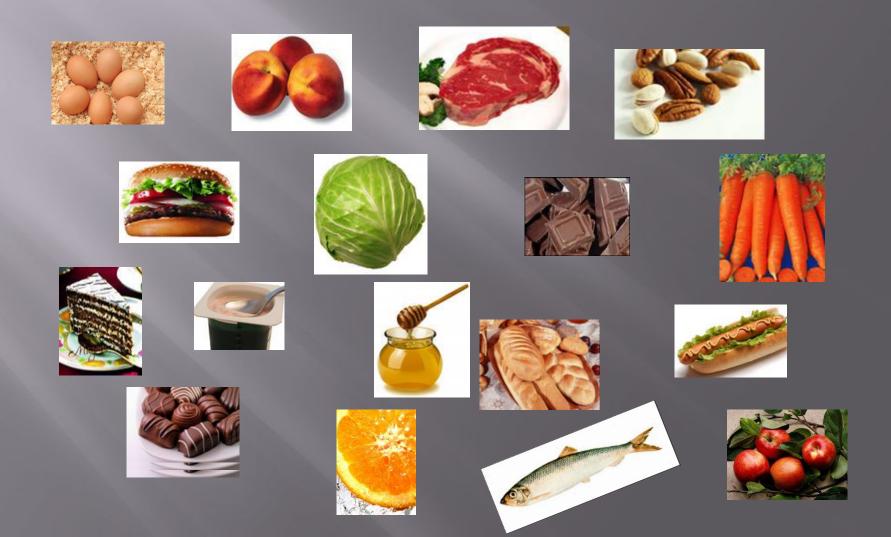
# HOW TO BE HIEALTHY

Выполнила: педагог доп.образования МБУ ДО ДЮЦ «Интеллект Богданова Е.В



#### What do we eat every day?



#### What do we eat?

- Oranges
- Eggs
- Apples
- Tomatoes
- Chicken
- Yogurt
- Hot dog
- Carrots
- Nuts

fish

pears

popcorn

cheese

popcorn

cabbage

cake

hamburgers

cola ...

chocolate

bread

meat...

### FOOD healthy/ unhealthy

- ) ...
- ) ...

- )...
- ) ...

- 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. .....







## THANK YOU FOR YOUR ATTENTION