



*Topic:
healthy eating*

Five fat

sausages



*Doctop Murphy
asks us to*

*Doctop Murphy
asks us not to*

Three main groups of food

PROTEI
N

FAT

CARBOHYDRATE
S

MEAT



MILK



PROTEINS



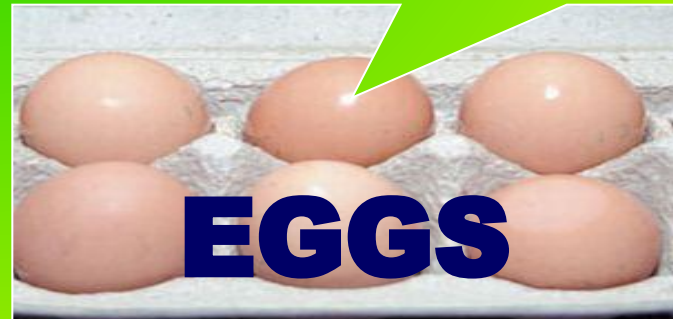
FISH



CHEESE



NUTS

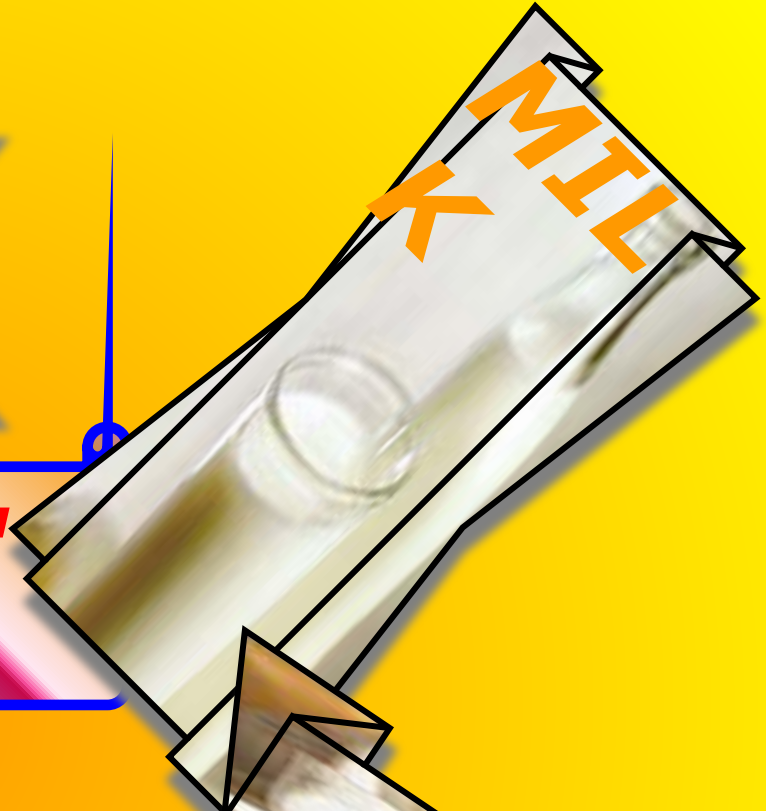


EGGS

BUTTER



MILK



FAT

CHEESE



MEAT



OIL





CARBOHYDRATES

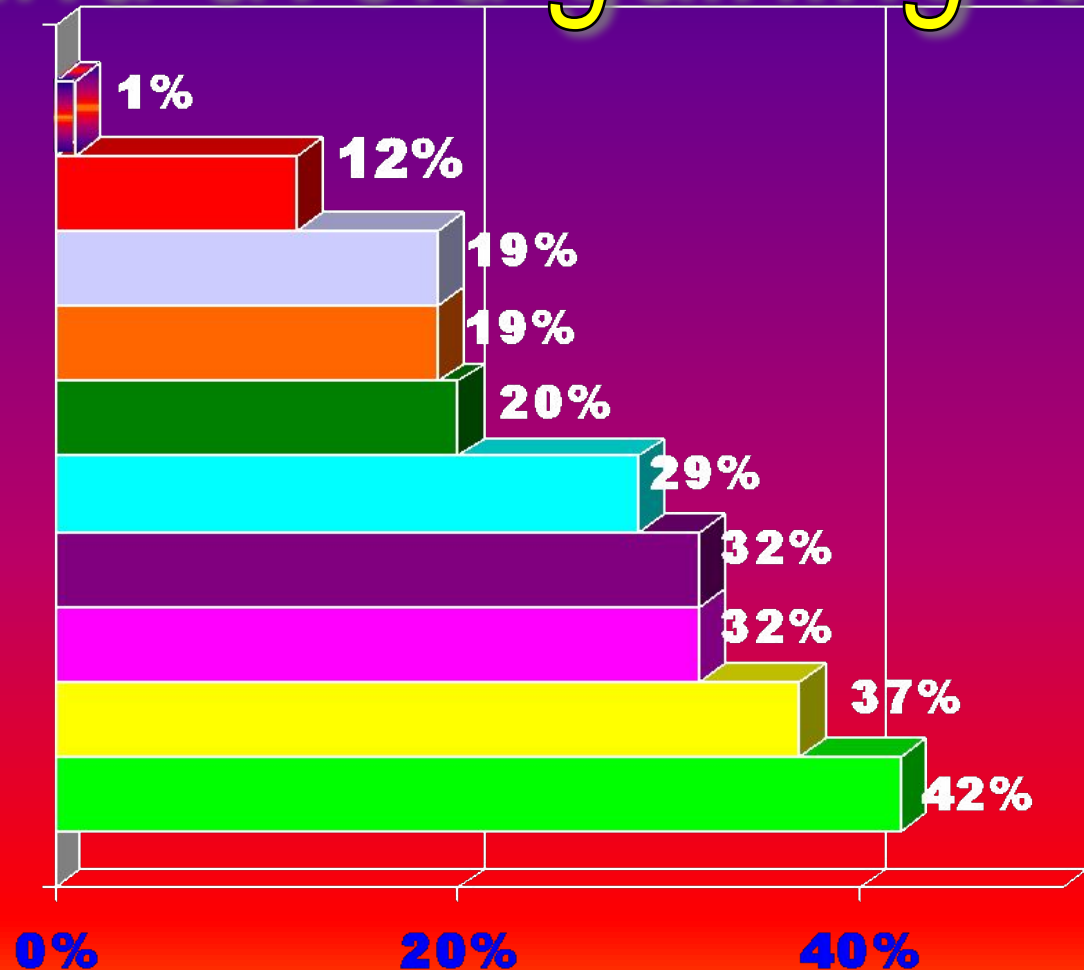




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Popular ways to lose weight and avoid gaining it

- Follow a diet
- Use low-calorie foods
- Eat less red meat
- Count calories
- Eat more fruit and vegetables
- Don't eat at night
- Cut down on fat
- Exercise more
- Eat less of everything
- Cut out snacks and desserts



How do these

people look like?



***And what
would you
say about
these
models?***



*PLEASE,
Consult your doctor
before dieting!*

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Homework:

p. 122,

ex. 3