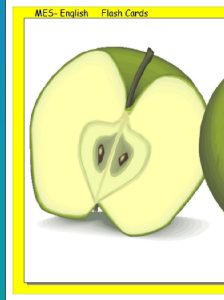


The 21th of September

If two witches were
watching two watches,
which witch would
watch which watch?

The theme: Healthy food



Let's revise some words related to

our new topic:

- Drinks: tea, ...
- Vegetables: tomatoes, ...



- Fruit: apples, ...



- Cold food: ice cream, ...



- Hot food: ...



- Sweet food: pie, ...

Writing Competition

- For the first team: write as many words (food- products) as you can that are useful for our health (e.g. fruit, vegetables, fish, meat).
- For the second team: write as many words as you can that are harmful or unhealthy for us (e.g. chocolate, sugar, coffee, sweets, butter, etc.).

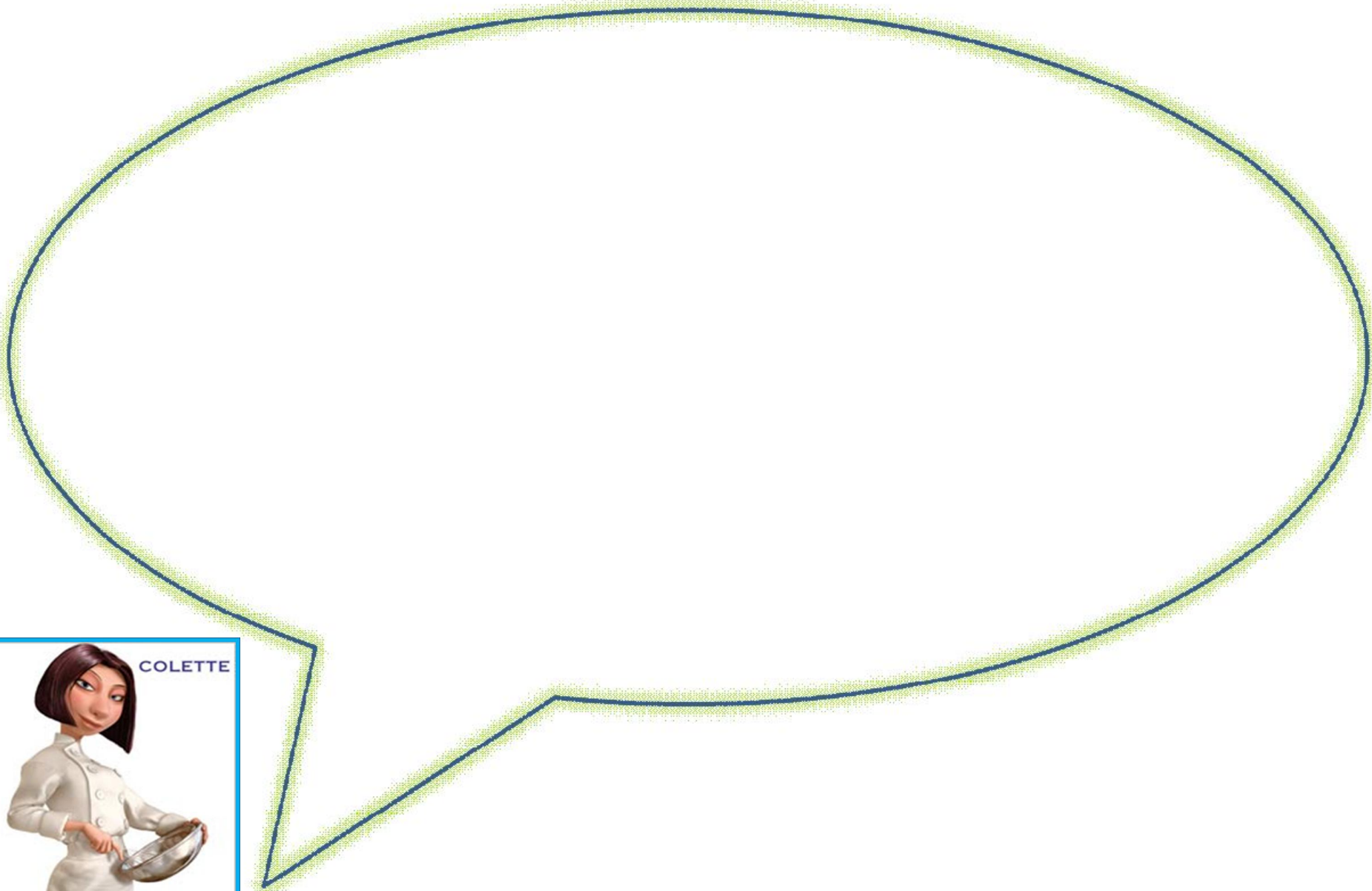


Look at the screen and try to say
“true” or “false”.

- E.g. All foods are good for you (false)
- Vitamins and minerals help you to keep healthy.
- Fruit and vegetables are full of sugar and fat.
- Sweets, crisps and cola keep you healthy.
- You should eat a variety of foods to stay healthy and grow big and strong.



Now let's read the dialogue:



COLETTE

Make up sentences:

1.e.g. eat/in the morning/bread and butter /I – I eat bread and butter in the morning

2.She/milk/with/coffee/drink/does not

3.hamburgers/they/with/like/cheese

4.We/eat/for breakfast/do not/pizza/salad/fish/or

5.For supper/would/I/orange/like/juice

6.are/tea/drinking/they/and/cake/a/nice/eating/
chocolate

Does not/Lizzy/mineral/drink/water



*Are you
a healthy
person?*

1. Do you often eat fast food?



a) never

b) seldom

c) often

2. What would you eat for breakfast?

a) porridge

*b) hamburger
with tea*

c) pizza with coke



*3. What would you eat
for dinner?*

a) porridge

b) meat

*c) I would go to
McDonalds*



*4. What would you eat
for supper?*

*a) salad with
orange juice*

b) cheese

c) hamburger



*5. Do you do
morning exercises?
a every morning
b seldom
c
never*



- *A: You are a healthy person. You know the difference between healthy and unhealthy food and it's influence on your health. Go on like this, you are going to live till 100.*
- *B: You have some problems with your health. Try to eat healthier food and take care of your stomach. You should sometimes tell “goodbye” to your favorite hamburgers!*
- *C: Only doctor can help you! The food that you eat will someday bring you a great trouble such as – gastritis. Watch out!*

I. Put the verbs into Past Simple.

- **E.g. Mr. Smith and Mrs. Smith had three children.**
- **Mr. Smith (to fix) his car yesterday morning. His wife (to water) plants in the garden. Their children (to clean) the yard and then they (to play) basketball. In the evening their boys (to listen) to loud music and (watch) TV. Their little girl (to cry) a little and then (to smile). Mrs. Smith (to work) in the kitchen. She (to bake) a delicious apple pie.**

Past Simple

yesterday
the day before yesterday
the other day
last week

Past Continuous

at... o'clock
from 5 till 6
when mother home
the whole evening

- + I worked
- ? did I work
- - I didn't work

- + I am working
- ? Am I working
- I am not working

- **II. Put the verbs into Past Simple or Past Continuous.**
- E.g. I played computer games yesterday. I was playing computer games at five o'clock yesterday.
- He (to play) computer games from two till three yesterday. My brother (not to play) tennis yesterday. He (to play) tennis the day before yesterday. My sister (not to play) the piano at four o'clock yesterday. She (to play) the piano the whole evening. When I came into the kitchen, mother (to cook). She (to cook) the whole day yesterday.

Let's check our homework

- To read texts
- Answer the following questions:

Who is a smoker?

Who eats only low-fat food?

Who likes sweets?

What problems has Bob?

Who considers that aerobics is good?

Who doesn't pay attention on her friends' appearance?

Who has no problems with health?

Homework

Ex.7,8 on p.20

Ex.13,14 on p.24