




HEALTHY
EATING

A stack of five bell peppers in various colors: yellow, red, orange, yellow, and red.

Check these words

contain [kən'teɪn] содержать

vitamin ['vɪtəˌmɪn] ВИТАМИН

mineral ['mɪnərəl] минерал

creamy ['kri:mi] сливочный

salad ['sæləd] салат

dressing ['dresɪŋ] заправка, соус

vinegar ['vɪnɪgə] уксус

olive oil ['ɒlɪv oɪl] оливковое масло

fat-free [ˌfæt'fri:] обезжиренный

low-fat [ˌləʊ'fæt] низкий уровень жирности

Check these words

label ['leɪbl] **этикетка**

flavour ['fleɪvə] **вкус**

benefit ['benɪfɪt] **польза**

lower ['ləʊə] **сокращать**

cholesterol [kə 'lestə rɒl] **холестерин**

source [sɔ : s] **источник**

iron ['aɪən] **железо**

protein ['prəʊti : n] **белок**

Which of the foods/drinks on p. 34 contain the following?

- **Sugar – сахар**
- **Fat – жир**
- **Minerals – минералы**
- **Iron – железо**
- **Protein – белок**
- **Vitamins – ВИТАМИНЫ**
- **Salt – соль**