

Wednesday, the sixteenth of February

[https://uchebnik.mos.ru/material_view/atomic_objects/8555496?menuReferre
r=/catalogue](https://uchebnik.mos.ru/material_view/atomic_objects/8555496?menuReferre%20r=/catalogue)



RAINBOW OF FOOD



Learn by heart!

raspberry

raisin

strawberry

grape

FRUIT



blueberry

melon

orange

fig

cherry



corn

pumpkin

lettuce

celery



VEGETABLES

broccoli

cabbage

pea

carrot

aubergine



How do you eat the following foods in your country?

How do you prefer them?



bread

potatoes

rice

cake

chicken

vegetables

meat

fish

steamed

toasted

boiled

grilled

fried

roasted

baked

raw



We usually eat fish grilled and fried. I prefer it grilled.

Choose the correct word.

1. I want a bottle of **fizzy/still** water, not sparkling.
2. She loves **bitter/oily** chocolate.
3. Cinnamon and ginger are **additives/spices**.
4. Let's eat! I'm **starving/greedy**.
5. Fizzy drinks contain **artificial/fake additives**.
6. We had lamb chops for our **main/basic** course.

fizzy



still



artificial



cinnamon



ginger



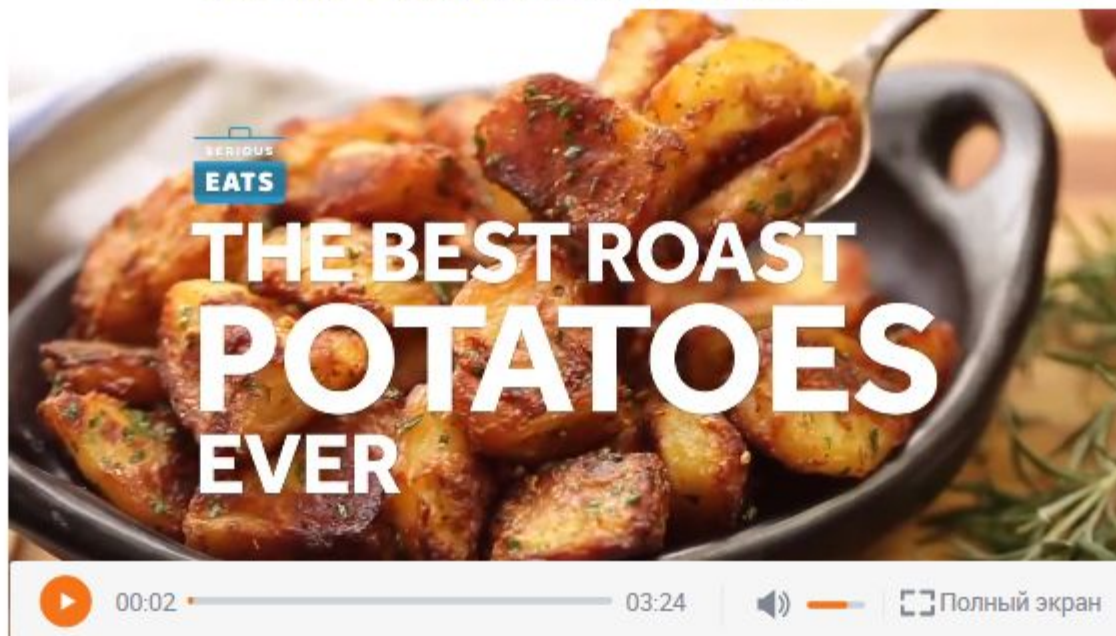
course



https://uchebnik.mos.ru/material_view/atomic_objects/8555648?menuReferer=/catalogue

Watch the video and answer the questions.

1. What methods of cooking potatoes are mentioned in the video? (e.g. boiling etc.)
2. What ingredients are listed in the recipe?
3. What colours may potato crunches have?
4. What is the best temperature to cook the roasted potatoes?
5. Would you like to try this dish? Why/Why not?
6. Is this dish popular in Moscow?



https://uchebnik.mos.ru/material_view/atomic_objects/8558134?menuReferrer=/catalogue

Listen to and read the text. Answer the question.
How is colour related to food?

RAINBOW OF FOOD



Listen to and read the text. Answer the question. How is colour related to food?

- A** Red foods get you moving. They give you that extra **boost** when you really need it the most. What's more, eating foods in this group will protect you from many serious illnesses and can keep older people active for longer. So, have you got a big game tonight? Is it your turn to do the gardening? Then go ahead and treat yourself to one or even two of your favourite red foods.
- B** Orange foods are **brain** food. They help you keep your mind on things and really improve your powers of **concentration**. On the physical side, foods like mangoes, oranges and peaches have lots of vitamin C. This is important because that's the vitamin that helps your body fight off **infections**. As everyone knows, carrots are also fantastic for your **eyesight**. After all, you've never seen a rabbit wearing glasses, have you?
- C** Yellow foods are nature's way of helping us to stay happy. They make you more **optimistic**. Imagine that you're feeling a bit down in the dumps. Eat a banana and you'll feel a bit better. Eat a couple of slices of pineapple and you'll feel a smile coming on and by the time you finish your tall glass of lemonade, you'll be grinning from ear to ear! What could be easier? Enjoying yellow foods is better for you, emotionally, than hearing the best jokes in the world.
- D** Broccoli, lettuce and cucumbers are all green foods. These foods are great when you want to relax, **calm** yourself down or keep your **emotions** under control. Green foods are good for you because they contain vitamins and minerals that keep your teeth and bones strong and healthy, so next time your mum tells you to eat all your peas don't **complain**, just do it. Remember, mums always know what's best for you, no matter how old you are!
- E** You've had a hard day and now you just want to flop in front of the TV for a bit before you go to bed. When your **tummy** starts **rumbling** you go in search of a quick snack – but what should you eat? The best thing at this time of the day is something blue. Blue foods are **soothing**, both emotionally and **physically**, and prepare you for a good night's rest. Say goodnight with a delicious bowl of blueberries or a **handful** of tasty raisins.
- F** Shakespeare, Da Vinci and Picasso must have all been fans of purple foods. This is because fruits and vegetables like figs, prunes and beetroot make people more **creative**. If that isn't a good enough reason to eat them, then think about this ... purple foods can keep you looking young! Imagine being eighty years old, but looking as if you're forty and just about to finish writing your second best-selling novel. Bring on the purple foods!



1. Read and translate the text about food (p.102, ex.4) - aurally

2.

Read the text. Which colour food should you eat if ...

1. you have a difficult exam to study for?
2. you are feeling very nervous about meeting someone?
3. you are worried about getting lines and wrinkles?
4. you've been feeling a bit sad lately?
5. you are taking part in a championship swimming match?

- in a written form
photo

3. Read for the teacher any part of the text you like.

audio