



# Rainbow of food

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# Warm-up

- No1. Tongue-twisters

[g]

- **Our great-grand-gran is a greater great-grand-gran than your great-grand-gran is.**

[R]

- **Those red rose are really very pretty.**
- **The real reason is really rather curious.**

**[O]**

- **She stops at the shops where I shop,**
- **and if she shops at the shops where I shop**
- **I won't stop at the shop where she shops!**

**[Y]**

- **Unique New York,  
You need New York,  
You know you need unique New York**

**[p]**

- **Pretty Pamela Parker picked pink petunia posies.**

## №2. Put verbs in Past Simple form

- 1. I (to do) morning exercises.
- 2. He (to work) at a factory.
- 3. She (to sleep) after dinner.
- 4. We (to work) part-time.
- 5. They (to drink) tea every day.
- 6. Mike (to be) a student.
- 7. Helen (to have) a car.
- 8. You (to be) a good friend.
- 9. You (to be) good friends.
- 10. It (to be) difficult to remember everything.

# Test

- 1 The earth ...**B**... round the sun.  
**A** moved                    **B** moves                    **C** is moving
- 2 Sarah ..... a new car last week.  
**A** is buying                **B** buy                        **C** bought
- 3 I ..... when suddenly the dog began to bark.  
**A** study                      **B** studied                    **C** was studying
- 4 They ..... hard at the moment.  
**A** are working    **B** were working    **C** worked
- 5 I ..... home from work when it began to snow.  
**A** am walking    **B** walk                      **C** was walking

6 Jane ..... the receiver and dialled the number.  
A lifts                      B was lifting      C lifted

7 Walt Disney ..... Mickey Mouse.  
A was creating    B creates              C created

8 Helen ..... to the gym every day, but now she  
doesn't.  
A used to go    B didn't use to go    C was going

9 We ..... for a new house at the moment.  
A are looking    B look                  C looked

10 Ted ..... his father in the garden every Sunday.  
A was helping    B helps                  C is helping

11 The ferry to Calais ..... at 3 o'clock every day.  
A leave                  B leaves                  C was leaving

## Words of wisdom

- Tell me what you eat,  
and I'll tell you what  
you are



# The aim

- **To get more knowledge about healthy food, about benefits of each color of food.**



# Cooking methods

- *Example: I prefer rice boiled and chicken baked.*
- *I like fish fried and raw vegetables.*

- **Boost – стимул, энергия**
- **Brain -мозг**
- **Concentration -концентрация**
- **Infections-инфекции**
- **Eyesight-зрение**
- **Optimistic-оптимист**
- **Emotions-ЭМОЦИИ**
- **Complain-жаловаться**
- **Tummy-живот**
- **Rumbling-урчание**
- **Soothing-успокаивающий**
- **Physically-физически**
- **Handfull-горсть**

# Red food

- get you move
- give extra boost
- Protect from serious illnesses

# Orange food

- Are for brain
- Helps to concentrate
- Fights off infections because of vitamin C
- Improves eyesight

# Yellow food

- Helps to stay happy
- Makes more optimistic

# Green food

- Helps to keep emotions under control
- Keeps teeth and bones strong

# Blue food

- It's a quick snack in the evening
- It's soothing

# Purple food

- Makes people more creative
- Keep you looking young



# Questions for video

- 1. Name the traditional British food.
- 2. What do Britains eat for breakfast?
- 3. What means «Bed and breakfast»?
- 4. What is the popular drink among young people?
- 5. What is the national drink?
- 6. Where do Britains buy food?
- 7. What is the history of sandwich? Is it popular?
- 8. What kind of meal do British people prefer to eat?