

"We are what we eat."



Make up the proverbs matching the beginning with the ending.

- | | |
|---------------------------------|-------------------------------|
| 1. Man shall not live | b) with eating. |
| 2. Every day brings | c) spoil the porridge. |
| 3. Too much butter won't | d) its own bread. |
| 4. Appetite comes | e) by bread alone. |
| 5. A sound mind | f) in a sound body. |





FOOD GROUPS



Bread, Cereals, Rice and Pasta

When you eat food
from this group,
it gives your body
energy to work and
play.



Fruit and Vegetables

This group has a lot of vitamins and minerals.

Your body needs them to stay healthy. Vitamins and minerals help your body fight sickness.



Milk Products

This group gives your body an important mineral called calcium. Your bones and teeth need calcium to stay healthy.

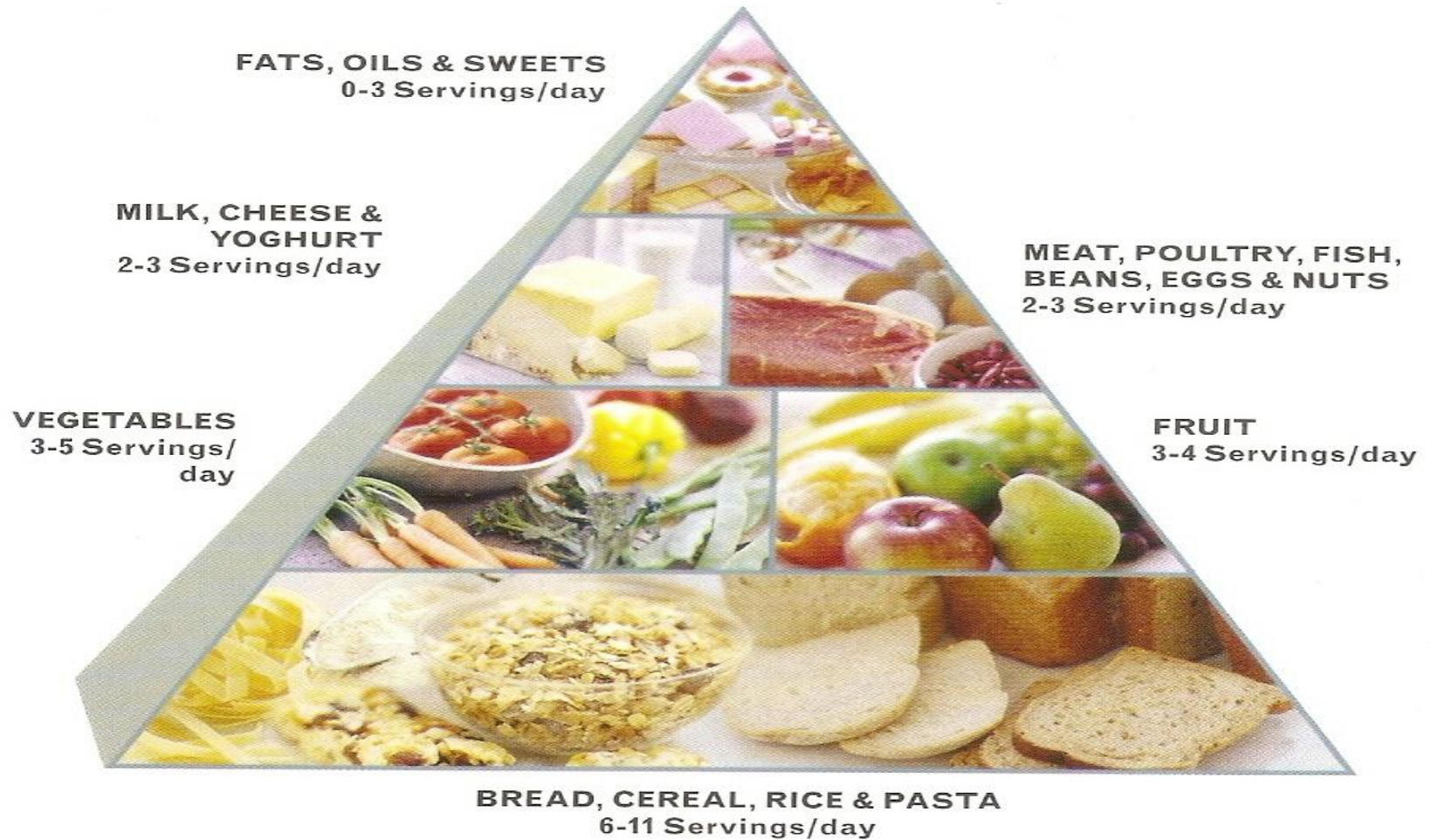


Meat, Beans and Eggs

They have protein.
Protein helps your
body
grow and be strong.
Protein keeps
your body working
well.



FOOD PYRAMID



Watch a video





Let`s play a game

LET'S MAKE A PROJECT



Let`s relax and
sing the song.



Homework

You've learnt a lot of about healthy food. Write your healthy menu for supper.



Results :

18 – 13 – a very good result

12 – 7 - rather well

6 - 0 – not good

The lesson is over.



Thank You!