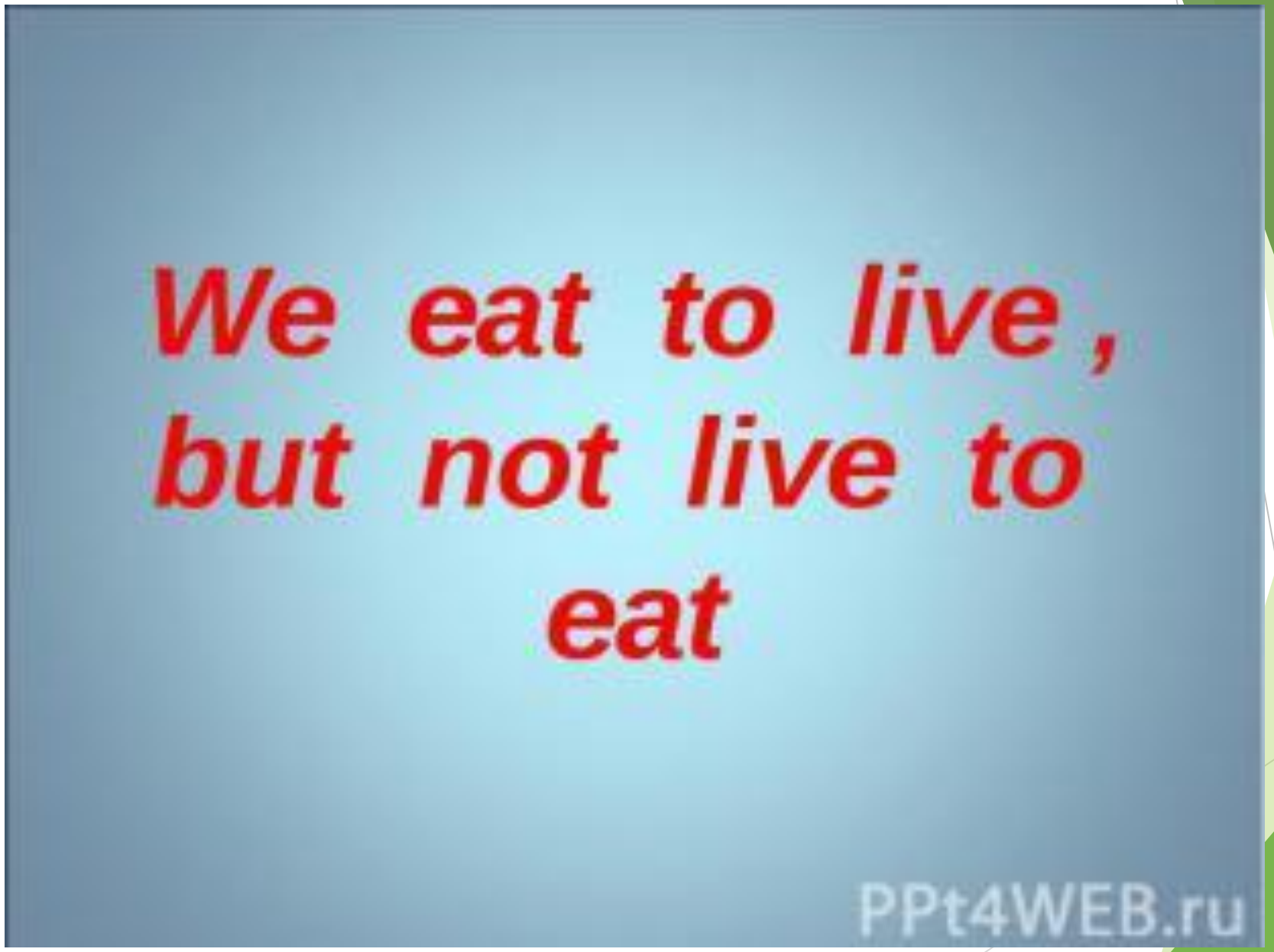
FOOD

Sofia Djomkina


We eat to live ,
but not live to
eat
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What is food?

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

- 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

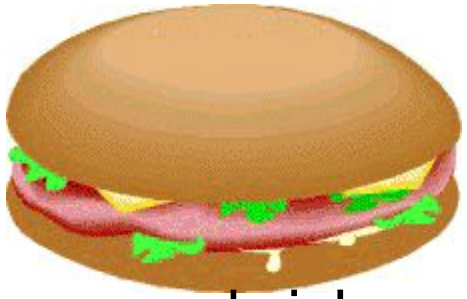
Animals are used as food either directly or indirectly by the products they produce.

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

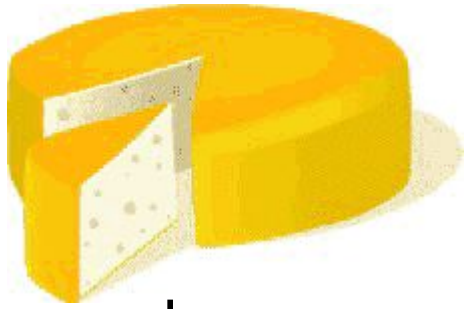
People have meals three or four times a day:

- 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

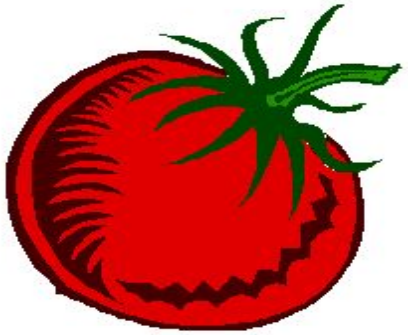
For breakfast we can have:



sandwich



cheese



tomato

eggs

For lunch we can have:

orange

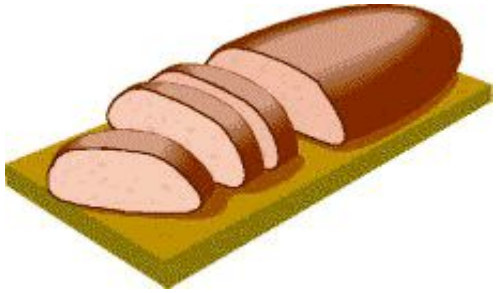
chocolate

apple

ice-cream

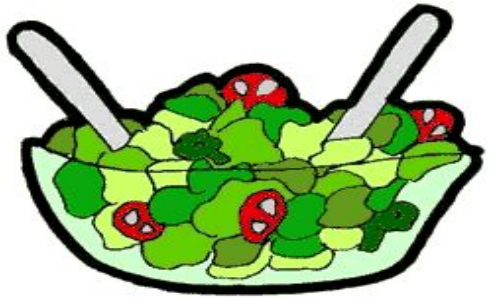
For dinner we can have:

soup



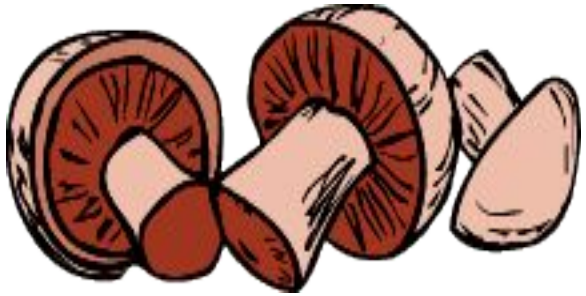
bread

meat

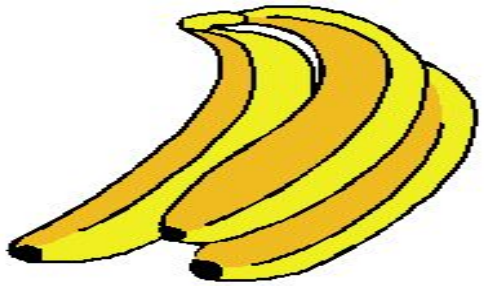


salad

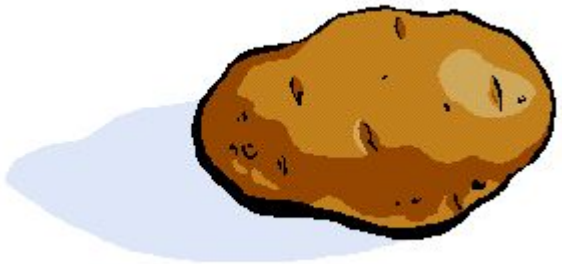
For supper we can have:



mushrooms



bananas



potatoes

cake

Food can be
healthy and
unhealthy
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Healthy food

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Anhealthy food
Lay's
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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

MyShared

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

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