

# «How to look great»



# 1) Complete Dr Amy Murphy's article about healthy eating with the necessary words. Listen to her lecture to check.

In order to stay healthy it is important to have a balanced diet – in other words, food that contains something from each of the three main groups of food. These groups are protein, fat, and carbohydrates.

You find protein in lots of food, for example meat, fish, nuts, cheese and milk.

It helps your body grow and be healthy and it gives you energy.

Fat gives you energy but don't eat a lot – it's bad for you. There are a lot of fatty foods that come from animals, for example milk, cheese, butter and meat.

Carbohydrates give you more than 70% of your energy.

Bread, pasta, cereal, fruits, and vegetables such as potatoes and cabbage all contain lots of carbohydrates. Fruits, vegetables, beans and nuts brown bread all have fibre. It doesn't give you energy but it fills your stomach when you are hungry. There are many different vitamins and minerals. They help your body be healthy.

You can get all your vitamins and minerals from fresh fruit and vegetables.

## **ANSWER THE QUESTIONS:**

- ◉ 1) Where is Paula from?
- ◉ 2) What does she study?
- ◉ 3) Does Paula follow healthy way of life?
- ◉ Why do you think so?
- ◉ 4) What does she drink at the party?



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# RIGHT ANSWERS

1-E

2-C

3-D

4-A

5-B

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# MATCH THE BEGINNINGS AND THE ENDINGS OF PROVERBS.

- 1) Health is better
  - 2) Early to bed and early to rise makes a
  - 3) Healthy mind in ,
  - 4) An apple a day
  - 5) Live not to
  - 6) He who has health has hope,
  - 7) Eat with pleasure
  - 8) A change of activity
  - 9) What is food for
  - 10) Tastes
- a) one man is bitter poison to others
  - b) is the best rest. ,
  - c) drink with measure.
  - d) eat but eat to live.
  - e) a healthy body
  - f) keeps a doctor away.
  - g) and he who has hope has everything.
  - h) man healthy, wealthy and wise
  - i) than wealth.
  - j) differ

# TO LOOK GREAT WE SHOULD

- ◉ *Eat healthy food!*
- ◉ *Eat vitamins!*
- ◉ *Go in for sports!*
- ◉ *Avoid stresses!*
- ◉ *Avoid drugs, drinking and smoking!*
- ◉ *Be close to nature!*
- ◉ *Look after your body, hair, face, style!*
- ◉ *Take care of your teeth!*
- ◉ *Sleep enough!*
- ◉ *Not work on a computer too long!*
- ◉ *Not watch TV too long!*
- ◉ *Wear modern and comfortable things!*
- ◉ *Be friendly!*
- ◉ *Live with pleasure!*
- ◉ *Enjoy healthy way of life!*



- Have a nice day!

- Good bye!