

# Healthy food and lifestyle

# How to express your opinion

## Agree and disagree correctly

I am sorry **Прошу прощения**

I got you **Я вас понял**

I didn't get it **Я вас не понял**

In my opinion **По моему мнению**

I suppose **Я предполагаю**

I think that **Я думаю, что**

It seems to me **Мне кажется**

I believe that **Я верю, что**

**Agree**

That's exactly what I think/what I wanted to say

**Это именно то, что я думала/хотела сказать**

I couldn't agree more. **Полностью согласна**

I agree entirely. -

I totally agree with you. -

So do I. **Я тоже**

**Disagree:**

That may be true, but ...

**Возможно так и есть, но**

**I'm not sure I agree with you...**

**НЕ уверена, что могу**

**согласиться с вами**

Perhaps, but I don't think that...

**Возможно, но я так не думаю**

I can't agree with you **Не могу с вами согласиться**

I can't be serious **Ты наверное шутишь**

# If you don't know

- How is it in English “...”
- What is the English for ...
- What does the “...” mean
- Help me please.
- Can you speak more slowly?
- Repeat that, please.
- Could you repeat that?
- I don't understand, say with other words
- Could you explain it once again please?

# Vocabulary for food

● Meat

● Fish

● Vegetables

● Fruit

● Мясо

● Рыба

● Овощи

● Фрукты



# Food vocabulary

- Veal
- Cod
- Limes
- Beans
- Trout
- Tuna
- Leeks
- Plums
- hake
- Телятина
- Треска
- Лаймы
- Бобы
- Форель
- Тунец
- Лук порей
- Сливы
- Хек( рыба)

- Prawns, shrimps

- Turkey

- Beef

- Pork

- Mussels

- Melon

- Water- melon

- Mushrooms

- Sardines

- Garlic

- Lobster

- Onions

- cougettes

- Креветки

- Индейка

- Говядина

- Свинина

- Мидии

- Дыня

- Арбуз

- Грибы

- Сардины

- Чеснок

- Лобстер

- Лук

- кабачок



- Peppers
- Bacon
- Salmon
- Spinach
- Cauliflower
- Lettuce
- Cabbage
- Oranges
- radish
- Potatoes
- Aubergines
- Strawberries
- Cucumber

- Перец
- Бекон
- Лосось
- Шпинат
- Цветная капуста
- Салат латук
- Капуста
- Апельсины
- Редис
- Картофель
- Баклажан
- Клубника
- огурец

# Ways of cooking

- Slice
- Boil
- Grill
- Bake
- Roast
- Fry
- Deep-fry
- Cut
- chop
- Нарезать тонкими ломтиками
- Варить
- Жарить на гриле
- Запекать
- Жарить на огне
- Жарить (на сковородке)
- Жарить( в масле)
- Резать, рубить
- Резать ломтками



# Healthy food vocabulary

- Nutrition – питательные в-ва, питание
- Micro organisms
- Proteins
- Fats жиры
- Carbohydrate углеводы
- Count calories – считать калории
- Trans fats- транс жиры
- Cause- стать причиной
- Disease- болезнь
- Depend on- зависеть от
- Go in for sports заниматься спортом
- Sugar free без сахара
- Low calories низкокалорийный
- Keep fit- держать себя в форме
- Yoga
- Ferments
- prebiotics and probiotics
- Mediterranean diet средиземноморская диета
- Centenarians – 100 летние
- Lifespan – жизненный период
- Healthcare- здравоохранение
- Drugs- лекарства
- Body weight- вес
- Healthy acid- полезные кислоты
- Physical activity
- life expectancy- продолжительность жизни
- Alcohol consumption – потребление алкоголя
- healthy habits- здоровые привычки

# Vocabulary

- Undernutrition –недостаток питания
- Obesity- ожирение
- Junk food-вредная еда
- Consumption- потребление
- Breast feeding-грудное вскармливание
- Whole greens- органическая зелень
- Dry fruit-сухофрукты
- Seep- цедить
- Jar-банка
- Milk/diary products- молочные продукты
- Kefir
- Sour cream – сметана
- youghurt
- Nutrients-питательные вещества
- Vitamins
- Seeds-зерна
- Antioxidants
- Smoothy смузи
- can't tolerant –не терпеть
- Oatmeal-овсяная каша
- Herbs-травы
- sugar-sweetened beverages – сладкие напитки
- fatty acids-жирные кислоты
- Fermented- ферментированный



# Discussion questions

- Which shops do you go in?
- What's usually in your consumer's basket?
- Do you exercise?
- How many times a week?
- Have you ever followed any diet ? What was the reason?



# Questions for discussion:

- What is healthy for you?
- What is healthy food ?
- What is healthy lifestyle?
- What do you think about diets?
- Which diet is healthy and helps you to loose weigh?
- Do you have any examples of What do we have to eat and do to be healthy and to live till 100?

# Healthy food

- <https://www.youtube.com/watch?v=ONkKy68HEIM&feature=youtu.be>
- <https://www.goodnet.org/articles/top-10-healthiest-foods-on-earth-how-to-eat-them>



*vegan*

THIS DIET EXCLUDES ANY FOODS THAT COME FROM ANIMALS, INCLUDING DAIRY PRODUCTS.

**MEDITERRANEAN DIET**

IT EMPHASISES ON EATING PLANT-BASED FOODS LIKE FRUITS, VEGETABLES, WHOLE GRAINS, LEGUMES AND NUTS.

# POPULAR DIETS, EXPLAINED

*gluten free*

THIS EXCLUDES GLUTINOUS GRAINS, LIKE WHEAT (AND ITS PRODUCTS), RYE AND BARLEY.



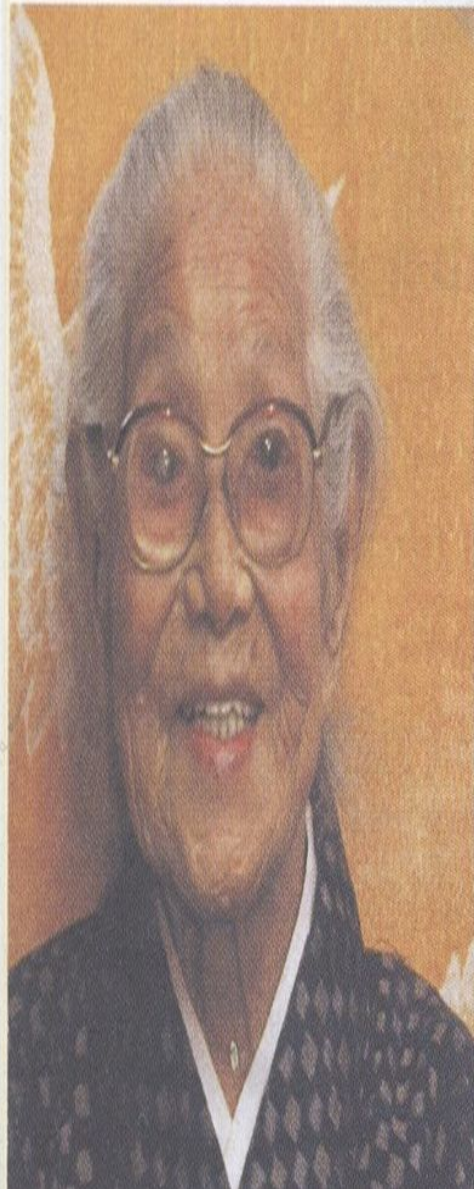
*raw*

IT REQUIRES YOU TO EAT ONLY UNCOOKED FOOD THAT IS HEATED TO NOT MORE THAN 140°F OR 40°-46°C.



YOU EAT NORMALLY FOR FIVE DAYS A WEEK, WITHOUT ANY RESTRICTIONS, AND FAST FOR TWO DAYS.





## How not to die before you get old

*Chiako* is active and healthy. She gets up at 7.00 a.m. every day and goes for a brisk walk. Three times a week she plays gate-ball - a popular national sport - with her friends. There is nothing unusual about this, except that Chiako is 102 years old. She is not alone - there are hundreds of centenarians who lead healthy lives like this in Okinawa.

- 5 Okinawa is a group of Japanese islands between Japan and Taiwan. Near a beach, there is a large stone with the following proverb engraved on it: 'At 70 you are still a child; at 80 you are just a youth; and at 90, if the ancestors invite you into heaven, ask them to wait until you are 100, and then you might consider it.'



wait until you are 100, and then you might consider it.

10 Okinawans manage to stay slim in old age by eating a low-calorie diet which consists of three quarters plant food and one quarter animal food. They eat seven servings of fruit and vegetables every day and they stop eating when they are 80% full. They also keep physically active the natural way by dancing, doing martial arts, walking and gardening. In other words, they do the things they enjoy.

15 Okinawans have developed a stress-resistant personality. Nobody is in a hurry, timetables are non-existent, and there is always tomorrow. Hundreds of people, both young and old, go to the beach every day to watch the spectacular sunsets. In Okinawa there is always time to watch the sun set.

20 As well as large extended families, Okinawans have strong networks of friends. When someone is ill and doesn't come to work, a neighbour will always knock on their door to find out how they are.

There's no magic pill. If you keep fit, if you have good friends, a healthy diet and a stress-free lifestyle, you will live longer. It's as simple as that!



- Harvard health publishing. Harvard medical school

- Healthy lifestyle: 5 keys to a longer life

- What is a healthy lifestyle, exactly?

- These five areas were chosen because prior studies have shown them to have a large impact on risk of premature death. Here is how these healthy habits were defined and measured:

- **1. Healthy diet**, which was calculated and rated based on the reported intake of healthy foods like vegetables, fruits, nuts, whole grains, healthy fats, and omega-3 fatty acids, and unhealthy foods like red and processed meats, sugar-sweetened beverages, trans fat, and sodium.

- **2. Healthy physical activity level**, which was measured as at least 30 minutes per day of moderate to vigorous activity daily.

- **3. Healthy body weight**, defined as a normal body mass index (BMI), which is between 18.5 and 24.9.

- **4. Smoking**, well, there is no healthy amount of smoking. “Healthy” here meant never having smoked.

- **5. Moderate alcohol intake**, which was measured as between 5 and 15 grams per day for women, and 5 to 30 grams per day for men. Generally, one drink contains about 14 grams of pure alcohol. That’s 12 ounces of regular beer, 5 ounces of wine, or 1.5 ounces of distilled spirits.

- Researchers also looked at data on age, ethnicity, and medication use, as well as comparison data from the National Health and Nutrition Examination Surveys and the Centers for Disease Control and Prevention’s Wide-Ranging Online Data for Epidemiologic Research.



- Does a healthy lifestyle make a difference?

- As it turns out, healthy habits make a big difference. According to this analysis, people who met criteria for all five habits enjoyed significantly, impressively longer lives than those who had none: 14 years for women and 12 years for men (if they had these habits at age 50). People who had none of these habits were far more likely to die prematurely from cancer or cardiovascular disease.
- Study investigators also calculated life expectancy by how many of these five healthy habits people had. Just one healthy habit (and it didn't matter which one) ... *just one*... extended life expectancy by two years in men and women. Not surprisingly, the more healthy habits people had, the longer their lifespan. This is one of those situations where I wish I could reprint their graphs for you, because they're so cool. (But if you're very curious, the article is available online, and the graphs [are on page 7](#). Check out Graph B, "Estimated life expectancy at age 50 according to the number of low-risk factors.")