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учреждение Средняя общеобразовательная школа  
№580 Приморского района Санкт-Петербурга



Презентация по теме  
«Ты-это то, что ты ешь!»

учителя английского языка  
Омельченко Ленизы  
Раисовны

Санкт-Петербург, 2011



# You are what you eat!



They lead healthy lifestyle.

They lead unhealthy lifestyle.

# healthy food

# unhealthy food



# Food pyramid



1.



2.



3.



4.



5.



6.



# Match the expressions to the photos



- \*loves sweets
- \*likes junk food
- \*likes Mum's cooking
- \*dislikes meat and  
milk
- \*against fast food
- \*can't resist junk food
- \*is crazy about sweet  
things
- \*eats fruit and vegetables
- \*always feels hungry

# Give advice



should

shouldn't



What should/shouldn't Dima eat?

Dima **shouldn't** eat hamburgers.

He **should** eat vegetables.

He **should** eat dairy products.

He **shouldn't** drink Cola.

He **should** eat fruit.

He .....

What should/shouldn't L.R. eat?

L.R. **shouldn't** eat a lot of sweets.

She **should** eat meat.

She **shouldn't** eat chocolates.

She **should** eat fruit.

She **should** drink milk.

She .....



# Match the nicknames to the photos



"A health food nut"

" A junk food junkie"

"A sweet-tooth"

"A health food nut"

"A sweet-tooth"

" A junk food junkie"

# Complete the dialogue and check it



Sorry, I can't.

I'm on a diet. I don't eat hamburgers and I don't drink Cola.

Oh, no. I don't eat ice cream and fruit salad. They have a lot of calories, too.

Are you?!

What does it mean "sea food diet"?

Oh!?

Yes, I'm on a "sea" food diet.

Are you?!

Sorry, I can't.

Oh, no. I don't eat ice cream and fruit salad.

They have a lot of calories, too.

You know, I'm on a diet, too!

Why?

I'm on a diet. I don't eat hamburgers and I don't drink Cola.

Oh!?

What does it mean "sea food diet"?

Well. We can have fruit salad and ice cream.

It means "see and eat"!

Hello! Let's go to McDonald's.

Why?

Well. We can have fruit salad and ice cream.

You know, I'm on a diet, too!

Yes, I'm on a "sea" food diet.

It means "see and eat"!



# How often do you go to Mc Donald's?

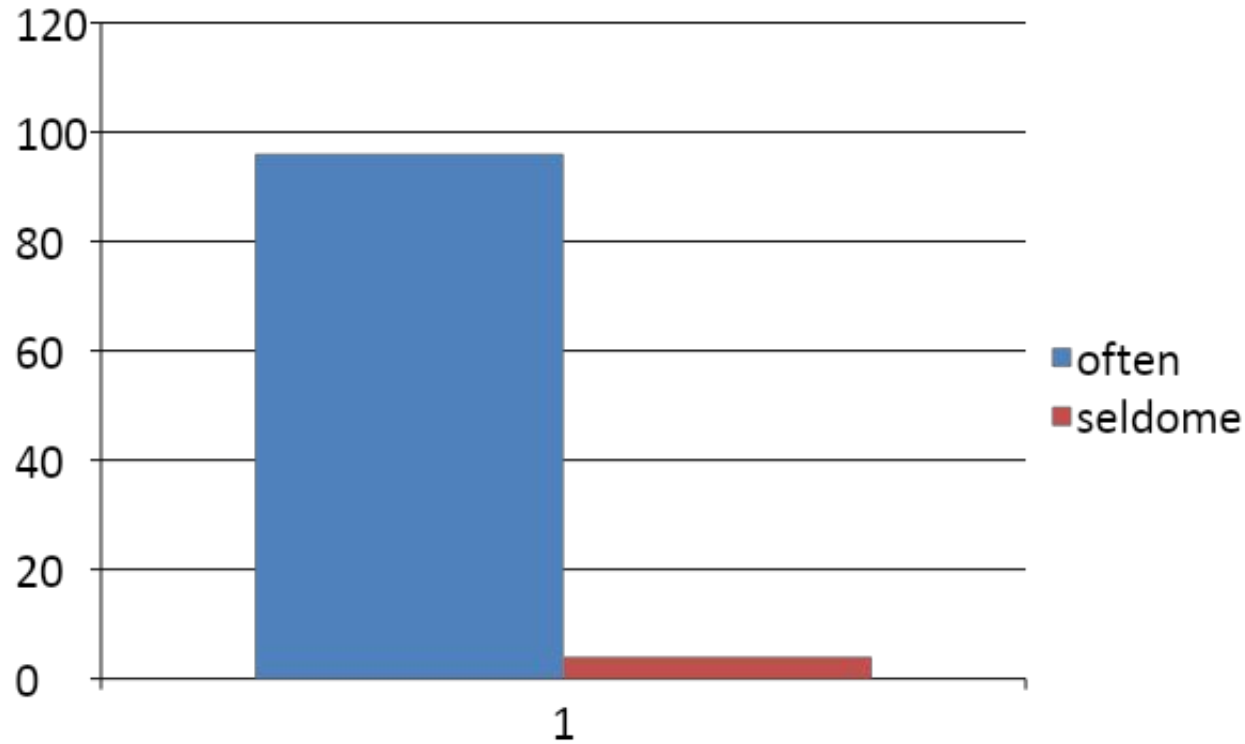


- 1 often
- 2 sometimes
- 3 never



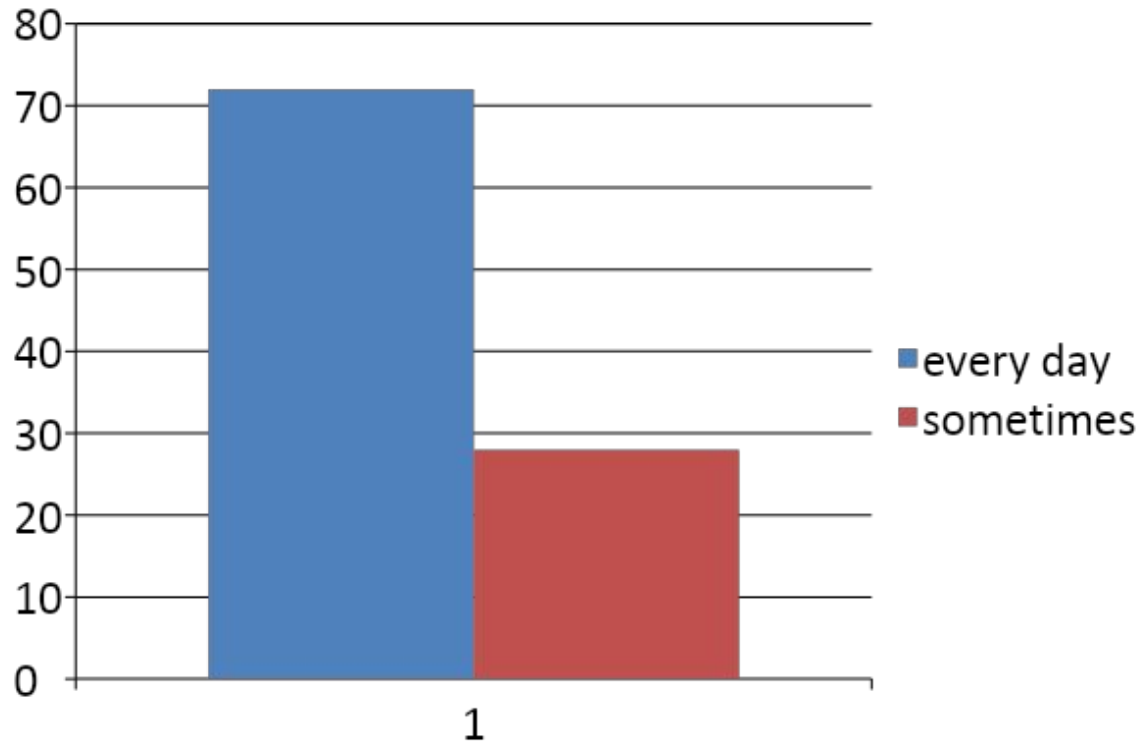
16% of pupils **often** go to Mc Donald's  
81% of pupils **sometimes** go  
3% of pupils **never** go

# How often do you eat fruit and vegetables?



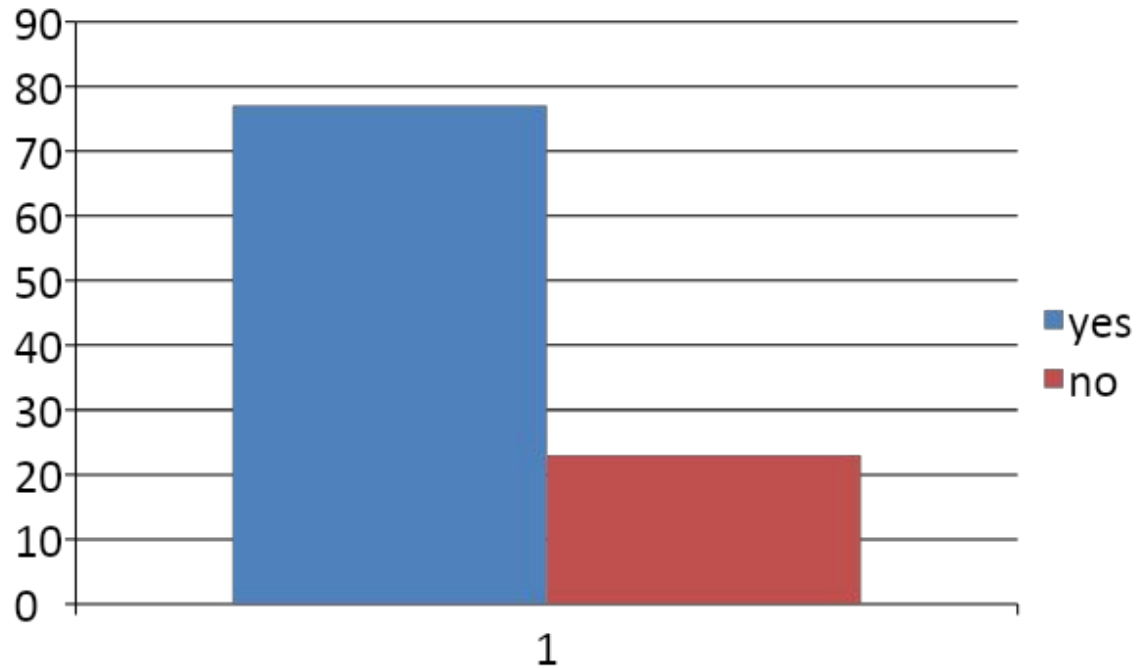
96% of pupils **often** eat  
4% of pupils **seldom** eat

# How often do you eat dairy products?



72% of pupils eat every day  
28% of pupils sometimes eat

# Do you drink Cola?



*77% of pupils drink Cola*

*23% of pupils don't drink Cola*

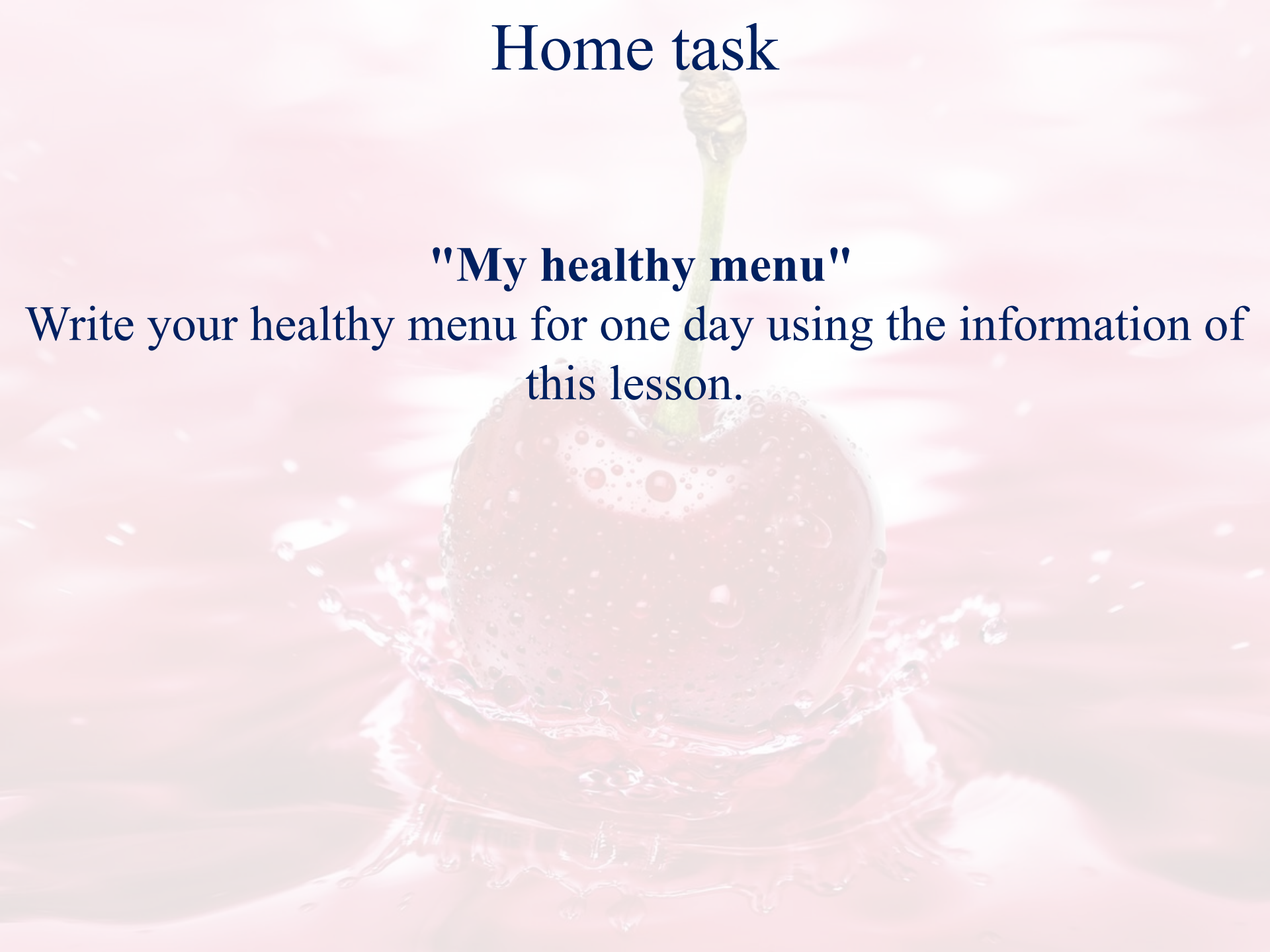




# Home task

## **"My healthy menu"**

Write your healthy menu for one day using the information of this lesson.



A close-up photograph of a single strawberry splashing into water. The strawberry is the central focus, covered in water droplets, with a green stem and a small leaf at the top. The water around it is in motion, creating a splash with many small droplets. The background is a soft, out-of-focus light pink. Overlaid on the image is the text "Thank you!" in a large, outlined, sans-serif font. The text is semi-transparent, allowing the strawberry and water to be seen through it. The "T" is particularly large and prominent.

Thank you!