



FOOD SCIENCE



Reflection

Red- enthusiasm

Orange-joy and warm

Yellow-bright and pleasant

Green-calm

Blue- dissatisfaction and
sorrow

Purple-alarming and
tension

Black-decline and
discouragement

- Rainbow of feelings
- I want...

• I must...

• I can...



*The international scientific
conference*

*“ The influence of food on human
body”*



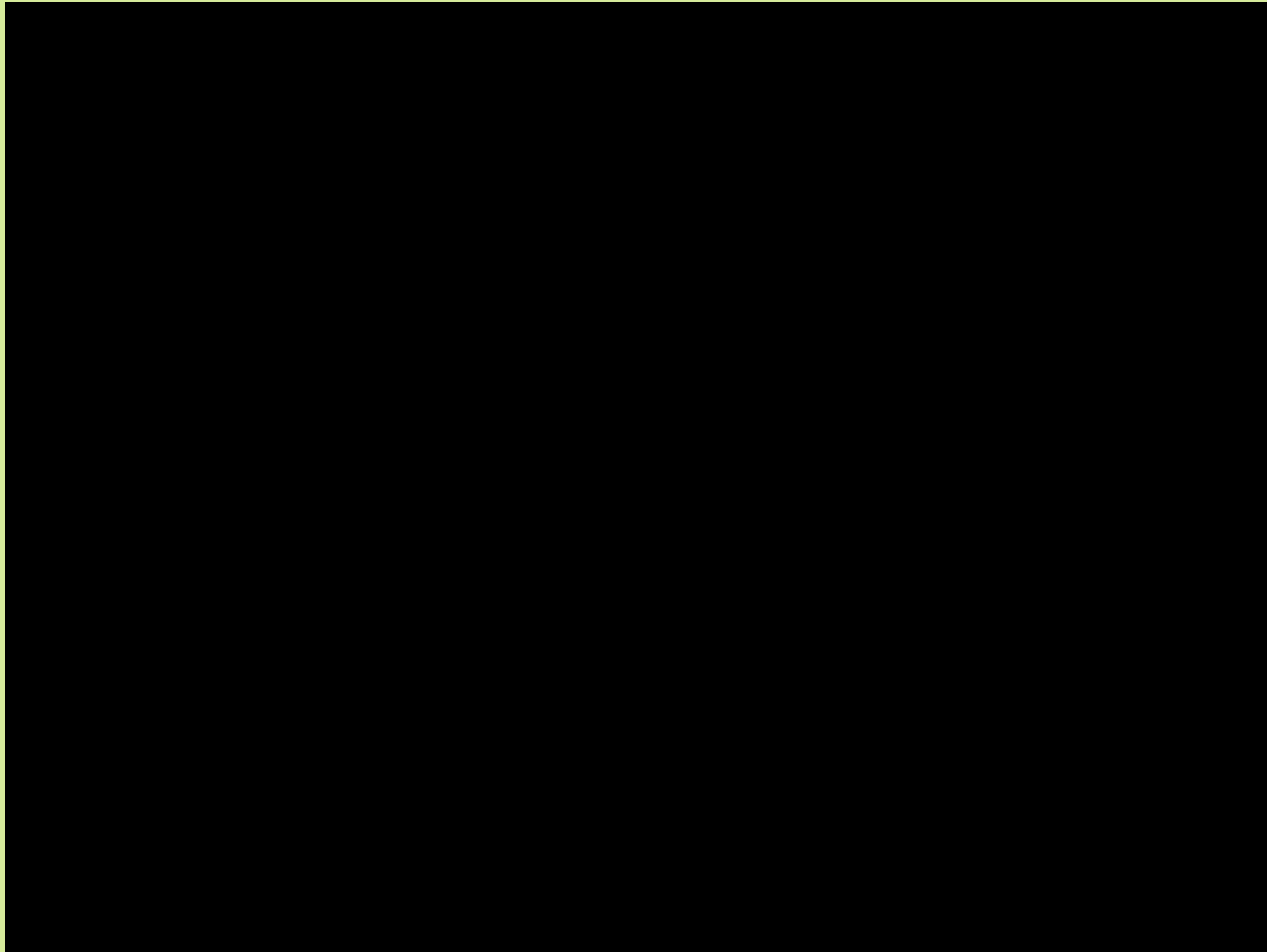
Active vocabulary

- Diet
 - Nutritional
 - Obesity
 - Acid
 - Bacteria
 - Calcium
 - Cell
 - Chew
 - Enamel
 - Heart
 - Disease
 - Hygiene
 - Safety
 - Innovation
 - Breath
 - Exhale
- recipe
filthy
unsanitary
pasteurization
muscle
diabetes
protein
fiber
fat

Check yourself

- Recipe-Рецепт
- Contamination-Загрязнение
- bacteria
- diabetes-Диабет
- Chew-жевать
enamel-эмаль
- Muscle-Мускул
- Calcium-кальций
- fiber-Клетчатка
- Fat- Жир
- Filthy-Грязный
- Diet -D
- Nutrition-B
- Obesity-C
- Pasteurisation-A
- Hygiene- E

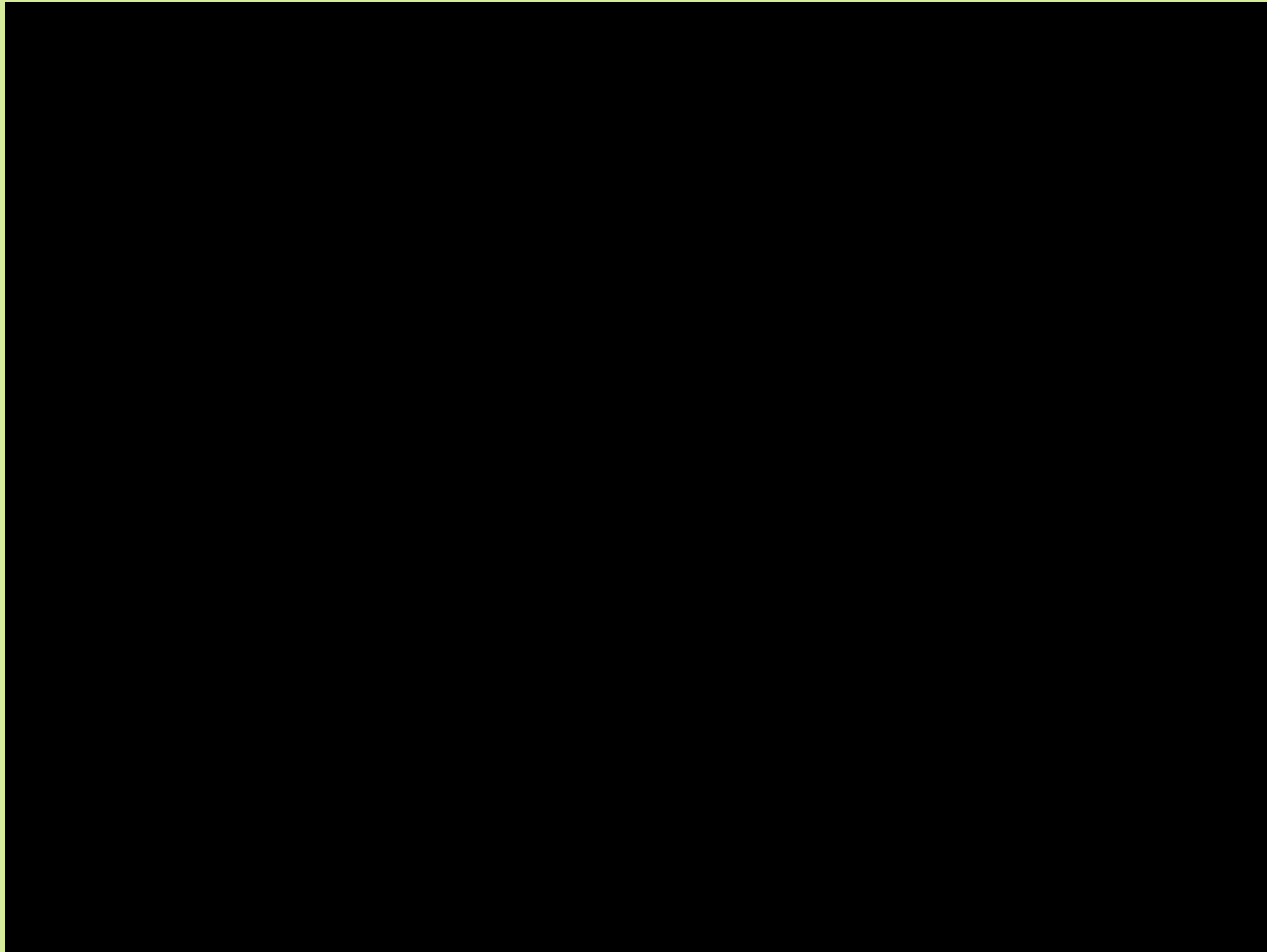
The history of food



Check yourself

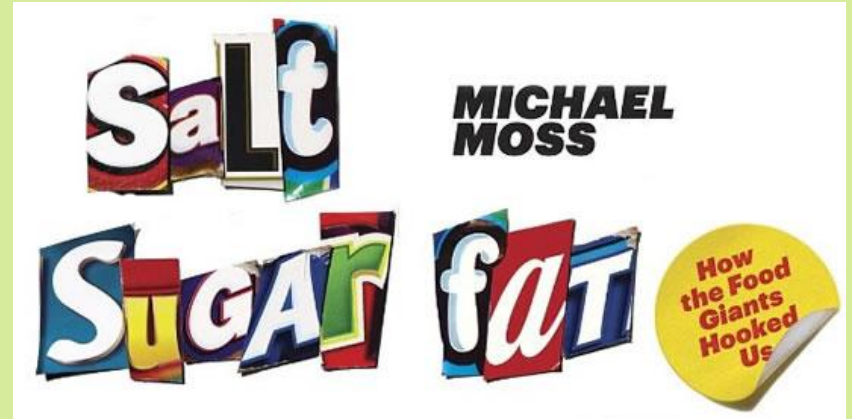
- 1 c
- 2 b
- 3 a
- 4 c
- 5 a

Relaxation and meditation



Food addiction

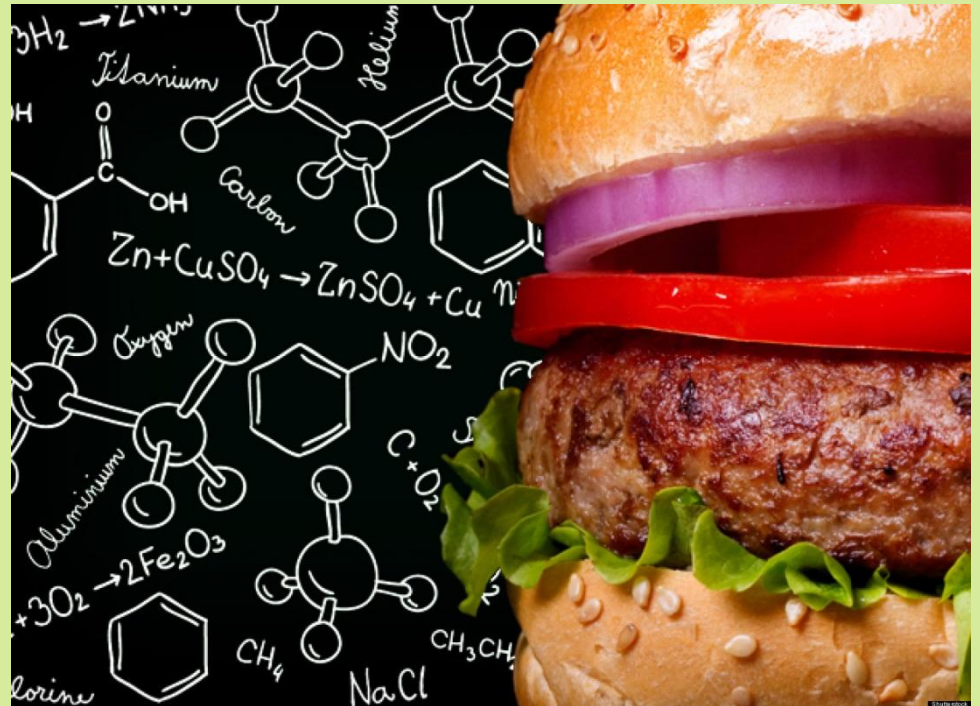




The effects of food addiction



Fast food



Obesity





idiot

Why do we eat a lot?

- We eat TO HAVE A GOOD MOOD

We enjoy the food. However, we do not get pleasure from 6.8 or 10 spoons, and only 1, 2 and 3. Therefore, we must be aware that each new spoon should be like the first. After 5-6 spoons you do not want to have so many "pleasure".



Why do we eat a lot?

- We eat TO REDUCE STRESS, SATISFY HUNGER

It is easier. There are many recipes that we can use to get enough, but not to gain a lot of calories. This food you can eat without limit, until you feel that you are not hungry.



OBESITY?



Sugar





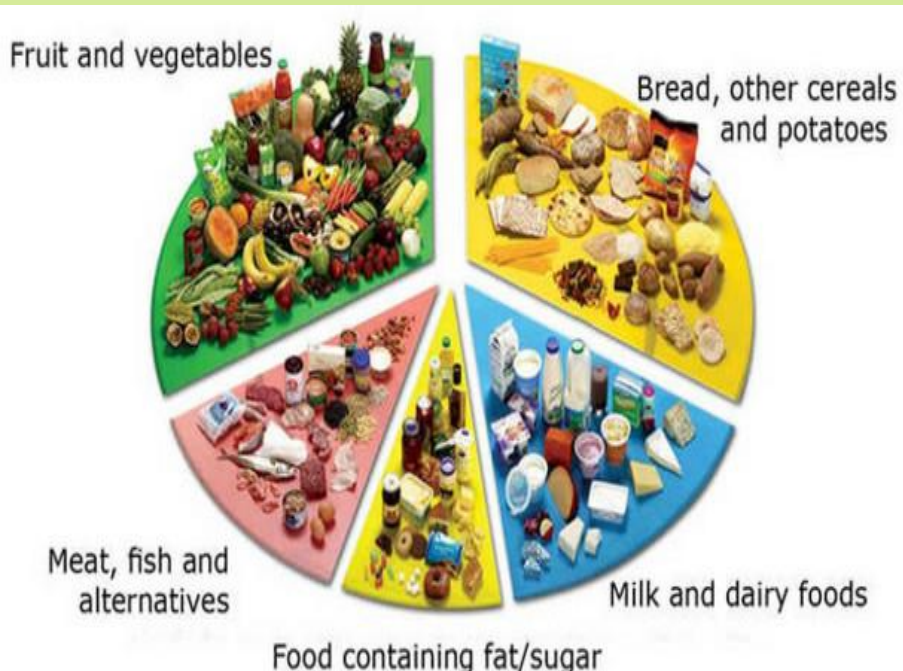
Sugar - white death

PRINCIPLES OF HEALTHY FOOD



Embrace variety.

Don't base your diet predominantly on just a few foods. Consuming a wide variety of healthy foods, especially high-fiber vegetables and fruits in a rainbow of colors, and also different meat, fish and etc.



Evaluate the foods you eat.

Pay attention to the *quality* of the carbohydrates, protein, and fats you eat. Avoid refined starches and sugars and saturated fats from fatty meats and full-fat dairy. Choose high-fiber whole fruits, whole-grains; lean meat and seafood; and low-fat dairy products instead. And stick with the good unsaturated fats found in olive oil.



Breakfast



ENGLISH BREAKFAST

- Menu: bacon, scrambled eggs, fresh tomatoes and mushrooms, sausage or salami, roasted beans in tomato sauce, and browned toast and jam with juice.



Healthy breakfast

For example, oatmeal, fruits and berries as kiwi, strawberry, cherry, cheese and orange juice.



Harmful breakfast

For example, sausage, fast food and fried food.



Food rainbow





30 САМЫХ ПОЛЕЗНЫХ ПРОДУКТОВ ДЛЯ ТЕЛА



МОЗГ

лосось, тунец
сардины
грецкий орех



МЫШЦЫ

бананы от
боли в мышцах,
красное мясо,
яйца, тофу,
рыба для
наращивания
мышц



ЛЕГКИЕ

брокколи
брюссельская и
китайская
капуста



КОЖА

черника
лосось
зеленый чай

ВОЛОСЫ

темно-зеленые
овощи, фасоль,
лосось



ГЛАЗА

кукуруза
яичные желтки
морковь



СЕРДЦЕ

помидоры
печеный
картофель
сливовый сок



КИШЕЧНИК

чернослив
йогурт



КОСТИ

апельсины
молоко
сельдерей



The effect of carbonated beverages on the state of human teeth

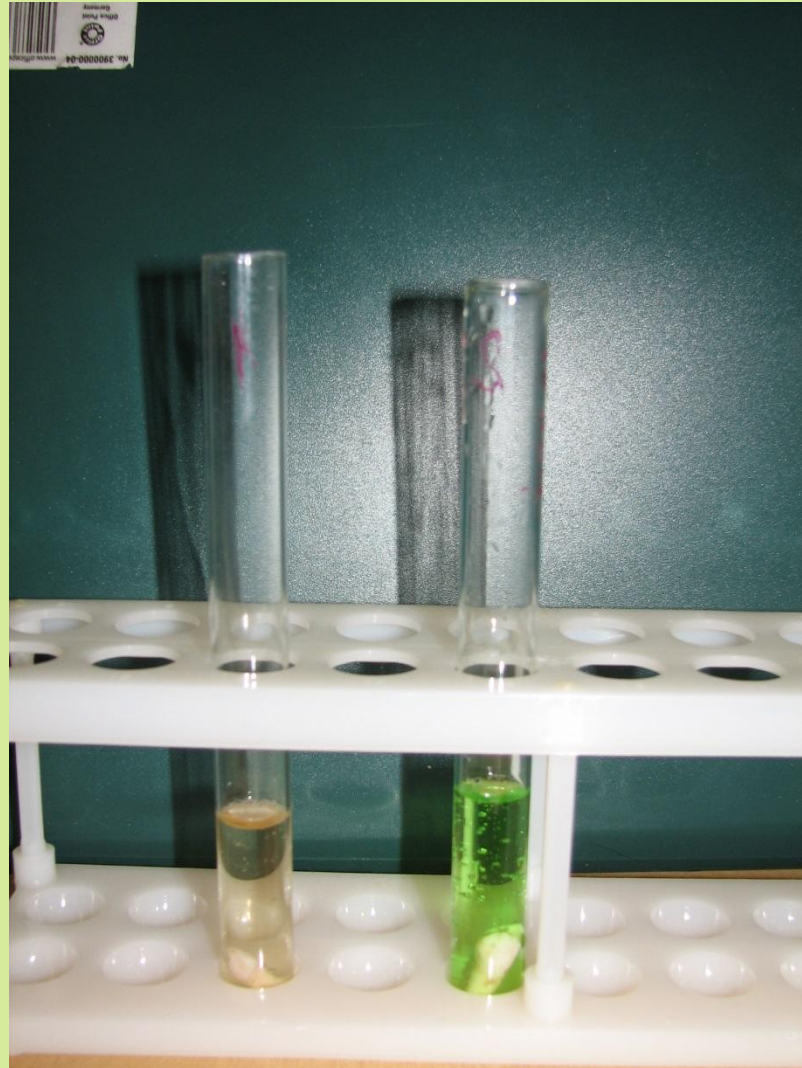
Teeth before the experiment.



Lemonade




The teeth in vitro.



Teeth after experiment.





Tooth	Nº1	Nº2	Nº3
Weight before the experiment	2,103Г	3,512Г	3,023Г
Weight after experiment	2,097Г	3,506Г	3,018Г

Brush your teeth !



Welcome



Restaurant Jenner's sisters

Muesli with fruit

1



Wash fruit and cut into small slices

2



Put fruit, cereal, yogurt and milk

3



Serve muesli with berries and mint leaves

Salad with salmon and kiwi

1



Cut the salmon's fillet and kiwi into small slices. Slice the pepper and the onion.

2



Mix the lemon and orange juice. Add a pinch of salt and pepper. Pour oil. Beat the sauce.

3



Put onions, peppers and kiwi. Pour sauce. Put salmon on the plate. Pour sauce.

Soup with zucchini



1

Cut zucchini or (pumpkin) cubes.



2

Send the zucchini in boil water, heat it to boil and slow down the heating. Cook vegetables for 8-10 minutes until they become soft. Grate 2 small cubes of cheese. Shipment to the squash and stir. Give the soup simmer for another 5-7 minutes to melt the cheese completely.



3

We grind the ingredients to the state of homogeneous purée using a hand blender. Add salt and $\frac{1}{2}$ hours. L. nutmeg. Smash 3 garlic cloves. Add the garlic to the soup, stir and warm up another 2 minute.



4

Serve the soup hot. Decorate with parsley.

Homework

ex.4 p.116

Make a quiz about teeth.

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discouragement

- Rainbow of feelings
- I can...

• I know...

• I understand...

