



HEALTHY
EATING

A central graphic where the word "HEALTHY" is formed by red cherry tomatoes and "EATING" is formed by various fruits like green grapes, red strawberries, blueberries, and kiwi slices, all set against a white background.

Check these words

contain [kən'teɪn] содержать

vitamin [ˈvɪtəmɪn] витамин

mineral [ˈmɪnərəl] минерал

creamy [ˈkri:mɪ] сливочный

salad [ˈsæləd] салат

dressing [ˈdresɪŋ] заправка, соус

vinegar [ˈvɪnɪgər] уксус

olive oil [ˈɒliv ɔɪl] оливковое масло

fat-free [fæt'fri:] обезжиренный

low-fat [ləʊ'fæt] низкий уровень жирности

Check these words

label ['leɪbl] этикетка

flavour ['fleɪvə] вкус

benefit ['benɪfɪt] польза

lower ['ləʊər] сокращать

cholesterol [kə'lestərɒl] 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