

exercising



dieting

Health

eating low-fat food



eating wholemeal bread



eating high-fibre food



What food do people eat in Solnechnodolsk?

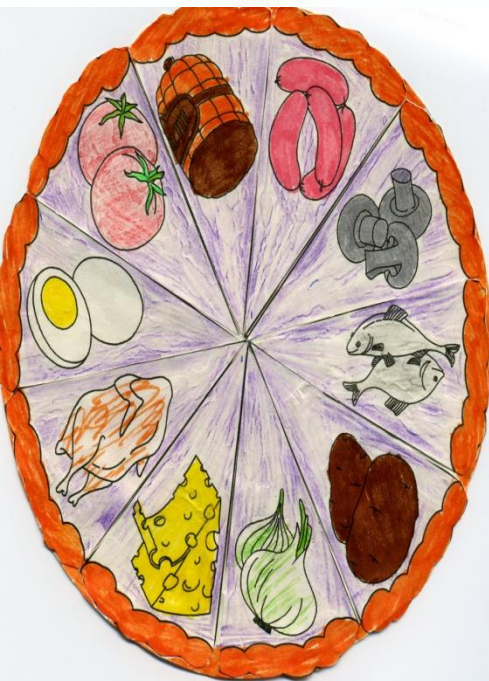
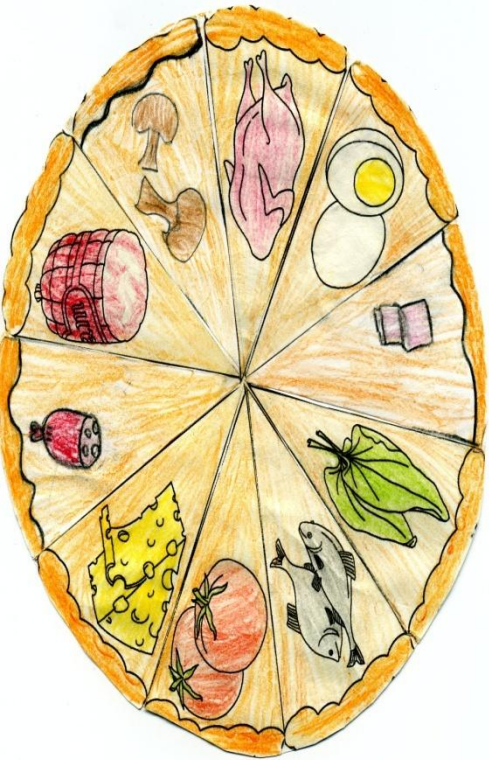
The presentation was made by:
Bratchenko Timophey, Levshina Alena
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(Teacher:Migunova T.I.)



Purpose of research.

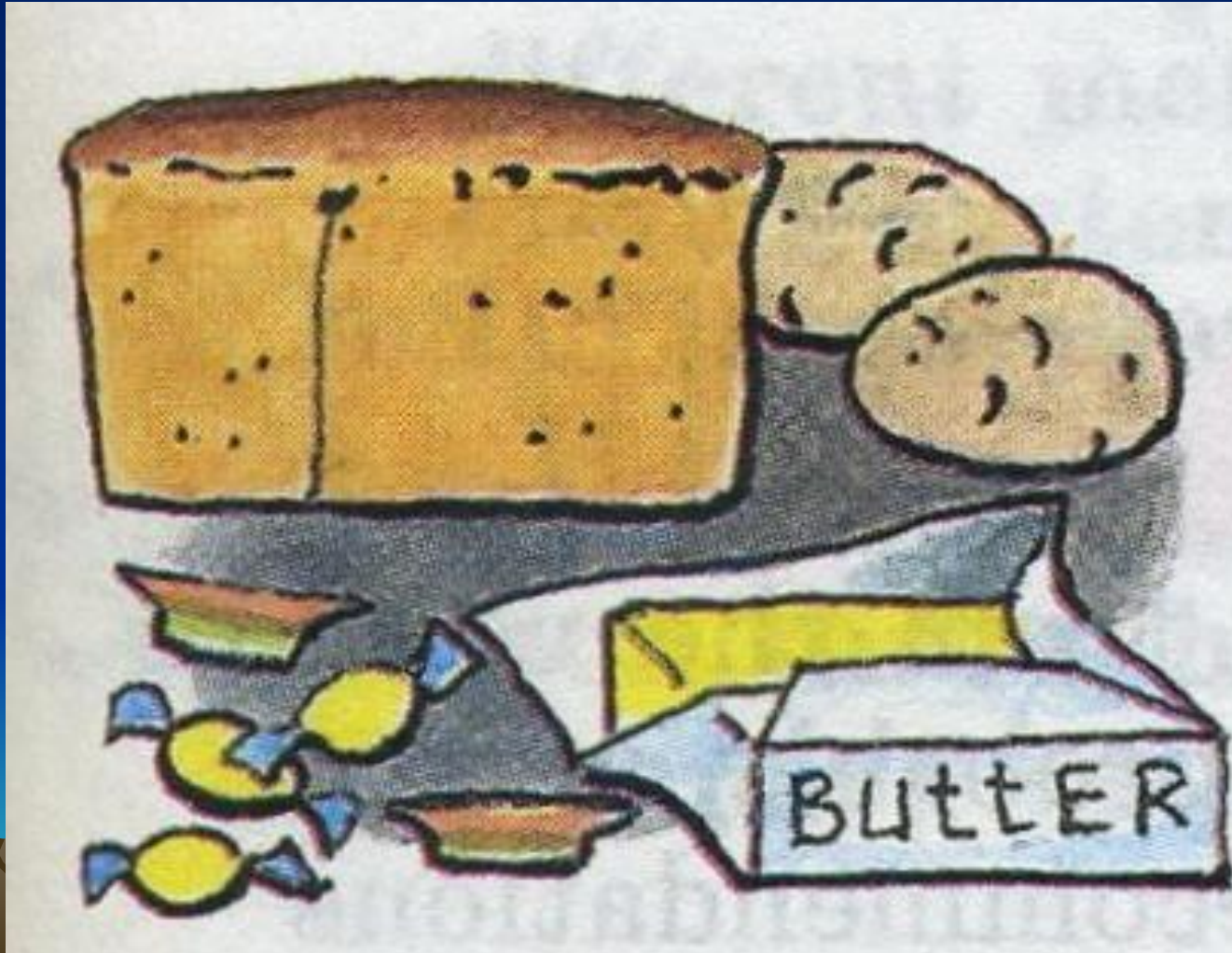
DO WE EAT HEALTHY FOODS?



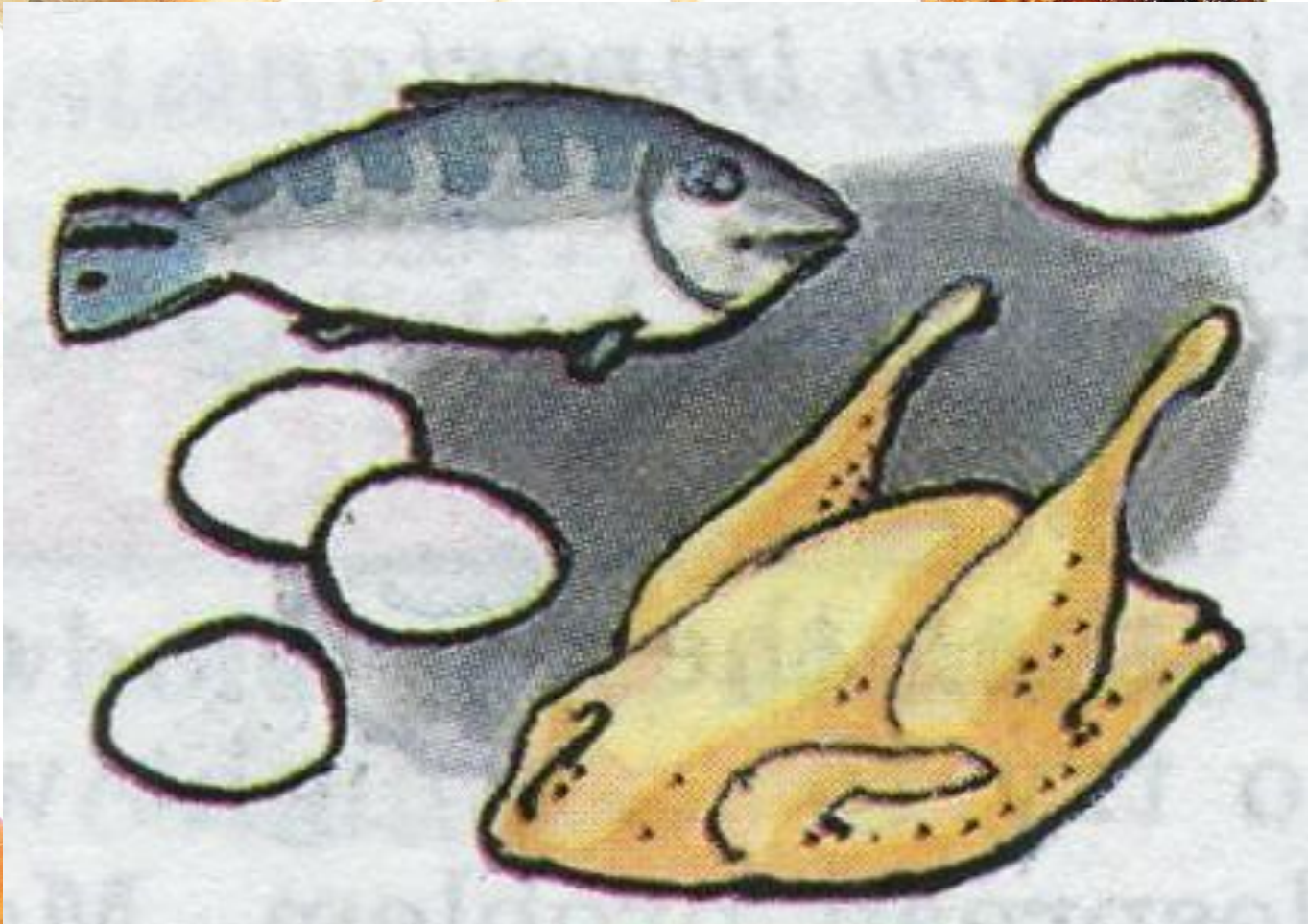
Let's go shopping!
What do you see there?

- *Energy rich food(fats, oils and carbohydrates)*
- *Body- building food (proteins)*
- *Protective and regulative food (vitamins and minerals)*

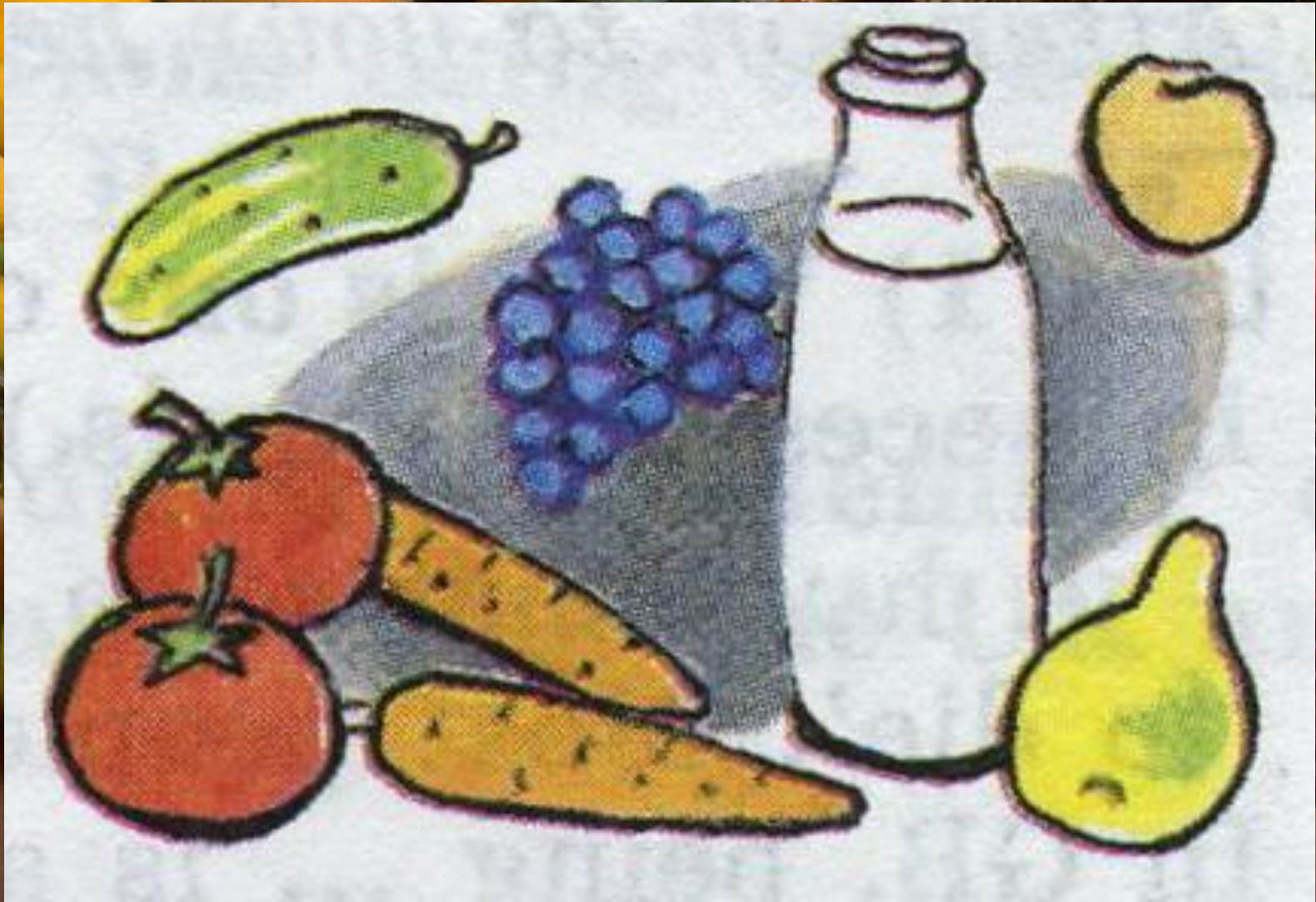
Energy rich food(fats, oils and carbohydrates)



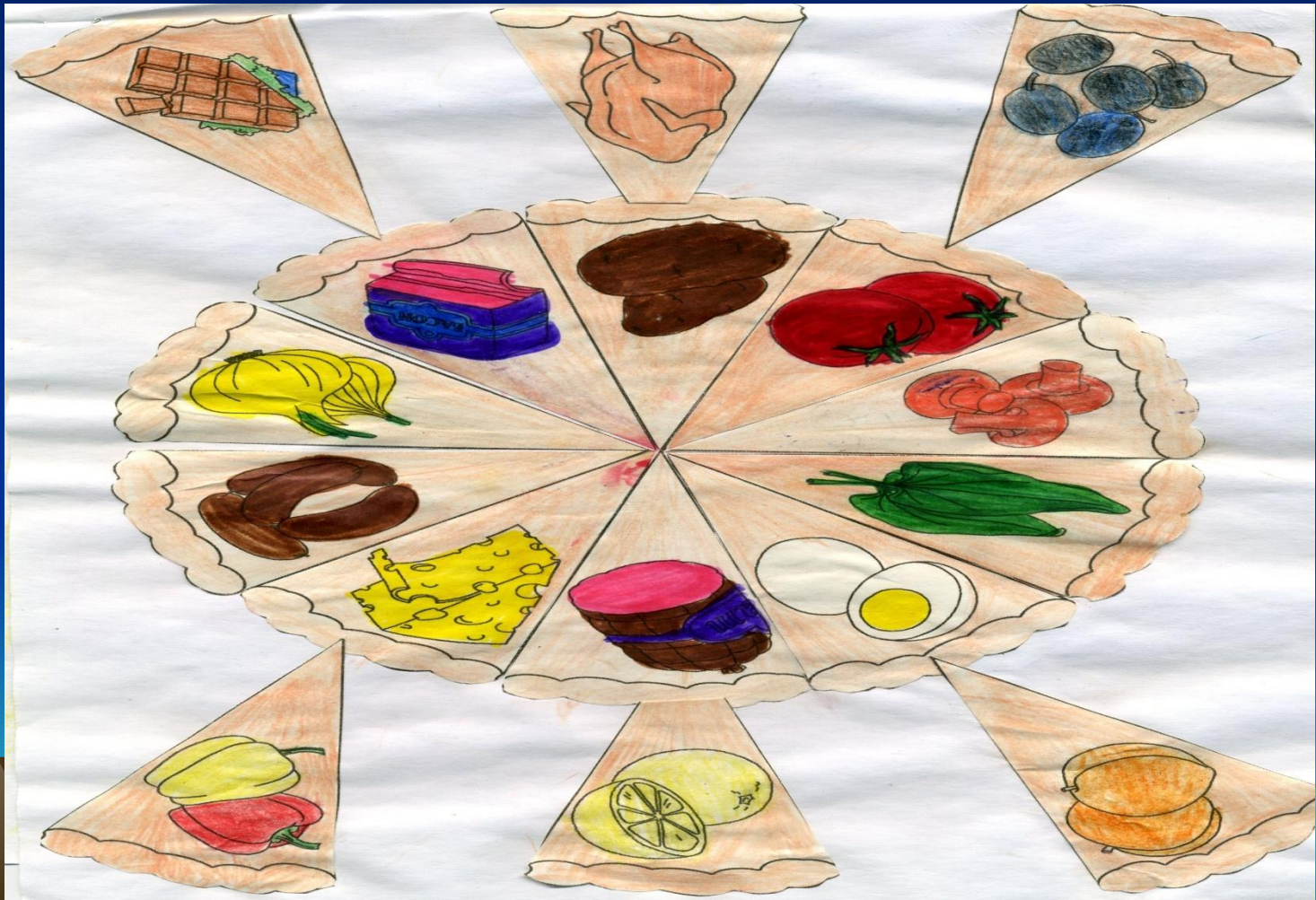
Body- building food (proteins)



Protective and regulative food (vitamins and minerals)



Reading the labels we learn that
some of these provisions have
bad ingredients

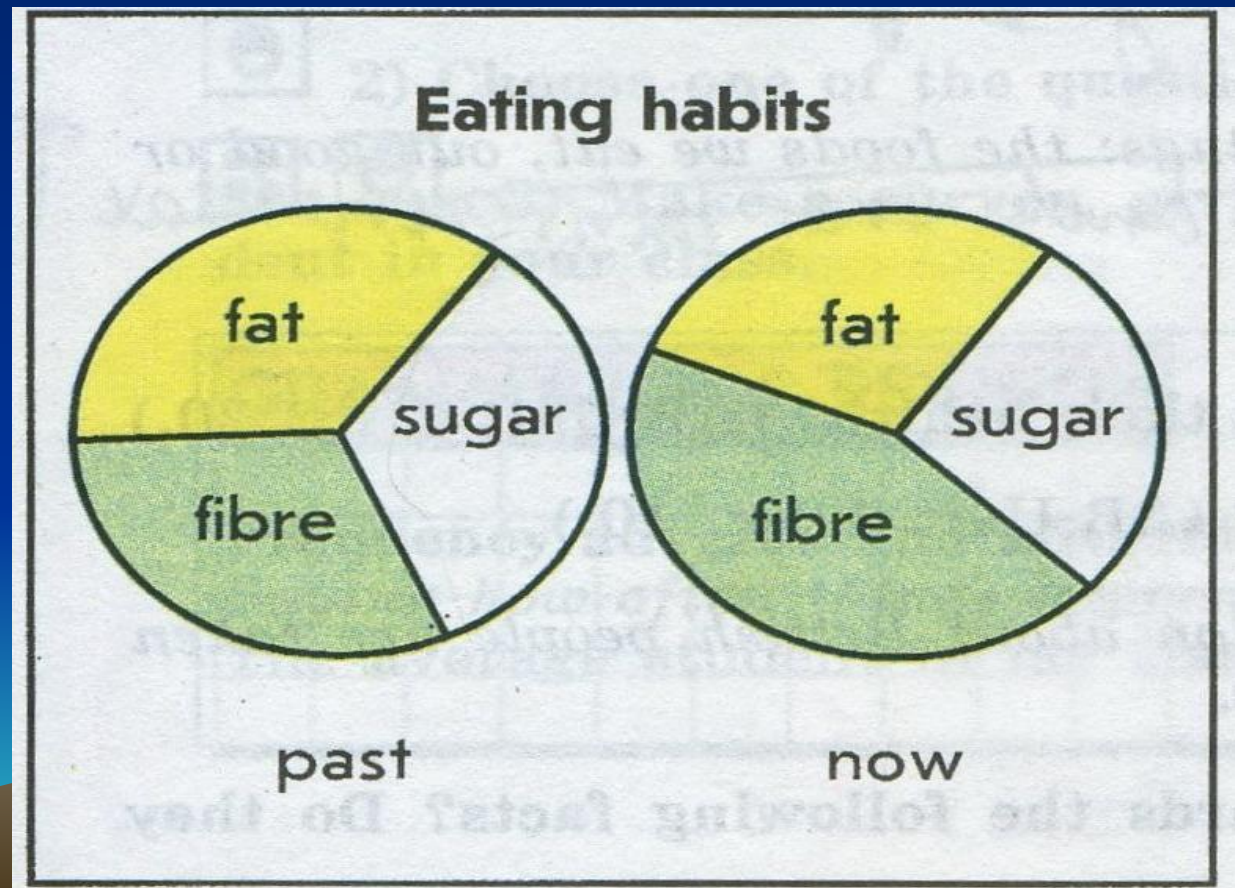


There are no vitamins and
minerals enough.
So we don't eat healthy food.
But we need healthy food!



But people try to change the situation.

- Have a look at this chart



- People living in Solnechnodolsk eat more fibre food now than 20 years ago.
- Less people use sugar and fat now than 20 years ago.



People! Feel well and enjoy your life!



Conclusions

- People must think more about their health.
- They have to care about themselves.
- They should give up some poor health habits such as smoking and drinking too much alcohol.





Использованная литература

- Кауфман К. Кауфман М. «Happy English. Ru» учебник английского языка для 7 кл. «Титул», 2005г.
- Кузовлев В. П. «Английский язык» учебник для 7 кл. М. «Просвещение», 2005г.
- Большая энциклопедия Кирилла и Мефодия. Здоровье человека. (электронное издание)
- Мюллер В.Т. Большой англо-русский словарь. М. «Русский язык» 1995 г.
- Смирницкий А.И. Русско-английский словарь. М.1990 г.
- Кузовлев В. П. «Английский язык» учебник для 9 кл. М. «Просвещение», 2005г.
- Детские проекты 7-9 кл.
- Фотографии, сканированные из выше перечисленных учебников.

