

# 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



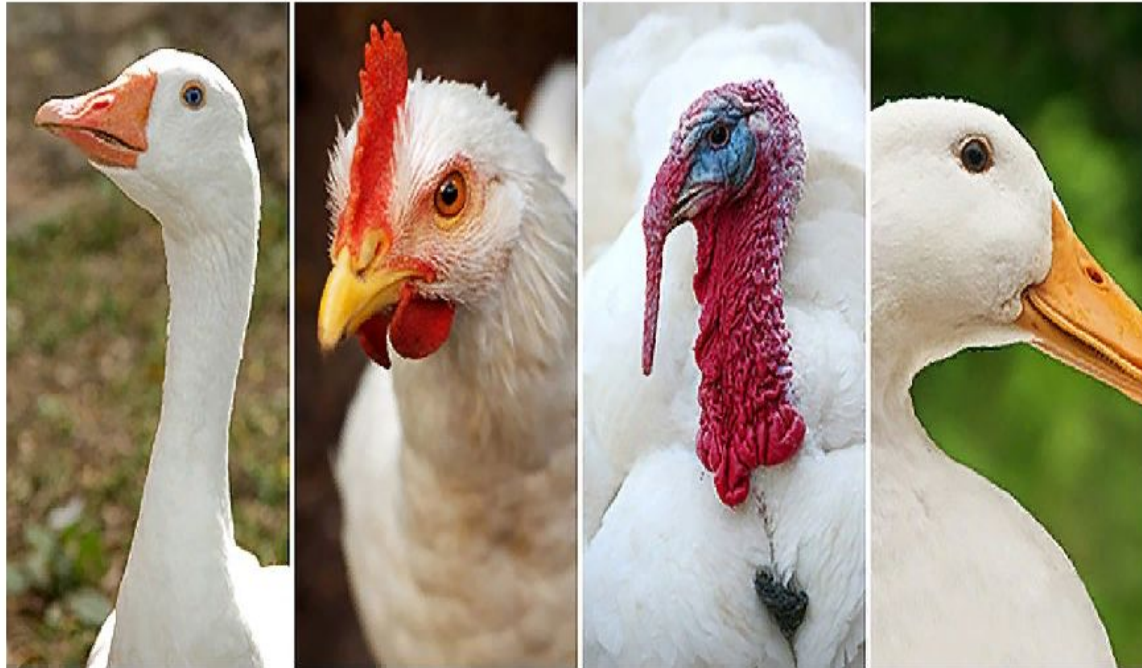
fruit



meat



# poultry



fish



# dairy products



# nuts and seeds





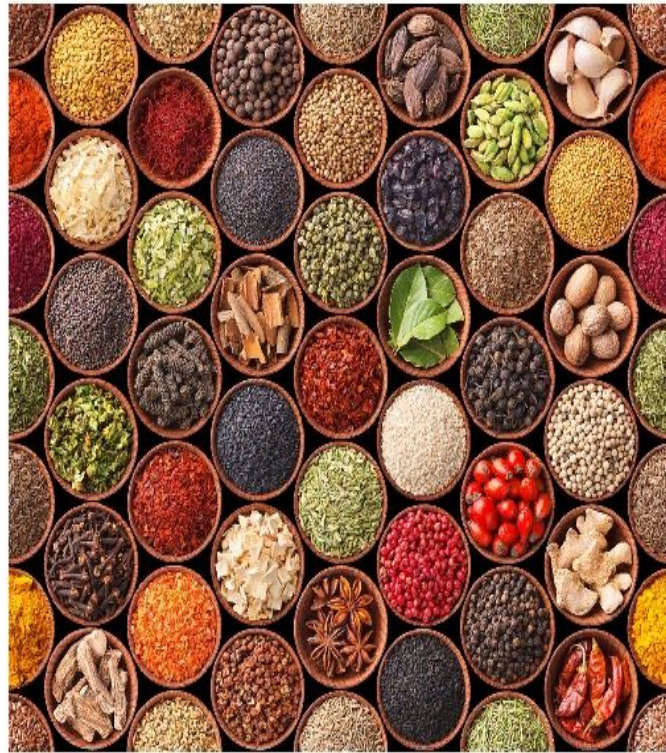
# oils



# Cereal, grains and pasta



# herbs and spices



# snacks



# beverages



# fizzy drinks



# sweets



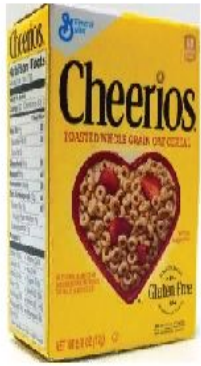
**A junk food junkie or a health  
food nut?**





\_\_\_\_\_ 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 <b>a(an)</b> : <i>there is a sofa in the living room</i>
Some	+	В утвердительных предложениях мы употребляем <b>some</b> : <i>I have got some money</i>
Any	?	В вопросительных предложениях мы употребляем <b>any</b> : <i>Have you got some money?</i>
Any	-	В отрицательных предложениях с <b>not</b> мы употребляем <b>any</b> : <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

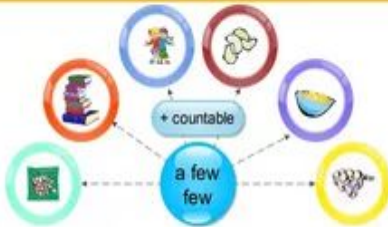


A FEW

The speaker is happy because there is some.



A LITTLE



FEW

The speaker is not happy because there is not enough.



LITTLE



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?