

**ПРЕЗЕНТАЦИЯ НА ТЕМУ:**

**«Food and health»**



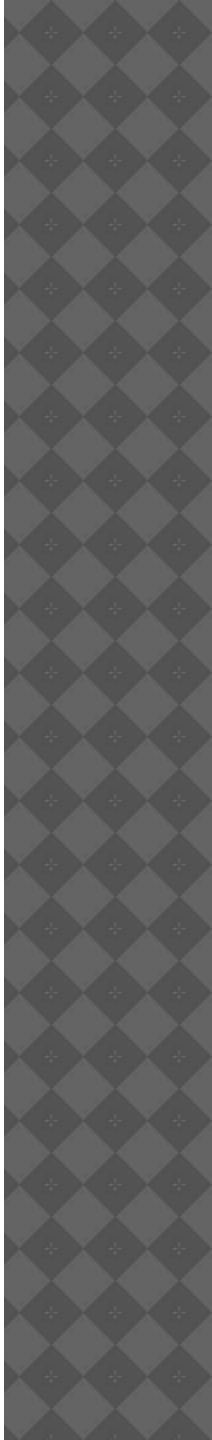
*Health  
better than  
wealth*



# NEW WORDS



*Health*



# FOOD

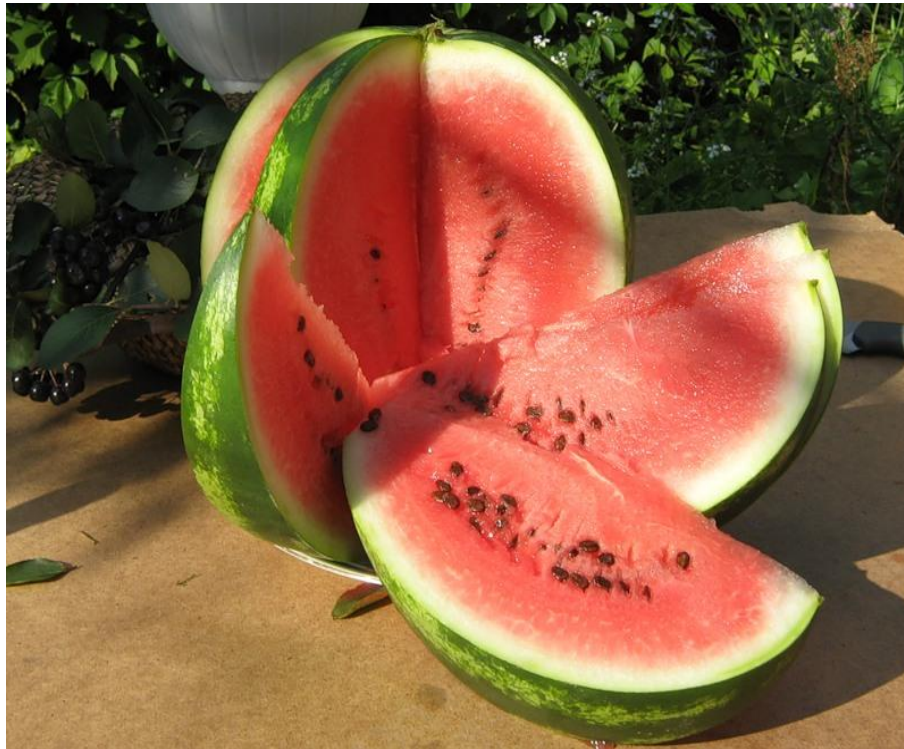


# CHEESE





# WATER-MELON



# butter



# salt





# WATER



plum

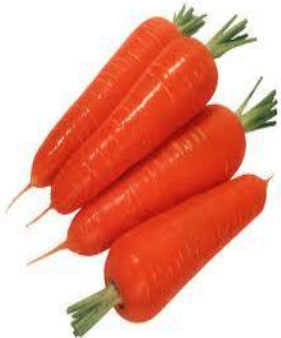


# GRAPE



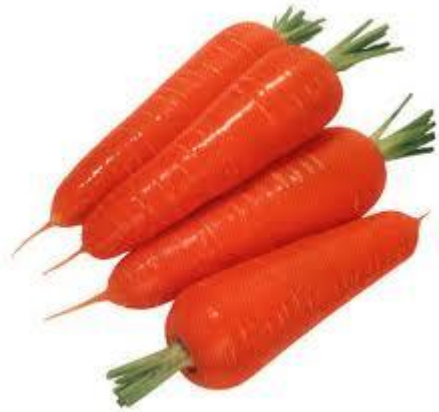


# Do you know what is good for you and what is not?



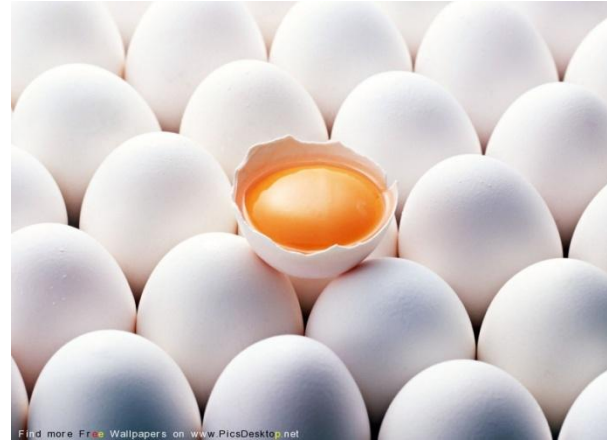
*Vitamin*

**A**



# Vitamin

# B





# *Vitamin*

# C



**Nina:** It's time to have dinner, **Olga**.

**Olga:** I don't eat dinner at school. I don't like the food.

**Nina:** What food do you like?

**Olga :** I like cheeseburgers, potato chips, Coca Cola and sweets.

**Nina:** But it is not right food.

**Olga :** And what is the right food?

**Nina:** Different food. Meat, fish, and milk help you to grow. You must eat fruit and vegetables. They have got a lot of vitamins.

**Olga** : OK. What do they have for dinner today?

**Nina**: Vegetable salad, soup, meat and potatoes and ice-cream.

**Olga** : Oh, that's great. I would like to have a lot of ice-cream. Let's go.

# FOOD WE EAT

- Porridge
- Cheese
- Vegetables
- Fruit
- Meat
- Eggs
- Fish

- ⦿ Cola
- ⦿ Chips
- ⦿ Sugar
- ⦿ Sweets
- ⦿ Hamburger

Healthy food

Unhealthy food

# SPORTS IN OUR LIFE

Sport helps people to stay in good health. You can do physical exercises or play games at sport clubs, you can swim in swimming pools, play games on playgrounds or jog in the park.

I think that every season is good for sports. In summer, late spring and early autumn you can play outdoor games. You can ski in winter. You can play indoor games all year round.

Sport makes people healthy and strong, brave and cheerful. Sports helps people make good friends.

## New words:

Late - поздний

Early - ранний

Outdoor - на свежем воздухе

Indoor - в помещении

Make - делать

Make friends - заводить друзей

Brave - смелый

Cheerful - бодрый