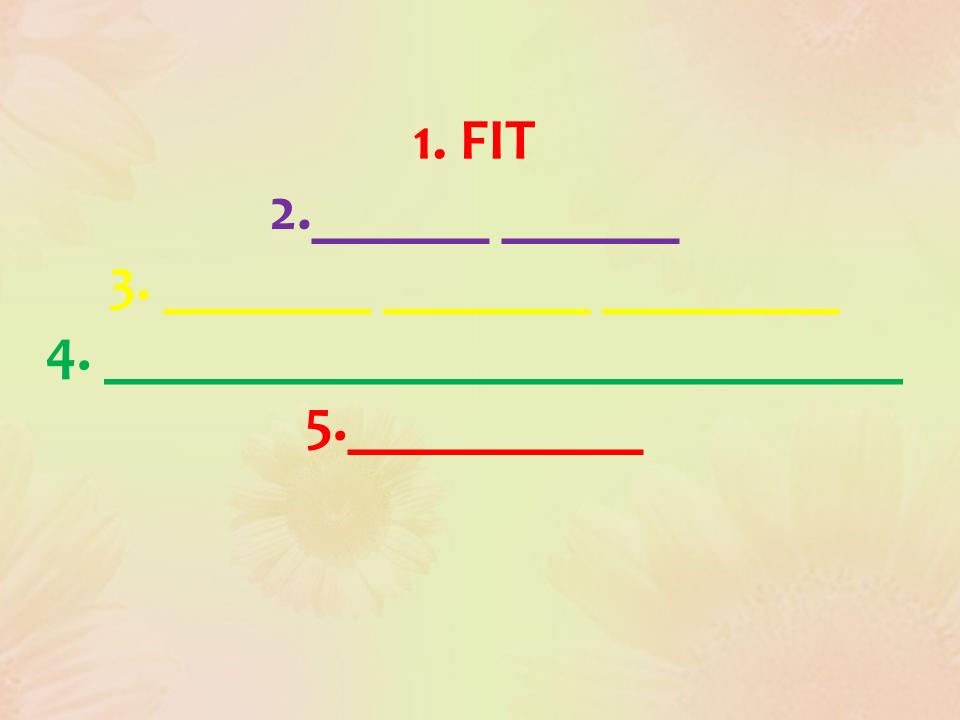
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#### **Top 5 useful products**



#### Ht: Ex. 1-4 p.45 (w), projects.

## Thank you for your work!

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