



Healthy eating



Complete the sentences:

1. The modern bad habits are ...
2. ... is really a good way to live.
3. Our town life today gives us little opportunities for ...
4. Doctors always advice us to eat ...
5. ... makes people healthy and keeps them fit.
6. If you want to keep fit you must ...
7. ... dangerous for our health.
8. A healthy way of life includes ...



The seven important things

- Carbohydrates
- Protein
- Fluid
- Vitamins
- Fats
- Minerals
- Fibre





Let's check

Vitamins

Fruit

Vegetables



Carbohydrates

Bread

Potatoes

Pasta



Protein

Meat

Fish

Beans

Milk

Eggs



Your daily diet

- Vitamins A, B, C, D
- Minerals (calcium 700 mg, iron 13 mg)
- Carbohydrates 400 g
- Protein 60 g
- Fats 70 g
- Fluid 1.7 litres
- Fibre



Adverbs

much/many – more

little – less

- *Eat less* sugar and more fruit and vegetables.
- *Don't eat much* salt.
- *Try* to eat **more** fibre, it is low fat.
- *Eat less* high fat food and **more** fibre.



Why are they important?

- A. Carbohydrates
- B. Fats
- C. Vitamins
- D. Protein
- E. Water
- F. Minerals
- G. Fibre



1. cleans the inside of the body.
2. make your bones and teeth strong.
3. is important for blood.
4. are important for eyes and skin.
5. make you strong and give energy.
6. give you energy.
7. helps to grow and gives energy.



Home task

- Make up your own guide to healthy eating. You should write about food which is useful and you should write some sentences with “Don’t...”
You can write it on a sheet of paper or you can make a leaflet with your advice.