

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, chocolate
and sweets.
YOU KNOW WHY?
Because "stressed"
spelled backwards
is "Desserts"

6a

Reading Skills

RAINBOW OF FOOD



Vocabulary



slow-food

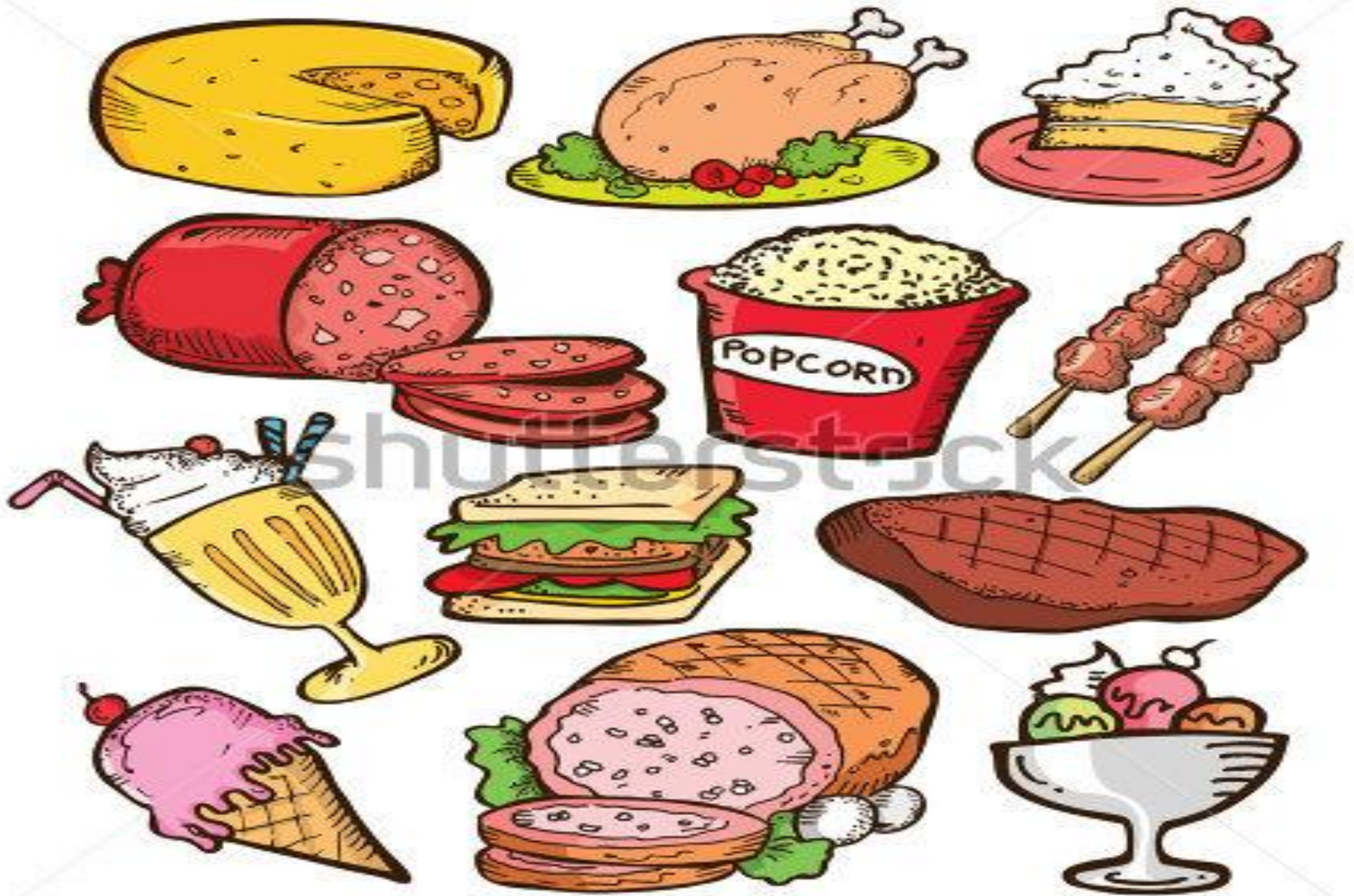
noun

food which is carefully prepared using traditional cooking methods-and intended to be eaten and enjoyed slowly

Junk food /'dʒʌŋk ,fu:d/

**food that is unhealthy but
is quick and easy to eat**

Compare health food





UNHEALTHY FOOD YOU MAY THINK IS HEALTHY

by  PositiveMed

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 artificial sweeteners they use, which can increase the risk of certain kinds of cancer.

SOY SAUCE

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

SOUP MIX

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 I mean less salt than sugar, but still enough to be extremely harmful to your health).

PEANUTS

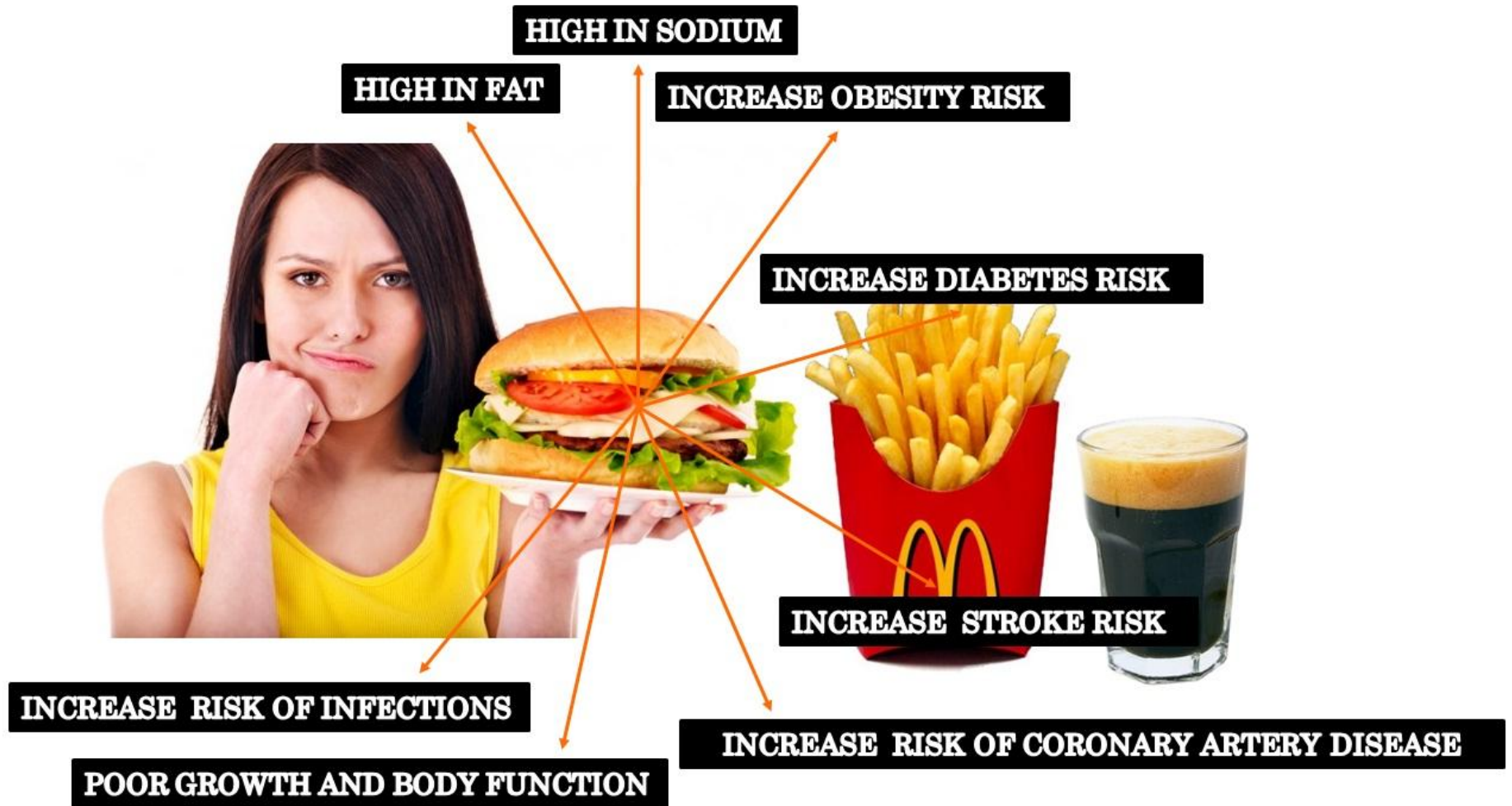
The majority of peanuts sold as snacks these days come packed with huge amounts of salt, roasted and often coated in unhealthy fats or sugar.

FRUIT JUICE

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

 PositiveMed

Junk food Is Like Poison For Health



British Meals

- <https://www.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?

YOUR FAVORITE FAST FOOD RESTAURANT

Easy & Faster Food Delivery





Cafeteria





Restauraunt

When do you eat out?

Why do you eat out?



At Home

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