



My food preferences
Healthy food

The motto of our lesson:

- Do you live to eat or eat to live?
- Eating is always a decision, nobody forces your hand to pick up food and put it into your mouth.
- Eat breakfast like a king, lunch like a prince, and dinner like a pauper.
- Tell me what you eat and I will tell you what you are.



Name the words from these categories:

Vegetables

Fruit

Seafood



Dairy products

Sweet things

Meat

Herbs and flavouring

Write adjectives which:

describe
taste

ways of cooking and
serving food



LEAN BOILED TENDER EXOTIC PROCESSED
NUTRITIOUS RICH FRIED DISGUSTING PICKLED HIGH
IN PROTEIN MASHED SOFT RUNNY DELICIOUS
ROAST SPICY RAW BAKED STRONG FLAVOUR
GRILLED STONG SMELL



Complete the sentences. The first letter is given for you.

- Something that is not cooked is **r**__.
- Mary likes **s**_____ food and adds curry powder to all her meals.
- The cake you've baked for us is excellent. In fact, it's the most **d**_____ cheesecake I've eaten for years!
- The meat was very easy to cut and chew-it was very **t**_____.
- This soup tastes terrible – it's **d**_____.
- I would try **r**_____ pigeon with **m**_____ potatoes and **p**_____ cabbage.
- Kangaroo meat has got a strong **f**_____.
- Ciabatta with spinach and eggs on top – they are soft and **r**_____.

My food preferences

- My favourite food is.....
- My typical breakfast/ dinner
- Yesterday for dinner I had..
- I'd like to try.....
- I have a weakness for...
- I hate.....
- I'd never try.....
- I'm indifferent to



Exotic food in different countries



Bouillabaisse



Gumbo



Tabbouleh



Maggot cheese



Haggis



Kangaroo meat

Healthy eating

- Eat less sugar and more fruit and vegetables
- Don't eat much salt
- Try to eat more fibre it is low fat
- Eat less high fat food, junk and fast food
- Grilled food is much healthier than fried
- Eat regularly and drink 5 glasses of water every day



ENJOY YOUR MEALS!