



*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**



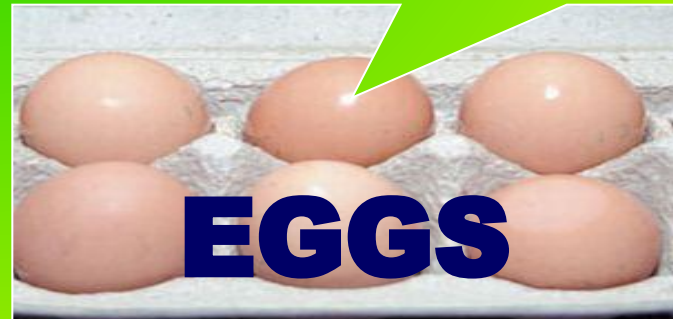
**FISH**



**CHEESE**



**NUTS**

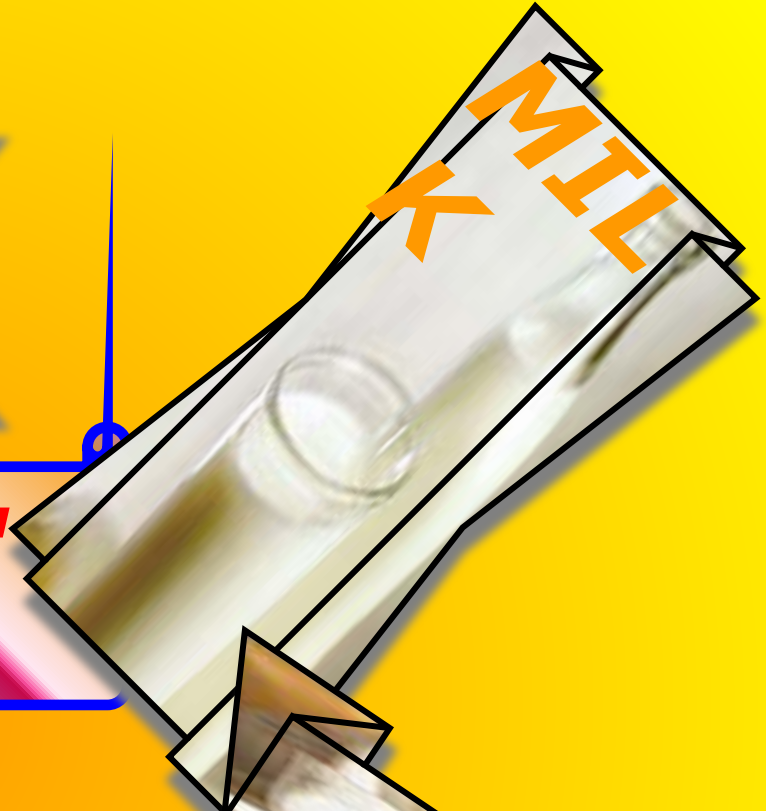


**EGGS**

**BUTTER**



**MILK**



**FAT**



**CHEESE**



**MEAT**



**OIL**





**CARBOHYDRATES**



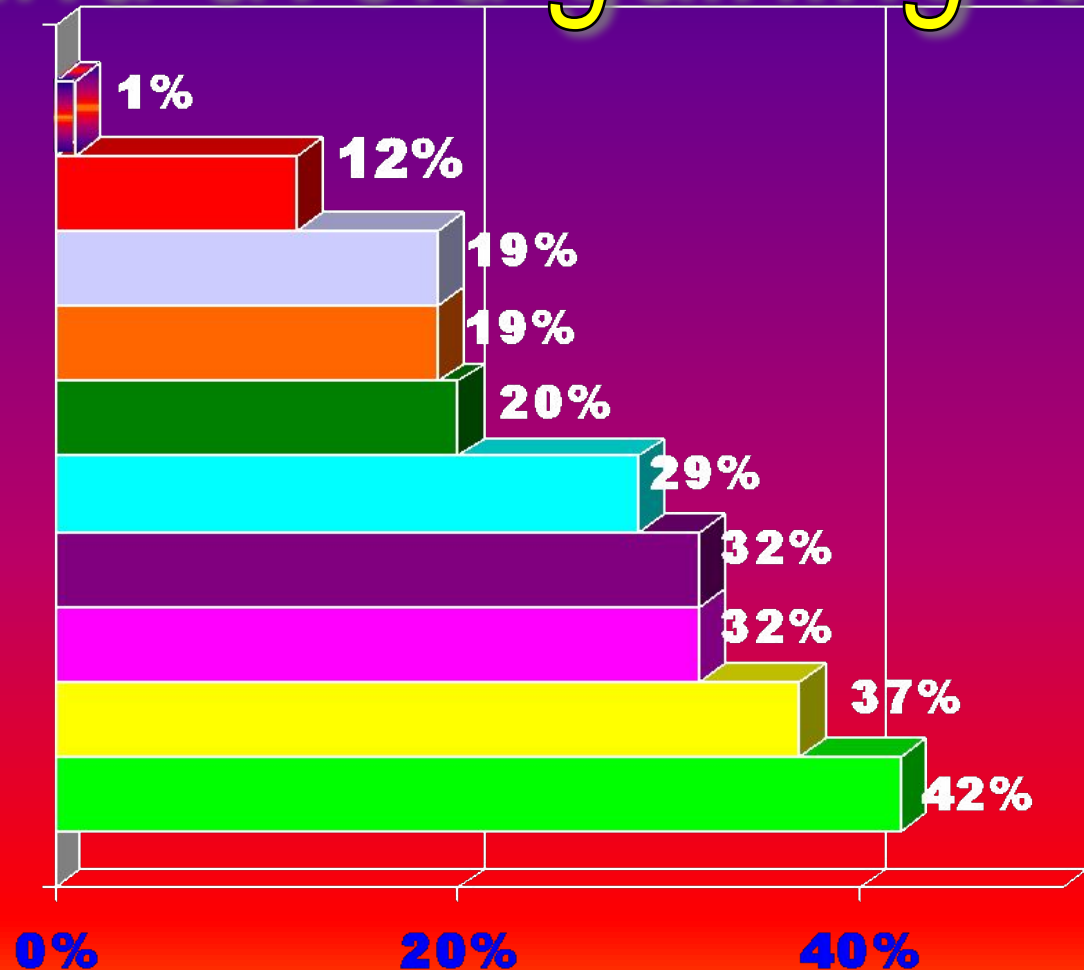


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# Popular ways to lose weight and avoid gaining it

- 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