

HOW TO BE HEALTHY

Выполнила:
педагог доп.образования
МБУ ДО ДЮОЦ «Интеллект»
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What do we eat every day?



What do we eat?

- Oranges
 - Eggs
 - Apples
 - Tomatoes
 - Chicken
 - Yogurt
 - Hot dog
 - Carrots
 - Nuts
- fish
- chocolate
- pears
- bread
- popcorn
- meat...
- cheese
- popcorn
- cabbage
- cake
- hamburgers
- cola ...

FOOD

healthy/ unhealthy

- ▣ 1) ...
- ▣ 2) ...

- ▣ 1)...
- ▣ 2) ...

- ▣ My favourite food is...
- ▣ I think that ... is healthy but my friend thinks that it`s unhealthy.
- ▣ We both think that ... is healthy.

What does this food do for our health?

- **BREAD EGGS MEAT NUTS SWEETS FRUIT**
CRISPS VEGETABLES

- Keep you Healthy: 1, 2
- Give you energy : cereals, 3, pasta, 4.
- Help you to grow and make you strong :
cheese, 5 ... 6, fish
- Empty food: 7, cola, 8.



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**THANK YOU FOR
YOUR ATTENTION**