

# Thurthday, the 28<sup>th</sup> 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 top-down view of a variety of fresh vegetables arranged in a circular pattern around the center text. The vegetables include several bright orange carrots with green tops, several white button mushrooms, a yellow bell pepper, a red bell pepper, a head of green cabbage, several green cucumbers, a bunch of green leafy herbs (possibly parsley), and some small round potatoes. The background is a plain white surface.

**Thank you for your work!**

#42170425