

# Diet



To be or not to be?

# Good products



**fruit**

**s**



**vegetabl**

**es**



**bean**

**s**



**butte**

**r**



**chees**

**e**



# Good products



**mea**

**t**



**poultr**

**y**



**fis**

**h**

# Good products

**mil**

**k**



**nut**

**s**

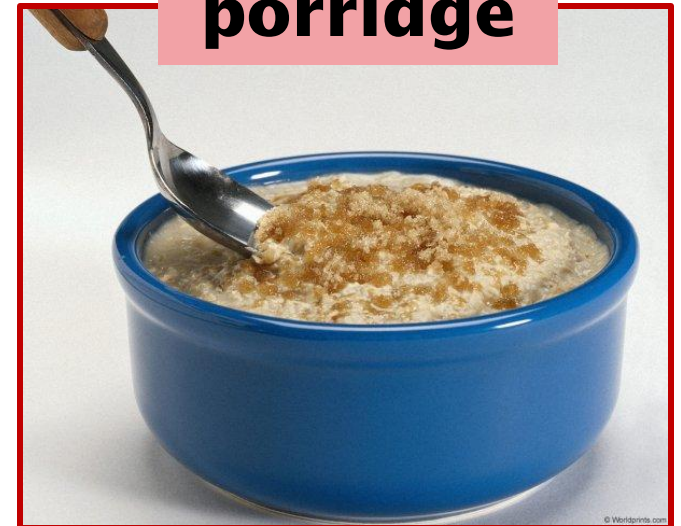


**cereal**

**s**



**porridge**



**brown bread**



# Good drinks

mineral  
water

green tea



juices





# Bad products

**chips**



**rolls**

**pizza**



**hamburger**



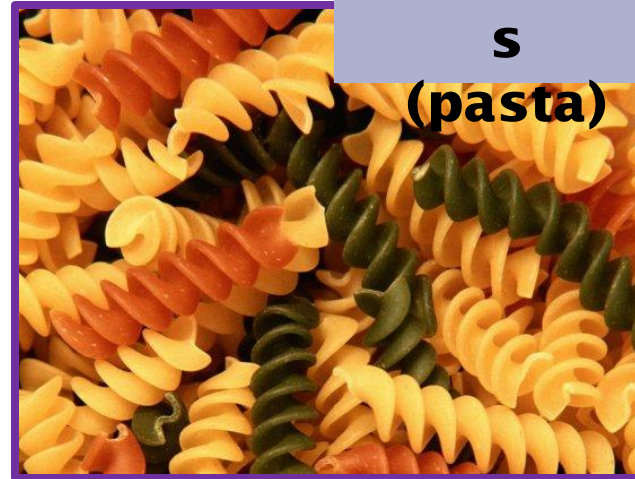
**salami**

# Bad products

**chocolate**



**macaronie  
s  
(pasta)**



**cake**

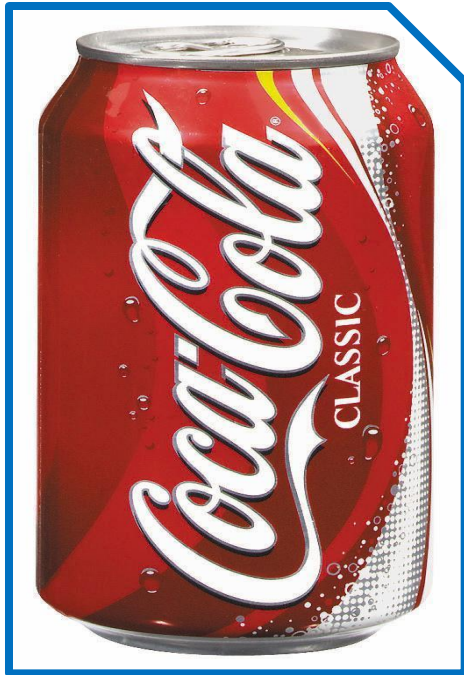


**sweets**



# Bad drinks

**beer**



**lemonade**



**coffe**

<http://www.liveinternet.ru/users/coffeman/>



# A balanced food

**Fruits  
and  
vegetables**

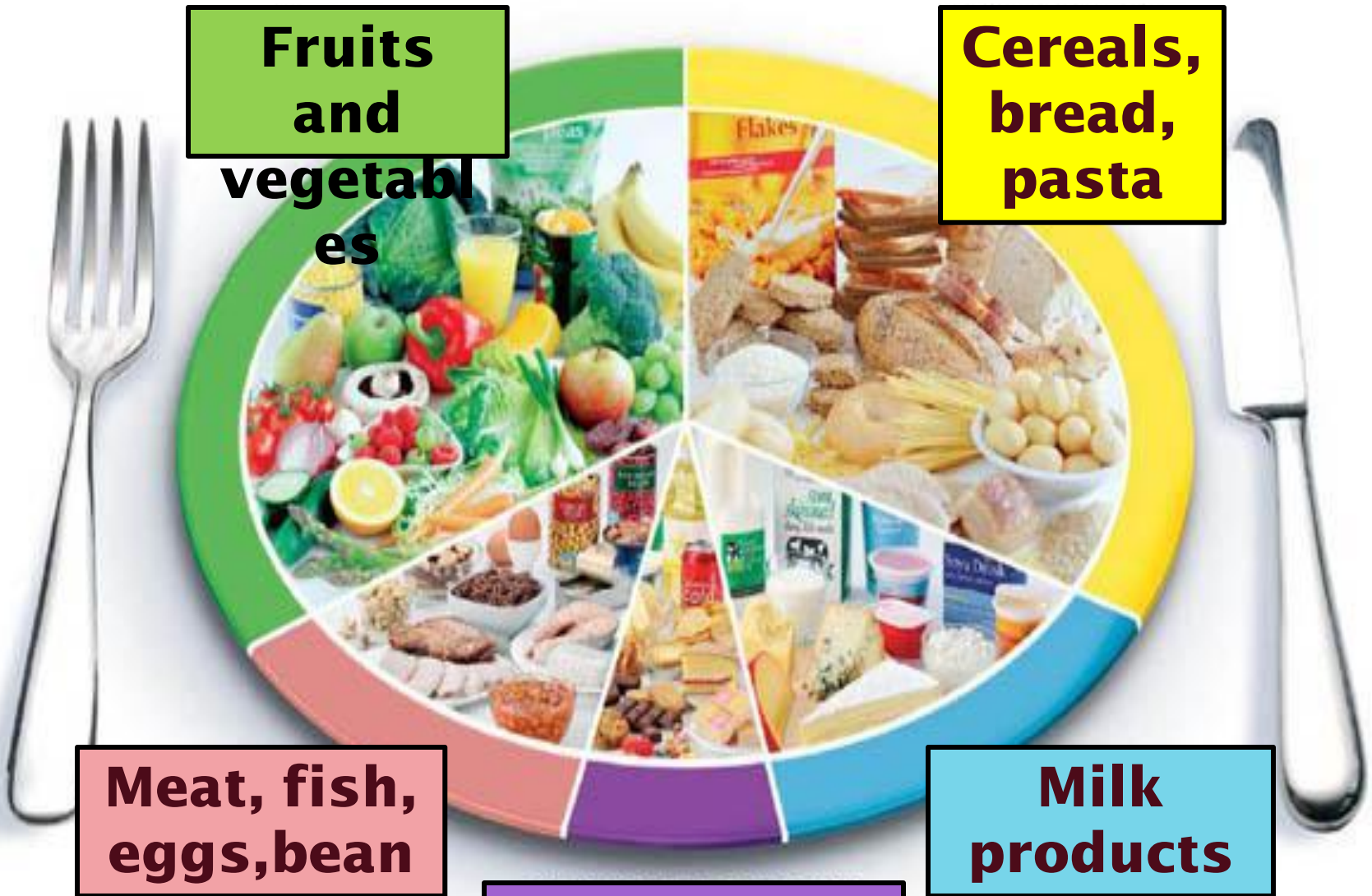
**Cereals,  
bread,  
pasta**

**Meat, fish,  
eggs, beans**

**Milk  
products**

**Fat, sweets**

**S**



# **A balanced food**



**To look wonderful**

**To be healthy**

**What does she  
eat?**



# An unbalanced food



to cause health problems

to look ugly

**What does he  
eat?**



# Diet: good and bad points



To keep fit  
To cut out snacks  
To look wonderful  
To eat more vegetables and fruits  
Not to overeat  
To have anaemia

to be healthy  
to eat less everything  
to cause health problems  
to eat a variety of food  
to use low-calorie food  
to cut out of sweets





# Dictation



1



2



3



4



5

# Dictation



6



7



8



