

Thurthday, the 28th of April





Getty

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.



Getty



TEEN DIET

&

HEALTH !



overweight

eat food rich in vitamin C

underweight

cut out sugary drinks and snacks

lack of
concentration

follow a low-carbohydrate diet

tiredness

avoid spicy foods and eating fast or late at night

tooth decay

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

frequent illness


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

indigestion

eat less and take regular exercises

dry skin

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





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

John

*«I feel really sleepy
during the day.»*

Mary

*«I'm always catching
colds.»*

Mya

*«I find my mind wanders
in class.»*

Andy

Listening



	A	B	C
1			
2			
3			
4			



Answers



	A	B	C
1	+		
2			+
3	+		
4			+



off colour



**get oneself back
into shape**

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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. **T**
2. Susan has no problems with her teeth. **F**
3. Susan doesn't like fizzy drinks. **F**
4. Cola is sugary enough. **T**
5. Susan hasn't followed Emma's advice. **F**





Top 5 useful products

1. FIT

2.

3.

4.

5.

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

A vibrant assortment of fresh vegetables is arranged in a circular pattern around the central text. The vegetables include several bright orange carrots with green tops, white button mushrooms, yellow and red bell peppers, a large green cabbage, green cucumbers, and red chili peppers. There are also some green beans and what appears to be a piece of eggplant at the bottom. The background is a plain, light color, making the colors of the vegetables stand out.

Thank you for your work!