

«HEALTHY FOOD»

Презентация к уроку учителя английского языка
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Answer the questions.

What's your favourite food?



What do you usually drink?



What do you have for breakfast?



Do you have soup for lunch?



Do you like fruit?



Do you eat vegetables every day?



Do you like chocolate?



Get up, little Freddy,

Breakfast is ready:

Butter and cheese

All that you please

Milk and bread for little Fred.

Tea and jam for brother Sam.



Which foods do you think are good for you?



HEALTHY FOOD

NOT VERY HEALTHY FOOD

Milk

Cheese

Soup

Porridge

Vegetables

Fruit

Juice

Sausages

Hamburger

Fry potatoes

Chips

Sweets

Cola

Cake

We need healthy food to stay healthy.
Good food has a lot of vitamins, protein
and minerals.





Vitamins



are important for



your body.

Protein helps you to grow and give you energy.



Minerals make your bones and teeth strong.



Water is important for your blood.



Drink lots of water every day!



Listen and complete the text. Use these words.

sugar, diet, vitamins, protein, fat, vegetables, minerals

I eat healthy food. I drink milk for ____.
I don't eat lots of cake. Cakes have lots of ____.
Sometimes I eat sausages. They have lots of good
____, but they've got ____. *I eat lots of fruit and ____.*
There are different types of ____ in milk, vegetables,
eggs, meat, cereals and many other foods. I eat
soup every day. It's very good for you. I drink lots of
water every day. I have a healthy ____.

What is your favourite food?
How many meals you eat every day?
How often do you eat vegetables and salad?
How often do you eat fruit?
How often do you drink cola or other 'fizzy' drinks?
How often do you eat sweets?
Is your friend's diet healthy?



**EAT WELL,
STAY HEALTHY!**

