

How to eat healthy



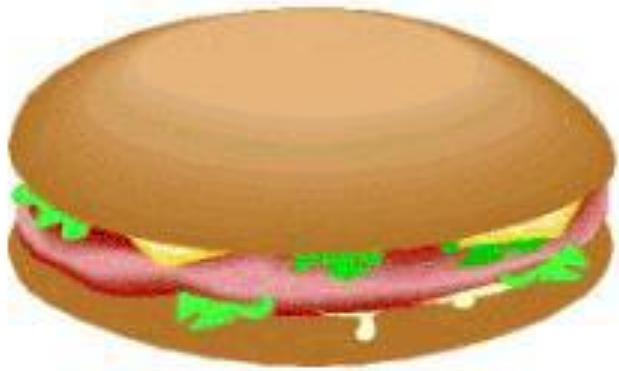
**The healthier we eat, the better we feel.
The better we feel, the longer we live.
So let's take care of ourselves.**

Phonetic Drills



I scream, you scream,
We all scream for ice-cream

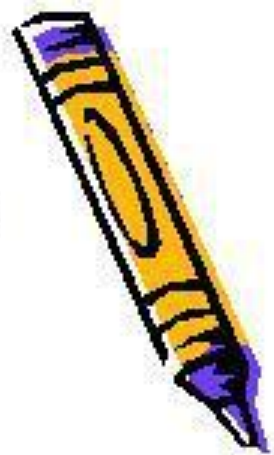




sandwich



sweets



coffee



biscuits



cake



ice-cream

fish



water



tea

jam

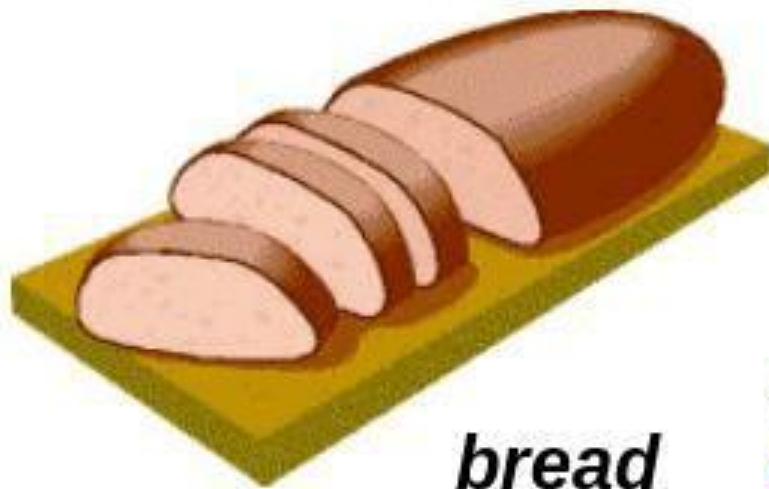


butter





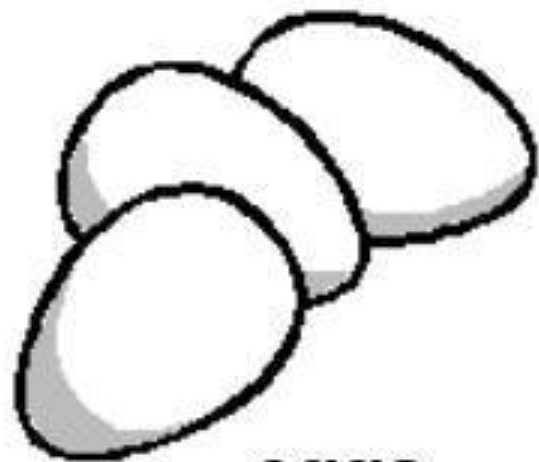
juice



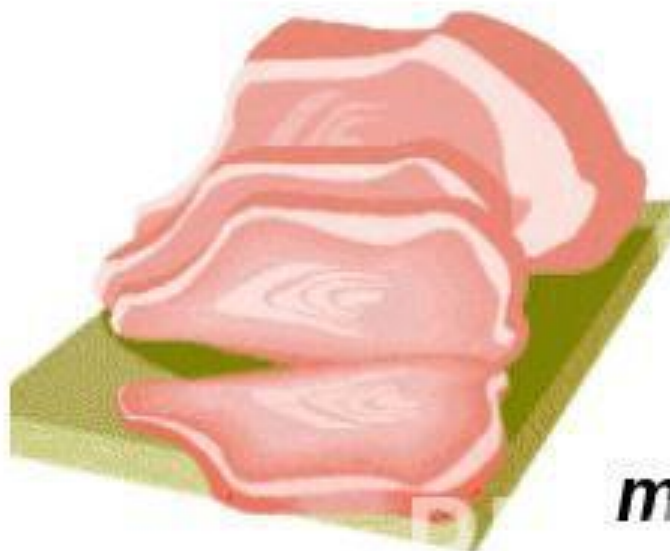
bread



milk



eggs



meat





juice



salt



bread



tea



coffee



salad



milk



sugar



soup



water

Seven important things for the good food

Fats(жири)

make you strong
and give you
energy. There
are fats in meat,
butter, cheese
and oil.

Fibre(клітковина)

cleans your
body inside.
There is fibre in
nuts, beans and
cereals.

Carbohydrates (вуглеводи)

give you energy.
There are in
bread, sugar,
potatoes, pasta
and rice.

Water

is important for
your blood. It
also cleans your
body. Drink lots
of water every
day!

Protein(білок)

helps you to grow and gives you energy. There is protein in meat, fish and milk.



Vitamins

are important for your eyes, skin, bones, hair and for other parts of your body. There are 13 types of vitamins (A,B,C...) in many types of food.



Minerals

make your bones and teeth strong. There are minerals in milk, vegetables, eggs, meat and cereals.





I am a reporter from a famous TV programme "Health". I would like to ask some questions about your health and health habits.

Thank you very much. Don't forget to watch our programme.

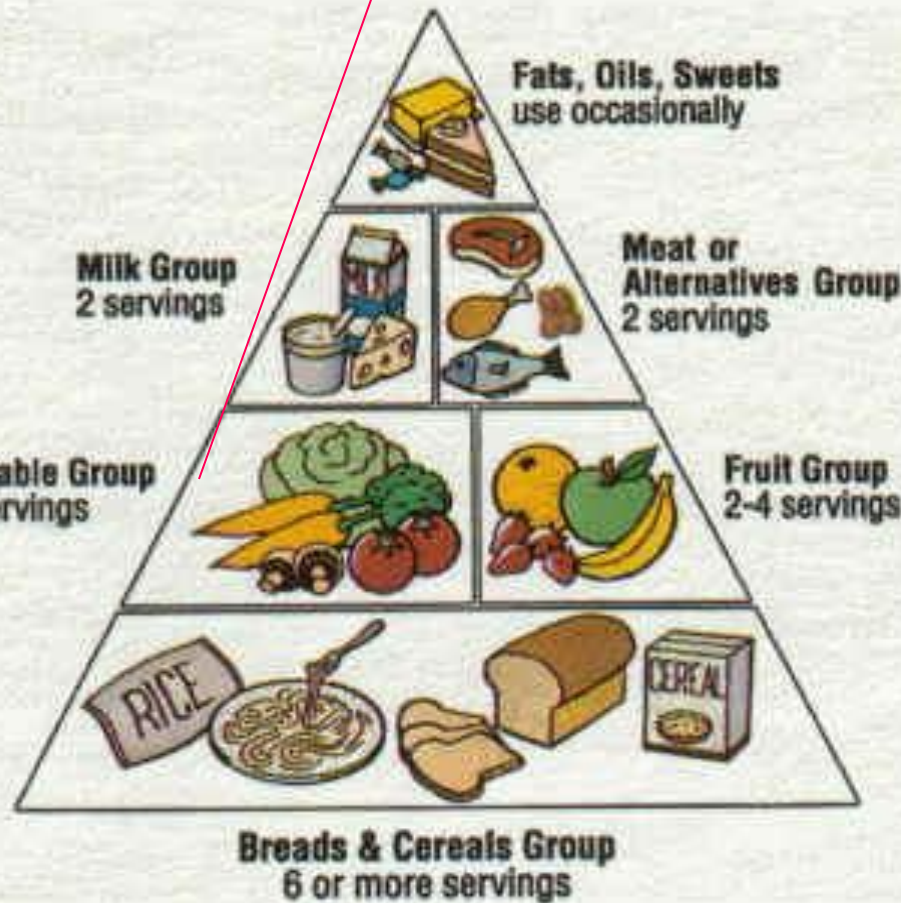
Group 1. Vegetables.



3 – 5 times a day;

- ❖ Carrots
- ❖ Tomatoes;
- ❖ Broccoli;
- ❖ Peas;

Give lots of vitamins and minerals;
Help us to grow and stay healthy;





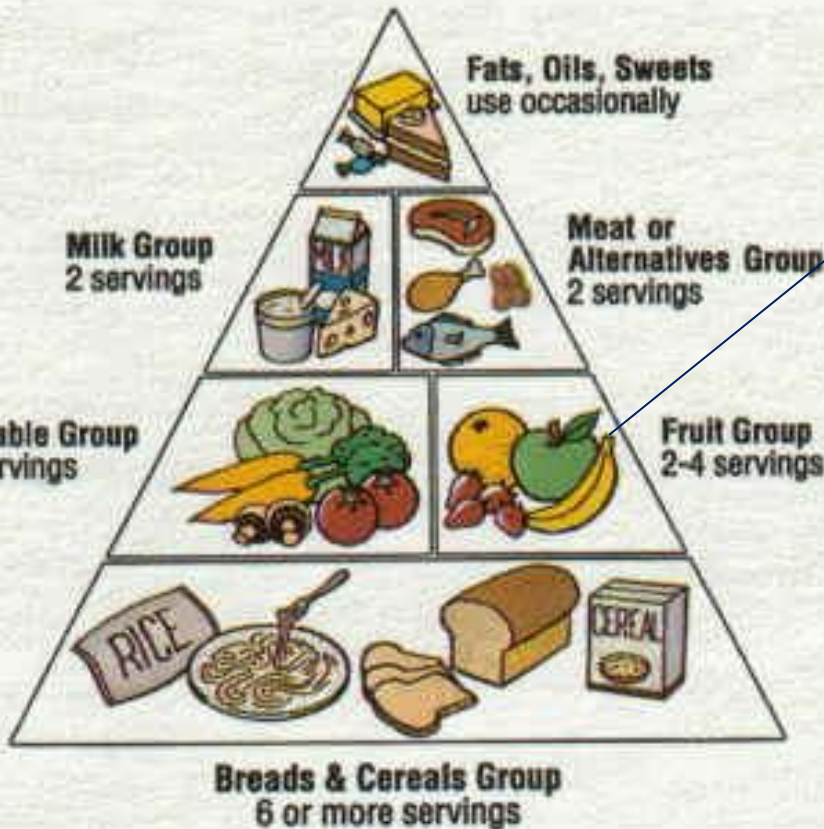
Group 2 . Fruit



2– 4 times a day;

- Oranges;
- Bananas;
- Strawberries;
- Apples;

Give lots of vitamins and minerals;
Help us to grow and stay healthy;





Group 3: Dairy.

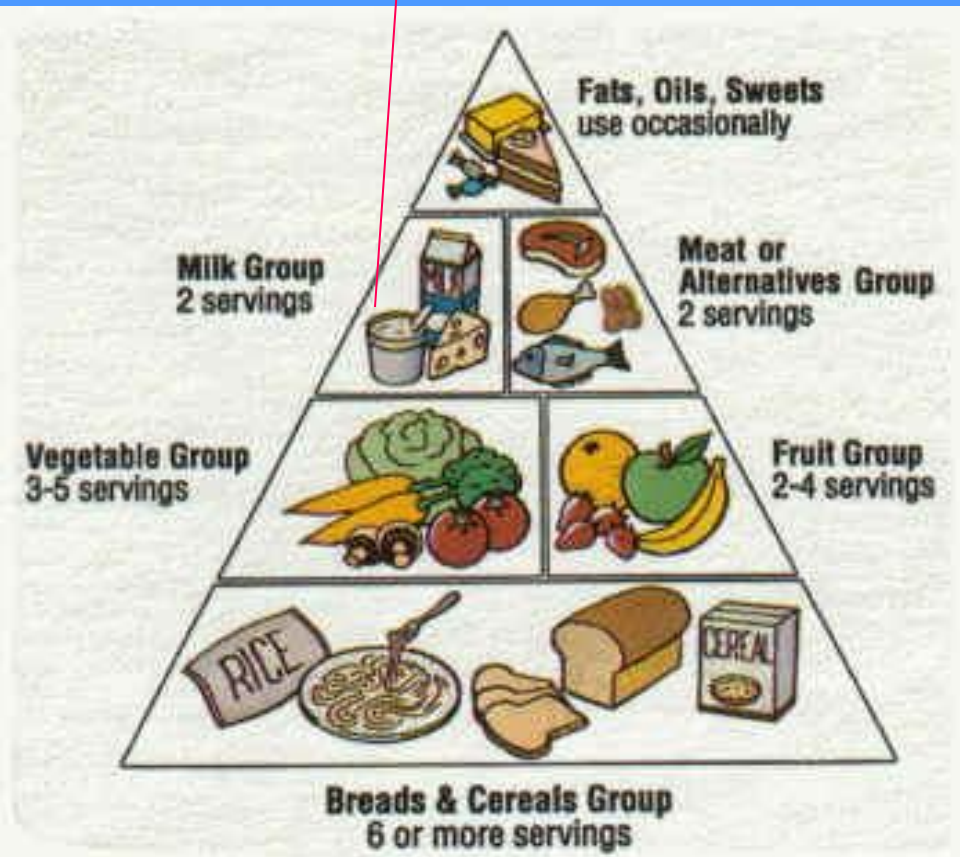


2 times a day;

- Milk;
- Cheese;
- Yoghurt;
- ★ Butter

Give us calcium;

Make our bones and teeth strong;





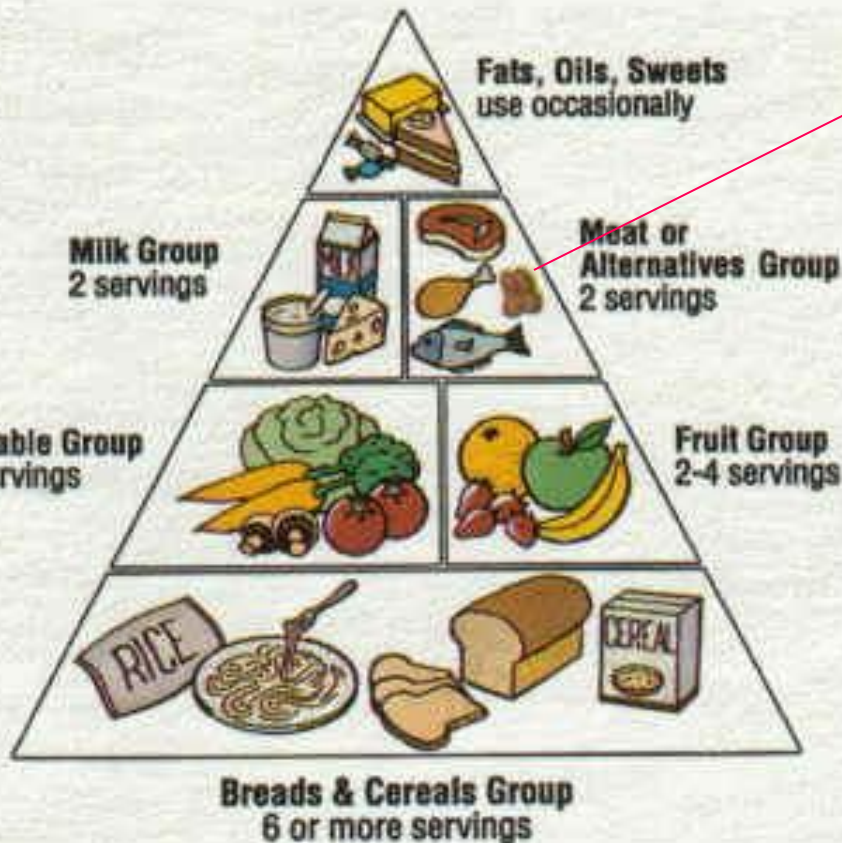
Group 4: Meat or Proteins.



2 times a day;;

- ✓ Fish;
- ✓ Eggs;
- ✓ Meat ;
- ✓ Chicken;

Give us minerals and help us to build and repair our bodies.





Group 5. Fats or Oil.

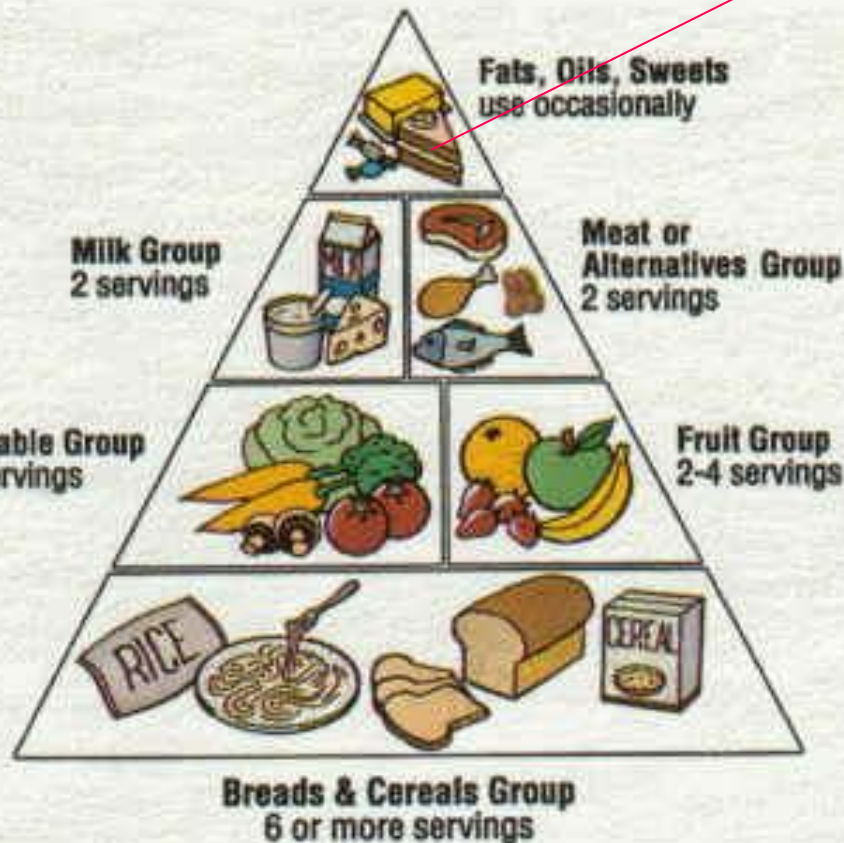


Don't eat very much of these !

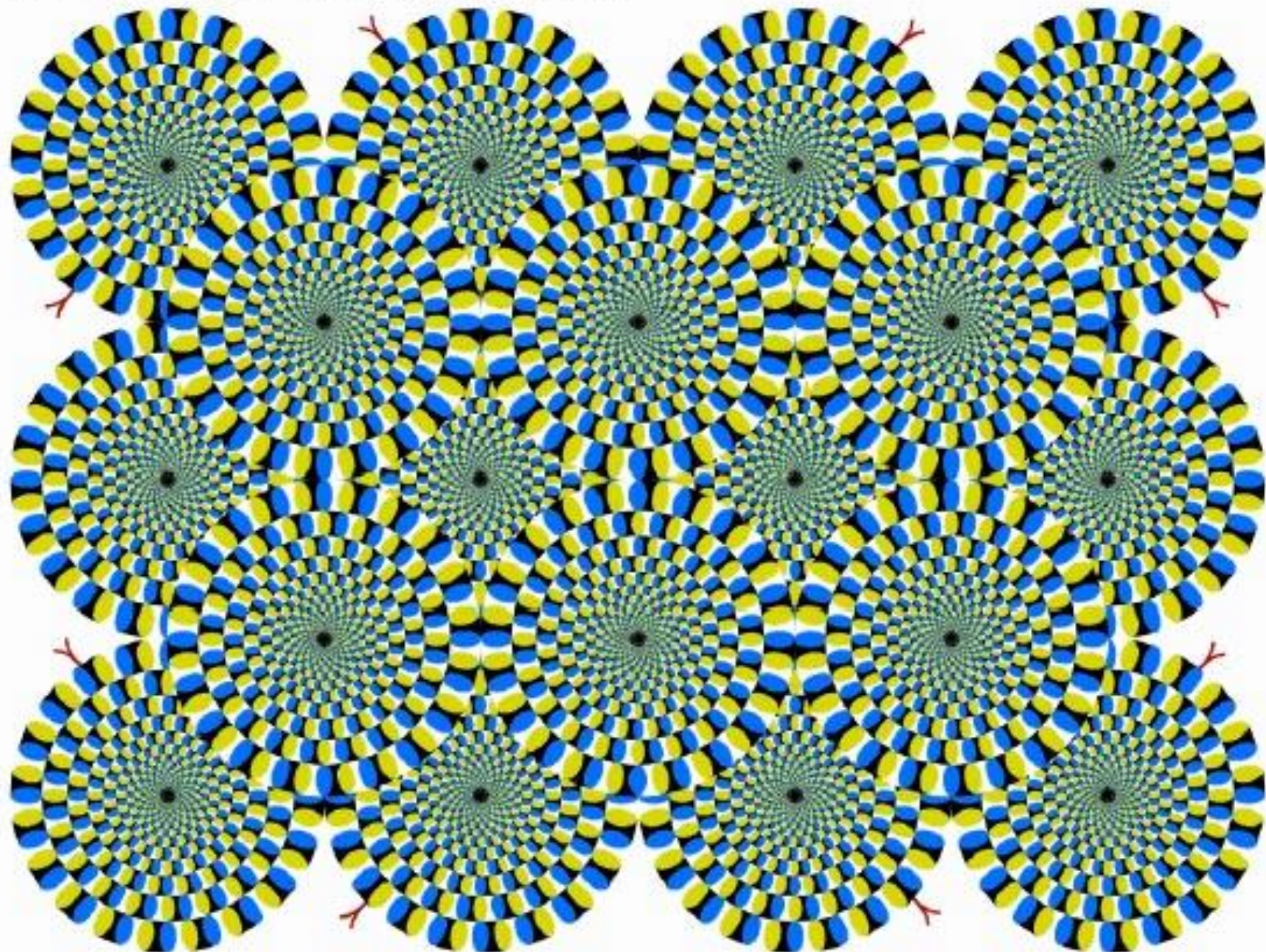
- Sweets;
- Ice-cream;
- Butter;
- Cakes;

Give you energy and important for your nervous system;

Too much of this food makes you fat and it is bad for your teeth.

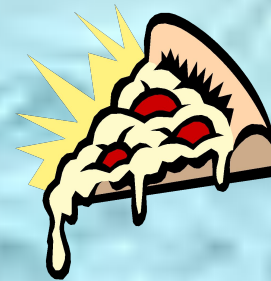
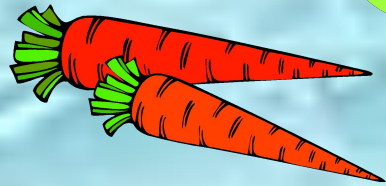
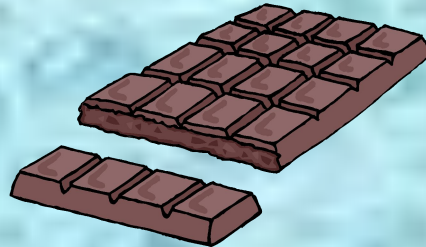
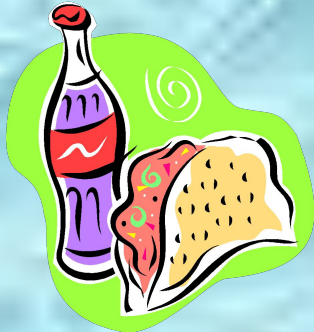
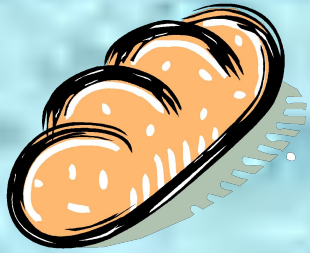


If you take a look at the following picture, let me tell you... It is not animated. Your eyes are making it move. To test this, stare at one spot for a couple seconds and everything will stop moving. Or look at the black center of each circle and it will stop moving. But move your eyes to the next black center and the previous will move after you take your eyes away from it... Weird



Eat healthy food

- Do you know what is good for you and what is not?





Proverbs

A sound mind

a. after supper walk a mile.

After dinner sit a while,

b. but eat to live.

Early to bed and early to rise

e. is above wealth.

Good health

f. is the best medicine.

Laughter

g. keeps the doctor away.

Live not to eat

h. makes a man healthy, wealthy and wise.

Ponka wants to tell everybody what she likes and dislikes. But sometimes her words were soundless. Try to guess what she says.

“I like ice- cr . . m, bisc . . s, sw . . ts,
ca . . s, ..m and j . . ce.


I don't like me . . , fi . . , . . ter,
sandw . . es, mil . . , cof . . , t . . , br ..
d and b . tter”.



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Make up as many words as possible from these letters.

1 st group		2 nd group
C	C	
A	A	
R	R	
B	B	
O	O	
H	H	
Y	Y	
D	D	
R	R	
A	A	
T	T	
E	E	

And what about you?



Breakfast

Dinner

Supper

JUICE

FISH

BREAD

BISCUITS

MEAT

Borshch

A SANDWICH

ICE- CREAM

PIE

PASTA

TEA

BUTTER

MILK

EGGS

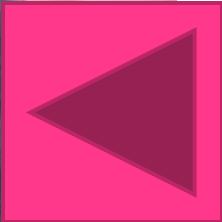
SALAD



Recite a Poem

Helping mother

Help your mother set the table
With a knife and fork and spoon.
Help your mother set the table
Every afternoon.



How to be healthy?



Do the sports

Keep clean

Brush your teeth
regularly

Eat healthy food

Eat sweets every day

Visit a doctor if you need

Smile

Drink cola every morning

Sleep only 5 hours

Don't eat vegetables



Food Questionnaire

Can you name:

- Three kinds of food which are made from milk?
- Two things that a strict vegetarian doesn't eat?



We Wish You Success.

