

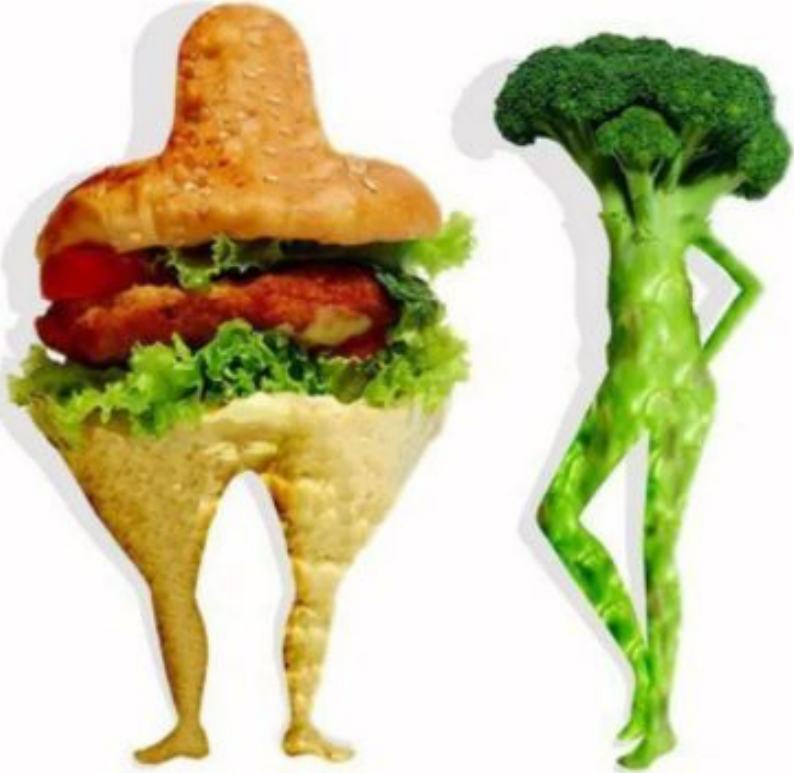
You are what you eat!

Whose is this phrase?

Hippocrates

What does this phrase mean?

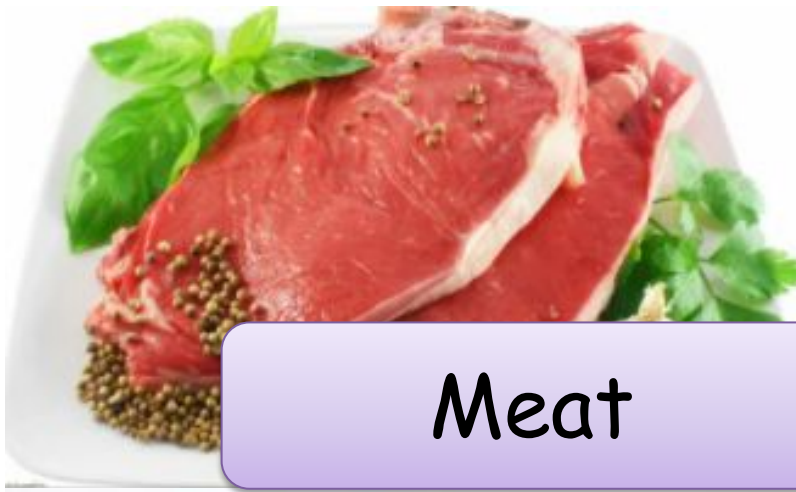
The food you eat affects you. If you eat poor quality food, you will have poor health.





Learn new
words!





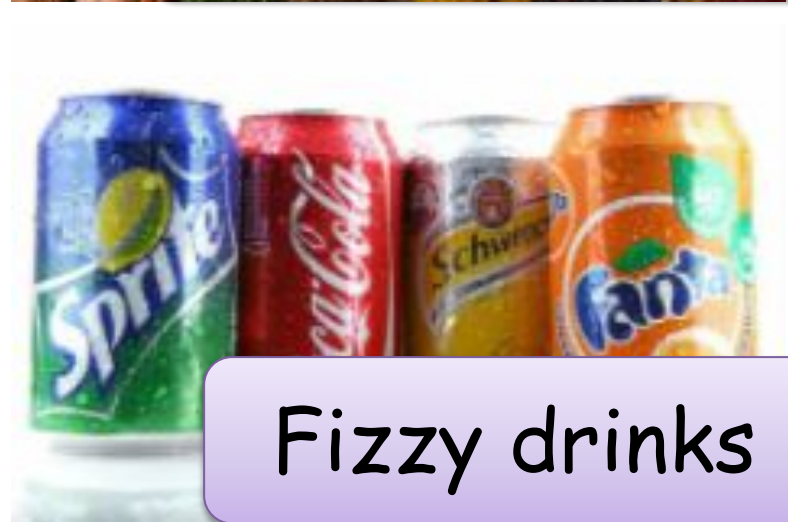
Meat



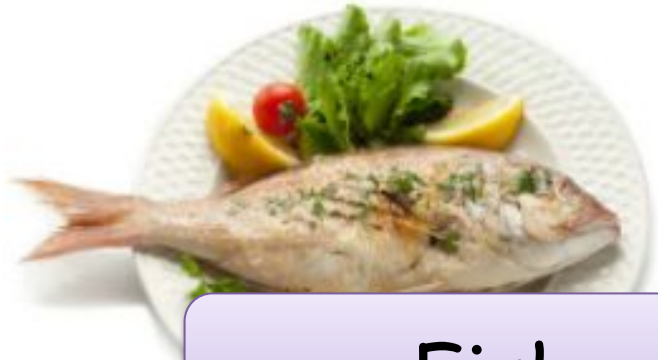
Herbs & species



Grains



Fizzy drinks



Fish



Poultry



Sweets



Beverages



Fruit



Oils



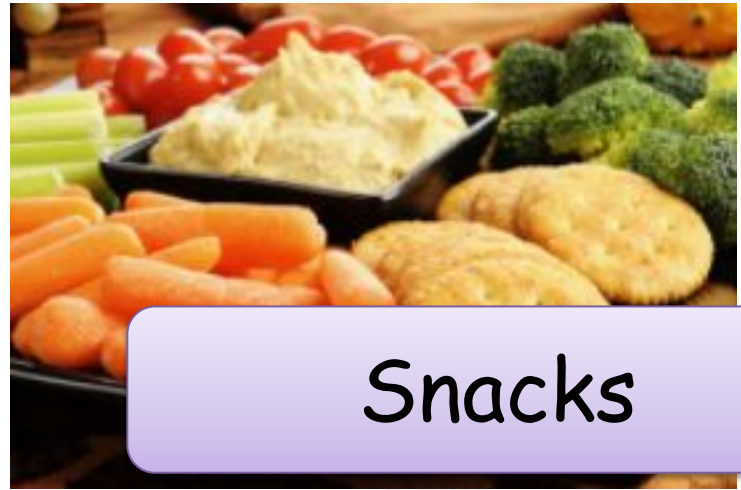
Dairy products



Cereal



Pasta



Snacks



Nuts



Seeds

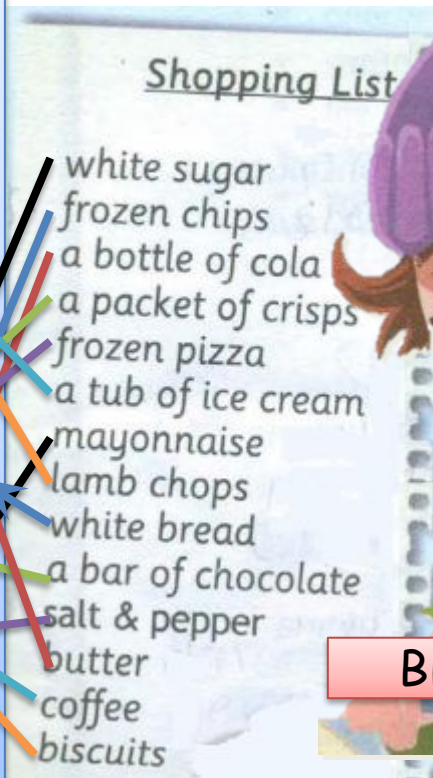
Categorise the foods/drinks in Andy and Bill's shopping lists under the headings. Add one more to each category.



Andy

Shopping List

low-fat yoghurt
olive oil
eggs
tuna
honey
wholemeal bread
cereal
chicken legs
bananas
lettuce
tomatoes
frozen peas
low-fat milk
brown rice
peanuts



Bill

Shopping List

white sugar
frozen chips
a bottle of cola
a packet of crisps
frozen pizza
a tub of ice cream
mayonnaise
lamb chops
white bread
a bar of chocolate
salt & pepper
butter
coffee
biscuits

Which of these foods are high in fat, sugar or salt.



Shopping List

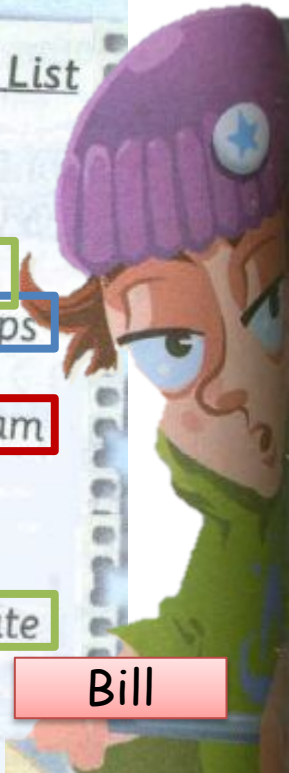
- low-fat yoghurt
- olive oil
- eggs
- tuna
- honey
- wholemeal bread
- cereal
- chicken legs
- bananas
- lettuce
- tomatoes
- frozen peas
- low-fat milk
- brown rice
- peanuts

Andy

High in fat

High in sugar

High in salt




Shopping List

- white sugar
- frozen chips
- a bottle of cola
- a packet of crisps
- frozen pizza
- a tub of ice cream
- mayonnaise
- lamb chops
- white bread
- a bar of chocolate
- salt & pepper
- butter
- coffee
- biscuits

Bill

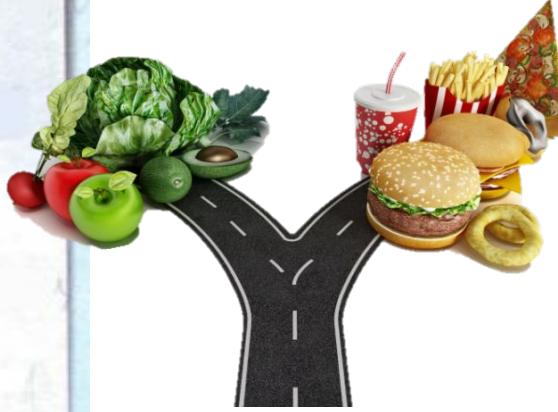
Look at the people's shopping lists. Which person has got a healthy diet?



Shopping List

fat yoghurt
olive oil
eggs
chicken legs
bananas
lettuce
tomatoes
frozen peas
low-fat milk
brown rice
peanuts

Andy



Shopping List

a packet of frozen pizza
a tub of ice cream
mayonnaise
lamb chops
white bread
a bar of chocolate
salt & pepper
butter
coffee
biscuits

Bill

Fill in:

box

can

carton

bottle

cup

tin

packet

jar

1. A of cereal



5. A of sardines



2. A of water



6. A of crisps



3. A of honey



7. A of cola



4. A of tea



8. A of milk



Which of the phrases do you think best describes you?

or a health food nut

junk food

/ˈdʒʌŋk ˌfuːd/

food that is unhealthy
but is quick and easy
to eat



junkie

/ˈdʒʌŋ.ki/

someone who wants
to have or do something
all the time

health food

/ˈhelθ ˌfuːd/

food that is believed to be good
for you because it does not contain
artificial chemicals or much sugar
or fat





Школьная столовая

Зависеть от
Питца семейного
размера
Голодный

Десерт

Низкокалорийный

Навынос

Learn new words!



- 1 You're always **starving** when you get home from school! What snack do you choose?
- A A bowl of cereal or a banana.
 - B It **depends**. One day a few biscuits, the next day a piece of toast!
 - C A bar of chocolate or a packet of crisps.
- 2 You're having lunch in the school canteen today. What do you choose?
- A **Grilled** fish with rice and vegetables.
 - B A tuna and mayonnaise sandwich and a small ice cream.
 - C A hamburger, some chips and a can of fizzy drink.

- 3 There isn't any food in the house, so you decide to order a **takeaway**. What do you order?
- A A **grilled** chicken burger and a salad.
 - B An Indian curry with rice.
 - C A **family-sized** pizza and a bottle of cola.
- 4 Your parents send you to the supermarket to buy a **dessert**. What's in your basket?
- A Some yoghurt and a jar of honey.
 - B A carton of **low-fat** ice cream.
 - C Double chocolate cake and cream.

Побаловать себя

Повредить

Перейти порог

Иначе

YOUR SCORE

Mostly A's: What a nut! You always make excellent food choices. Don't be afraid to **treat yourself** once in a while!

Mostly B's: You're neither a junkie nor a nut! You know that a little junk food **doesn't hurt**, but you don't **go over the top**!

Mostly C's: You're a total junk food junkie! Choose the healthy option from time to time **otherwise** your health will suffer!

- 1 You're always **starving** when you get home from school! What snack do you choose?
- A A bowl of cereal or a banana.
 - B **I depends.** One day a few biscuits, the next day a piece of toast!
 - C A bar of chocolate or a packet of crisps.
- 2 You're having lunch in the school canteen today. What do you choose?
- A **Grilled** fish with rice and vegetables.
 - B A tuna and mayonnaise sandwich and a small ice cream.
 - C A hamburger, some chips and a can of fizzy drink.

- 3 There isn't any food in the house, so you decide to order a **takeaway**. What do you order?
- A A **grilled** chicken burger and a salad.
 - B An Indian curry with rice.
 - C A **family-sized** pizza and a bottle of cola.
- 4 Your parents send you to the supermarket to buy a **dessert**. What's in your basket?
- A Some yoghurt and a jar of honey.
 - B A carton of **low-fat** ice cream.
 - C Double chocolate cake and cream.

Explain the words in bold. Go to the next slide.

YOUR SCORE

- Mostly A's:** What a nut! You always make excellent food choices. Don't be afraid to **treat yourself** once in a while!
- Mostly B's:** You're neither a junkie nor a nut! You know that a little junk food **doesn't hurt**, but you don't **go over the top!**
- Mostly C's:** You're a total junk food junkie! Choose the healthy option from time to time **otherwise** your health will suffer!

starving

depends

grilled

takeaway

family-sized

dessert

low-fat

treat yourself

doesn't hurt

go over the top

otherwise

cooked on a grill/fire with strong heat

containing very little fat

does no harm/damage

sth is determined by sth else

give yourself sth which is unusually nice

do sth to excess

a portion that is theoretically big enough to feed a family

a meal that is taken away from where it has been cooked

very hungry

a sweet dish usually eaten at the end of a meal

introduces a result of not taking a particular action

