Don’t live to eat, but eat to live

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“One man’s meal is another man’s poison”

Healthy living guide.

Eating high fibre food

Eating wholemeal bread

dieting

Eating low fat food.

Health

exercising

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«How healthy are you?»

CHECK YOUR DIET

Yesterday ...

- 1.Did you have more than two pieces of toast for breakfast?

  YES - 0 NO - 1
- 2. Did you have sugar in your tea or coffee?

  YES - 0 NO - 1
- 3. Did you drink half a litre of milk?

  YES - 1 NO - 0
- 4. Did you eat any fruit? YES - 1 NO - 0
- 5. Did you eat any sweets or chocolates?

  YES - 0 NO - 1
- 6. Did you eat any biscuits or cake?

  YES - 0 NO - 1
- 7. Did you drink any alcohol? YES - 0 NO - 1

«How healthy are you?»

CHECK YOUR CONDITION

Yesterday ...

- 8. Did you go for a run?

  YES - 1 NO - 0

- 9. Did you do any exercises?

  YES - 1 NO - 0

- 10. Did you walk or by bus?

  YES - 1 NO - 0

- 11. Did you smoke at all? YES - 1 NO - 0

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«How healthy are you?»

CHECK YOUR DAILY ROUTINE

Yesterday ...

- 12. Did you get up before 8 o'clock?

  YES - 1 NO - 0

  13. Did you go to bed before 11 o'clock?

  YES - 1 NO - 0

- 14. Did you watch TV for more than 2 hours?

  YES - 0 NO - 1

- 15. Did you sleep with your windows open?

  YES - 1 NO - 0

TOTAL

- 15-12 Congratulations! You are very healthy but don't forget to relax!
- 12-8 Not too bad! Keep trying!
- 8-0 Oh, dear! Oh, dear!

It’s no secret that people around the world eat different kinds of food, because they have different food habits and customs. Now complete the sentence, please.

I EAT

- when I am hungry
- sweets when I am nervous
- because my mother insists on it
- slowly because I don’t like to be in a hurry

I EAT

- meat with vegetables
- without appetite when I am ill
- standing near a stove when nobody sees me

Listen and sing the song

I only wanna be with you

I don't know why it is
I really love you so.
I only know
I never wanna see you go!
'Cos you *started* **something.**
Oh can't **you** see?
Oh when I wanted **you**
You turned and looked at **me.**
It's crazy **but** it's true,
I **only** wanna **be with you. (2 times)**

You stopped and smiled at **me**
And asked me 'Do **you** wanna dance?'
I walked **into your lovin'** arms
And soon you were my true romance!
Now listen to **me**
I just wanna **be** near **you all the** time.
We must be together, **honey**
You are mine.

'Cos you *started* **something.**
Oh can't **you** see?
Oh when I wanted **you**
You turned and looked at **me.**
It's crazy **but** it's true,
I **only** wanna **be with you.**

Put the words in the logical order:

- *Wealth, is, good, above, health.*
- *Healthy, fit, food, to, eat, food, keep.*
- *Be, take, a, shower, cool, to, healthy.*
- *Your, eat, wash, hands, before, you.*
- *Sweets, are, too, bad, many, teeth, for, your.*

Put the words in the logical order:

- *Good health is above wealth.*
- *Eat healthy food to keep fit.*
- *Take a cool shower to be healthy.*
- *Wash your hands before you eat.*
- *Too many sweets are bad for your teeth.*

LISTENING

"Personal Health Guide"

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Children in many British schools are given a special booklet called "Personal Health Guide". This booklet describes ways to be as healthy as possible.

In order to stay healthy it is important to have a balanced diet — in other words, food that contains some-thing from each of the three main groups of food. These groups are protein, fat, and carbohydrates. You find protein in lots of food, for example meat, fish, nuts, cheese and milk. It helps your body grow and be healthy and it gives you energy.

Fat gives you energy but don't eat a lot — it's bad for you. There are a lot of fatty foods that come from ani-mals, for example milk, cheese, butter and meat.

Children in many British schools are given a special booklet called "Personal Health Guide". This booklet describes ways to be as healthy as possible.

Carbohydrates give you more than 70% of your energy. Bread, pasta, cereals, fruits, and vegetables such as pota-toes and cabbage all contain lots of carbohydrates.

Fruits, vegetables, beans and nuts, brown bread all have fibre. It doesn't give you energy but it fills your stomach when you are hungry.

There are many different vitamins and minerals. They help your body be healthy.

You can get all your vitamins and minerals from fresh fruit and vegetables.

Using the article and the lecture complete the chart.

	FROM	FOR
CARBOHYDRATES		
PROTEIN		
FAT		
FIBRE		
VITAMIN A		
VITAMIN B		
VITAMIN C		
VITAMIN D		
MINERAL CALCIUM (Ca)		
MINERAL IRON (Fe)		

KUSTODIEV

“A merchant woman, having tea”

- ***How do you find the young woman?***
- ***What can you say about her eating habits?***

Is there an advertisement on television at the moment you particularly like?

- Are advertisements on TV for food good or bad? Give your reasons.
- Advertisements provide us with the information about new products,
- we desire to buy and taste them,
- to compete with each other companies have to create better food products and customers may choose the best.
- Food advertisements never tell us about drawbacks,
- they make us buy much more food than we need,
- sometimes advertisements irritate us because they don't let us have our own opinion.