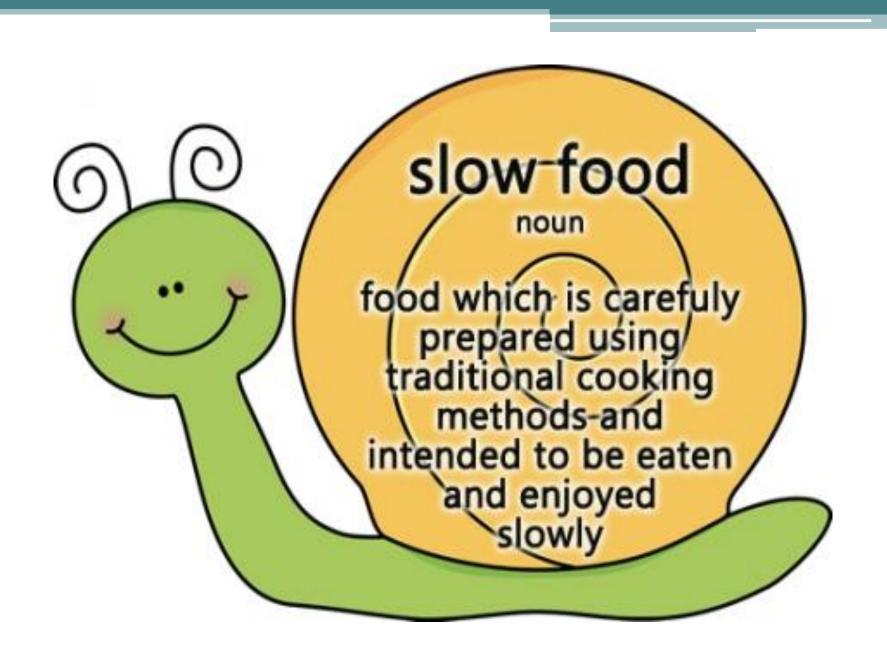
Приправа, специя, горький, варёный, печёный, жареный, жареный на гриле, приготовленный на пару, зажаренный, сырой, газированный, негазированный, сливочный, баклажан, сельдерей, злаки, салат – латук, дыня, печенье, арбуз, йогурт, стимул-энергия, жаловаться, широко улыбаться, сосредоточенность, творческий, эмоция, эмоционально, зрение, клетчатка, основное блюдо, минеральные вещества, оптимистичный, физический, белок, успокаивающий, витамин, морщина

When you're stressed, you eat Ice cream, chocolat and sweets. YOU KNOW WHY? Because "stressed" spelled backwards Is "Desserts"





Junk food /'d3xnk fuid/

food that is unhealthy but is quick and easy to eat

Compare <u>health food</u>



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unhealthy food you may think is HCallTHY

Pasta

Plain white flour with water and eggs is what you get from the supermarket. This means no vitamins, minerals, fiber or anything your body needs. So you're eating a bowl of shaped pasta as empty calories!

WHITE BREAD

To put it simply, this is pasta shaped as bread.

DieT SODAS

These can be even worse than the sugar-filled versions because of the artifical sweeteners they use, which can increase the risk of certain kinds of cancer

SOY

It has very high amounts of salt and other chemicals that are known to increase the risk of certain kinds of cancer

by PositiveMed

SOUP

This can be seen as artificial mixture filled with salt and preservatives which are major contributors to heart diseases

Ketchup

A spoonful of ketchup can be synonymous to a spoonful of sugar with a pinch of salt (with a pinch mean less salt than sugar, but still enough to be extremely harmful to your health)

Peanuts

The majority of peanuts sold as snacks these days come packed with huge amounts of salt, roasted and often coated in unhealthy fats or sugar.

FRUIT JUICE

Commercial fruit juice is pumped with extra sugar and the pulp, which provides the essential fiber has been removed.



Tropicana

Junk food Is Like Poison For Health



HIGH IN FAT

INCREASE OBESITY RISK

INCREASE DIABETES RISK

INCREASE STROKE RISK

INCREASE RISK OF INFECTIONS

POOR GROWTH AND BODY FUNCTION

INCREASE RISK OF CORONARY ARTERY DISEASE

British Meals

- https://ww
 w.youtube.com/watch?v=7DPFYEd-6IU
- 1. What kind of food do the British prefer?
- 2. Can we call it healthy food?
- 3. Is there anything common with our meals?
- 4. What is preferable food in your family?

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At Home

- To tell about British meals.
- Смотри фильм.
- Составить развёрнутую таблицу по образцу.
- Выучить новые слова! Стр. WL17, Spotlight 10