

YOU ARE WHAT YOU EAT!



**Betty bought some
butter but the butter was
bitter. So Betty bought
some better butter to
make the bitter butter
better.**

Categorize the products:

- MEAT
- DAIRY PRODUCTS
- BREAD, CEREALS
- FRUIT AND
VEGETABLES
- SWEETS
- BEVERAGES
- OILS
- FIZZY DRINKS
- NUTS AND SEEDS
- FISH





Give the English equivalents:



A healthy mind in
a healthy body.

Wealth is nothing
without health.

An apple a day
keeps a doctor
away.

Кто яблоко в
день съедает, у
того доктор не
бывает.

Здоровье дороже
денег.

В здоровом теле
здоровый дух.

What food do you know?



bread



cheese



cake



juice



butter



fish



egg



soup



sweets



milk



honey



tea



coffee



cola



sandwich



chips



cereal



pasta

... ice - cream



... milk



... vegetables



.... juice



... potatoes



...sugar



... carrots



... bread



Healthy food

Unhealthy food



What is healthy for you?



Carrot is healthy for me.
Sweets are unhealthy for me.

vegetables



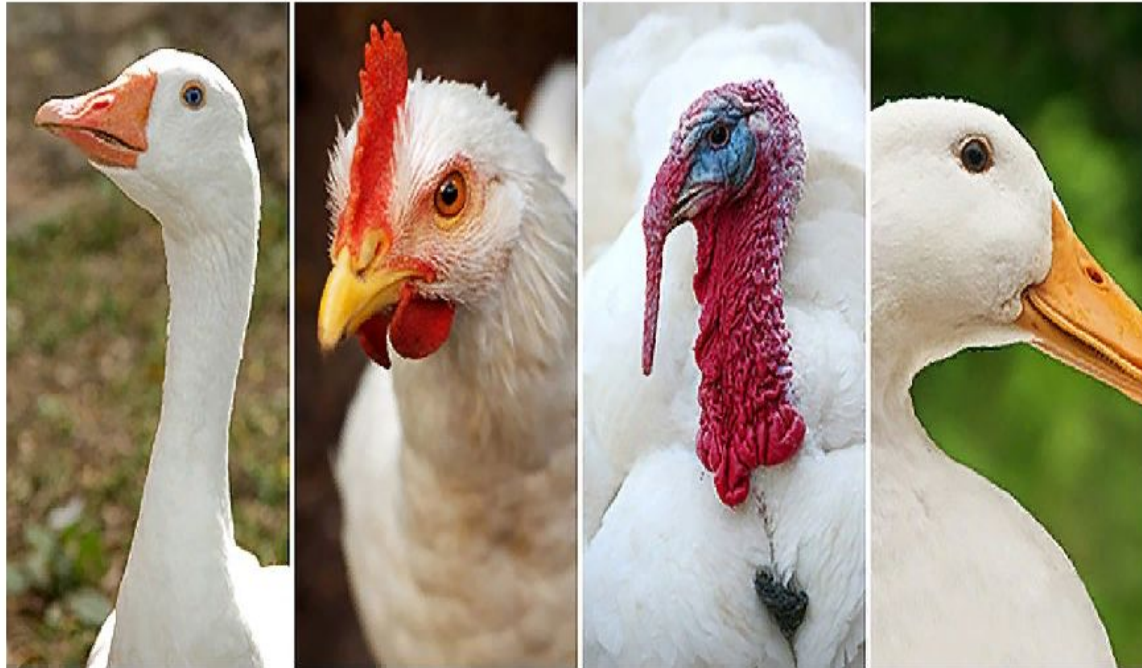
fruit



meat



poultry



fish



dairy products



nuts and seeds



oils



Cereal, grains and pasta



herbs and spices



snacks



beverages



fizzy drinks



sweets

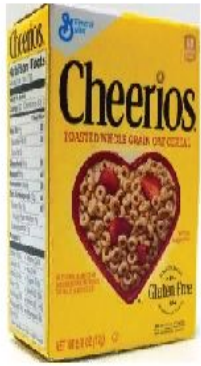


**A junk food junkie or a health
food nut?**



_____ is/are a _____ product.

box



packet



tin

wiseGEEK



can



bottle

cup



jar

packet



Containers

box, bottle, carton, can, cup, tin, packet, jar.

- a of cereal
- a of sardines
- a of water
- a of crisps
- a of honey
- a of cola
- a of tea
- a of milk



A (an)/ Some / Any

A(an)	+	В утвердительных предложениях в единственном числе мы употребляем a(an) : <i>there is a sofa in the living room</i>
Some	+	В утвердительных предложениях мы употребляем some : <i>I have got some money</i>
Any	?	В вопросительных предложениях мы употребляем any : <i>Have you got some money?</i>
Any	-	В отрицательных предложениях с not мы употребляем any : <i>I haven't got any money</i>

MANY

MUCH

A LOT OF

COUNTABLE NOUNS

UNCOUNTABLE NOUNS

**COUNTABLE AND
UNCOUNTABLE NOUNS**

*many trees,
many friends*

much tea, much time

*a lot of vases,
a lot of money*

Few and Little



A FEW

The speaker is happy because there is some.



A LITTLE



FEW

The speaker is not happy because there is not enough.



LITTLE



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MANY



MUCH

A lot of -

(в утвердительных предложениях)

No (= нет, никаких) -

В утвердительных, когда подразумевается отрицание

Some/any



I have got some biscuits.



I have not got any crisps.



Have you got any salad?