

BAYDULINO SECONDARY SCHOOL
TERENGA DISTRICT ULYANOVSK REGION

We live to eat or eat to live?

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Цели и задачи проекта

- **Цели проекта:**
- Формирование осознанного отношения к проблеме рационального питания и сохранения собственного здоровья.
- Формирование нравственных ценностей учащихся о значении еды в жизни человека.
- **Задачи проекта:**
- Расширить общекультурный кругозор учащихся посредством знакомства их с различной литературой.
- Сформировать умения обобщать и делать выводы.
- Использовать полученные сведения на уроках английского языка по теме «Еда».

Healthy Food

- It's very important to choose the right food nowadays. Healthy and balanced diet is useful for every person. We depend on food as well as the cars depend on gas, for example. It's our natural fuel, which gives our body physical strength and health. When the body is healthy, the mind will also be healthy. Different types of food contain different nutrients for our body. Some supply us with carbohydrates, some with proteins or fats, some with vitamins and minerals, etc.

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- More and more people tend to grow fruit and vegetables in their own gardens, instead of buying them. Another problem is modified food. It's much cheaper than ordinary food, which is why people often buy it. From the other hand, modified food can lead to dangerous diseases. The food people eat depends a lot on their culture, religion, beliefs, health and other factors.



However, some rules are common for everyone.

They are: ***less fat, sugar and salt; and more water, vitamins, fresh fruit and vegetables.***

Fast food is helpful or harmful?



Facts about the harm of Fast Food

~~We are against Fast Food because it is very dangerous for the health:~~

- Firstly, it is unnatural food (we should remember that Nature never produces Fast Food).
- Secondly, it causes different diseases, such as :
 - Adiposity
 - diabetes
 - clogging and hardening of the arteries
 - heart disease
 - various forms of cancer
- Finally, junk food causes physical dependence to it.



Hamburger

➤ ***The first reason*** not to eat hamburger is ***its composition***. It consists of a roll (carbohydrates) and a meat cutlet in a middle (proteins). The fact is that combination of these organic substances can harm your health because after eating a hamburger, it just turns into a bad splitted lump, lays by unnecessary weight and all that cause obesity.

➤ ***The other reason is its meat***. Nowadays, ration of cows and pigs, which will be hamburgers tomorrow, consists mostly of anabolics.



Fried potato



- The fried potatoes contain 33 % more harmful transgenic fats.
- According to the new researches harmful transgenic of fats in the large potato portion is not 6, but 8 grams. In total, in a pack of potato, fat is 30 grams, instead of 25 as was considered before.
- During research experiments it has been established that these wrong fats also worsen quality of milk of breastfeeding mothers. Then, by mother's milk, they are transferred to the baby, causing weight reduction and immunity, and raising diabetes disease risk.
- At the same time transgenic fats reduce quantity of man's hormones. They disturb enzymes activity available in our organism, destroying and neutralizing harmful chemical substances, carcinogens and remains of different medicines

Advantages

1. It is tasty.

The main reason of visiting Fast Food is feeling of famine. Near to it the reason "is tasty". Children are guided by taste and colour.

2. It is interesting.

Operators of fast food count a point of honour presence in the menu of a children's dinner with an obligatory children's toy and if the areas also children's holidays allow. Frequently shutting eyes to the unprofitable cost price and additional charges on the personnel, toys, registration.

Advantage

- It's fashionable.

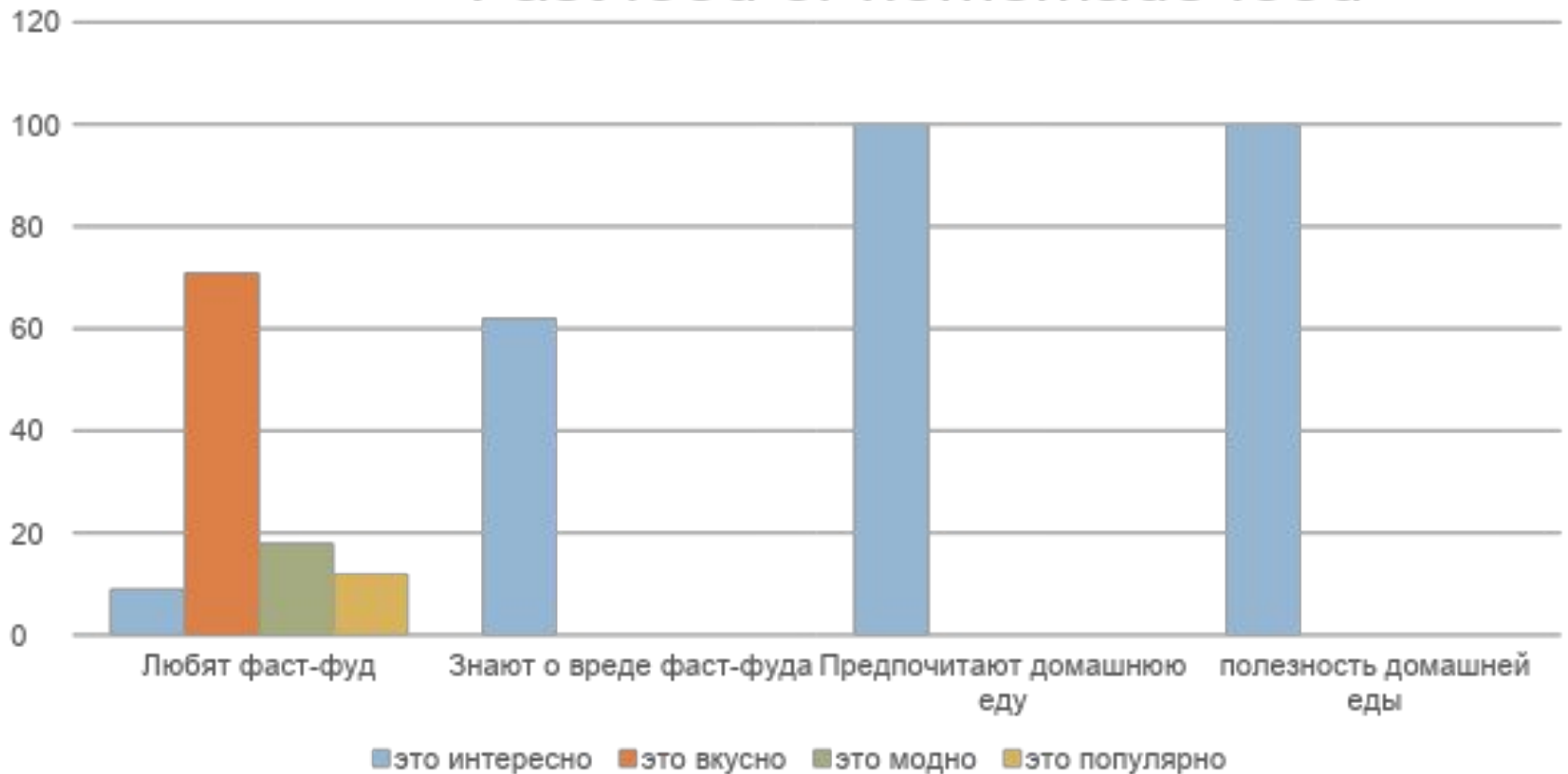
The advantages of "McDonalds" can be attributed cozy and beautiful room with comfortable tables and chairs, quick service, free wi-fi, toys in "happy-meal", a diverse range. At the same time to call the prices in the restaurant available.

- It's popular.

Fast food is tasty, quick, varied and gives the opportunity to communicate with friends.

Our research activities

Fast food or homemade food



My favorite food

- As for me I like cakes.

And I want to tell you about cakes from historic days till nowadays.





Eating delicious birthday cake, we can hardly wonder who came up with this amazing treat. There are several interesting versions.

The first version was that in the 2200 BC in Egypt during the excavations archaeologists discovered the tomb of one of the Pharaoh. They found some petrified sweets like cakes. Having examined the material they have come to the conclusion that perhaps this was the first cakes of the time.

SOME FACTS FROM HISTORY OF CAKES

- The second version. There is an Italian saying: "about the cakes do not argue". This phrase suggests that the first cakes was prepared in Italy. Incidentally, the word "cake" in Italian means "torsion".



- The tradition of putting candles on the cake and blow them up making a wish appeared in Persia. They kindle candles in the cake to Express your feelings.



It does not matter who first came up with the cake. The ancient cakes is very different from the splendor of cakes that we see today in our shops



My favorite food

- And my favorite food is apple pie.



- The simplest and most popular in our days tea dessert has very interesting and exciting story. For many centuries it has changed, some components have been replaced by others, but the name always remained the same: "Apple pie".



FROM HISTORY OF CHARLOTTE

This dessert was invented in the second half of the eighteenth century for the wife of George III, Queen Charlotte. This pie did not need to be cooked. It was one of the ancient types of bread pudding.

- Pieces of bread soaked in syrup, for cooking which had been used apples, pears and apricots. Then these pieces were placed in layers, between which a filling of fruit is placed.



There are different kinds of charlotte!



Another version of the appearance Charlotte

- They say that one unknown cook has lost his heart for the sake of one poor girl, whose name was Charlotte and in honor of her he invented a new culinary masterpiece.



My pie recipe

Ingredients of my pie:

eggs -3

apples- 10

flours -1 glass

salt-1/2 teaspoon

sugar -1/2 glass

baking soda and viniger –

1 tablespoon



- Mix eggs with flour
- Add some salt and sugar
- Cut apples into pieces
- Oil the pan
- Add the apples to the pan
- Pour the mixture into the pan
- Bake in the oven for 30-40 minutes



- Enjoy your cakes and pies!
- Thanks for your attention!

