

# FOOD



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***We eat to live,  
but not live to  
eat***

# What is food?

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Food is any substance consumed to provide nutritional support for the body. It is usually of plant or animal origin, and contains essential nutrients, such as carbohydrates, fats, proteins, vitamins, or minerals.



# Food sources: plants

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- Seeds of plants are a good source of food for animals, including humans.
- Fruits are the ripened ovaries of plants, including the seeds within.
- Vegetables are a second type of plant matter that is commonly eaten as food.



# Food sources: animals

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**Animals are used as food either directly or indirectly by the products they produce.**

**Meat is an example of a direct product taken from an animal, which comes from muscle systems or from organs.**



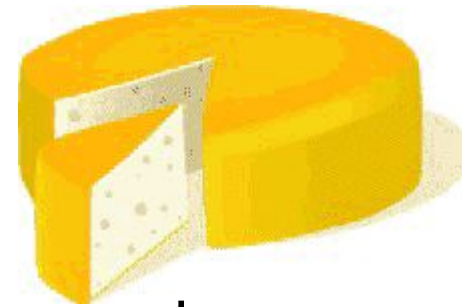
# People have meals three or four times a day:

- Breakfast - we have it in the morning before school
- Lunch - we have it during the long break at school
- Dinner - we have it in the afternoon after the lessons at home
- Supper - we have it in the evening at home

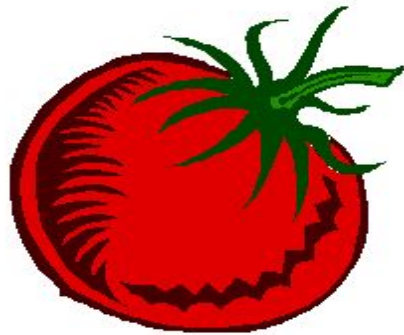
For breakfast we can  
have:



sandwich



cheese



tomato



eggs

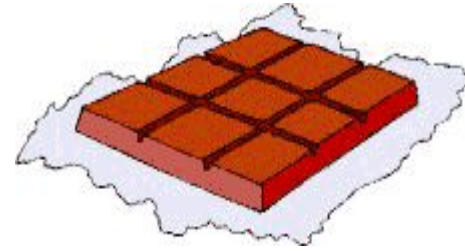
For lunch we can have:



orange



apple



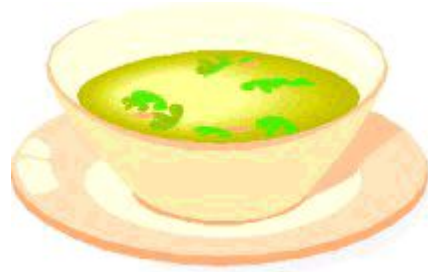
chocolate



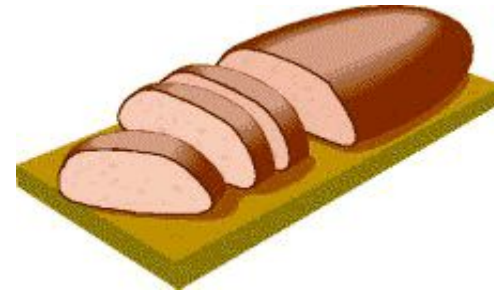
ice-cream



For dinner we can have:



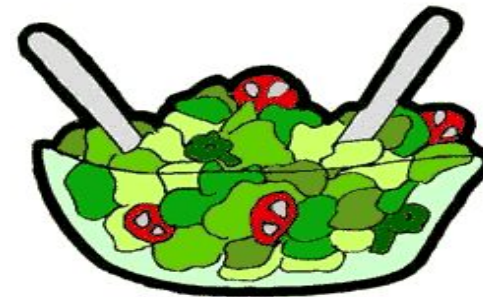
soup



bread



meat

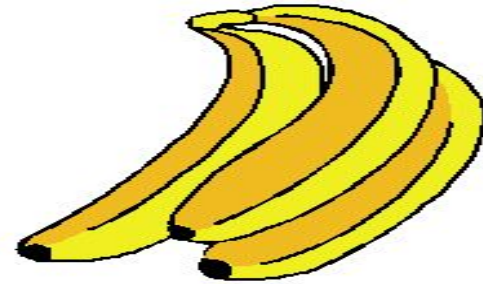


salad

For supper we can have:



mushrooms



bananas



potatoes



cake

*Food can be  
healthy and  
unhealthy*

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# Healthy food



## Anhealthy food



Постарайся рассказать, что ты ешь на завтрак, на обед и на ужин. Начни свой рассказ словами:

"For breakfast I have..."

"For dinner I have..."

"For supper I have..."



JUICE

FISH

BREAD

BISCUITS

MEAT

COFFEE

A SANDWICH

ICE- CREAM

SWEETS

A CAKE

TEA

BUTTER

MILK

EGGS

WATER



Cross out the odd (лишнее) word:

cabbage – carrot – pineapple

juice – grape – water

vegetables – banana – coconut

pumpkin – milk – cucumber

sweet – bitter – salty – sour

pineapple ,grape , vegetables,milk,sweet



Найдите слова, обозначающие продукты питания. Слова можно читать в разных направлениях.

L	E	M	O	N	I	O	N
C	B	U	T	T	E	R	G
A	A	S	H	A	M	G	O
R	C	H	O	N	E	Y	S
R	O	R	I	C	E	D	N
O	N	O	S	I	A	P	T
T	C	O	D	L	U	K	E
M	O	M	A	F	O	O	D
J	U	S	U	G	A	R	A

<i>L</i>	<i>E</i>	<i>M</i>	<i>O</i>	<i>N</i>	<i>I</i>	<i>O</i>	<i>N</i>
<i>C</i>	<i>B</i>	<i>U</i>	<i>T</i>	<i>T</i>	<i>E</i>	<i>R</i>	<i>G</i>
<i>A</i>	<i>A</i>	<i>S</i>	<i>H</i>	<i>A</i>	<i>M</i>	<i>G</i>	<i>O</i>
<i>R</i>	<i>C</i>	<i>H</i>	<i>O</i>	<i>N</i>	<i>E</i>	<i>Y</i>	<i>S</i>
<i>R</i>	<i>O</i>	<i>R</i>	<i>I</i>	<i>C</i>	<i>E</i>	<i>D</i>	<i>N</i>
<i>O</i>	<i>N</i>	<i>O</i>	<i>S</i>	<i>I</i>	<i>A</i>	<i>P</i>	<i>T</i>
<i>T</i>	<i>C</i>	<i>O</i>	<i>D</i>	<i>L</i>	<i>U</i>	<i>K</i>	<i>E</i>
<i>M</i>	<i>O</i>	<i>M</i>	<i>A</i>	<i>F</i>	<i>O</i>	<i>O</i>	<i>D</i>
<i>J</i>	<i>U</i>	<i>S</i>	<i>U</i>	<i>G</i>	<i>A</i>	<i>R</i>	<i>A</i>