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



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/ dinne
- 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 foot, junk and fast food
- Grilled food is much healthier than fried
- Eat regularly and drink 5 glasses of water every day

ENJOY YOUR MEALS!