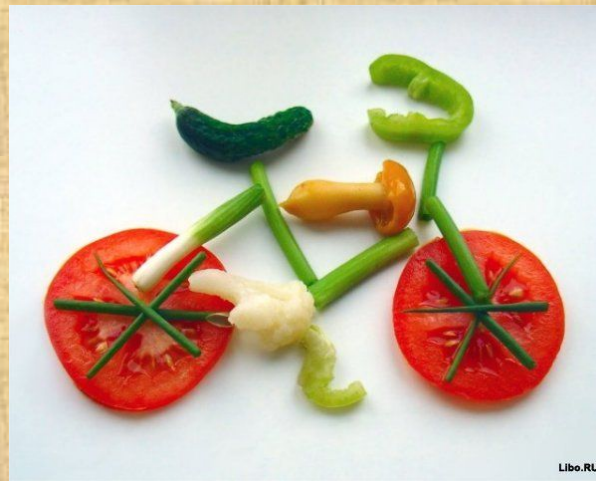


EAT WELL, FEEL GREAT, LOOK GREAT



SAYINGS AND PROVERBS ABOUT HEALTHY FOOD

An apple a day keeps a doctor away

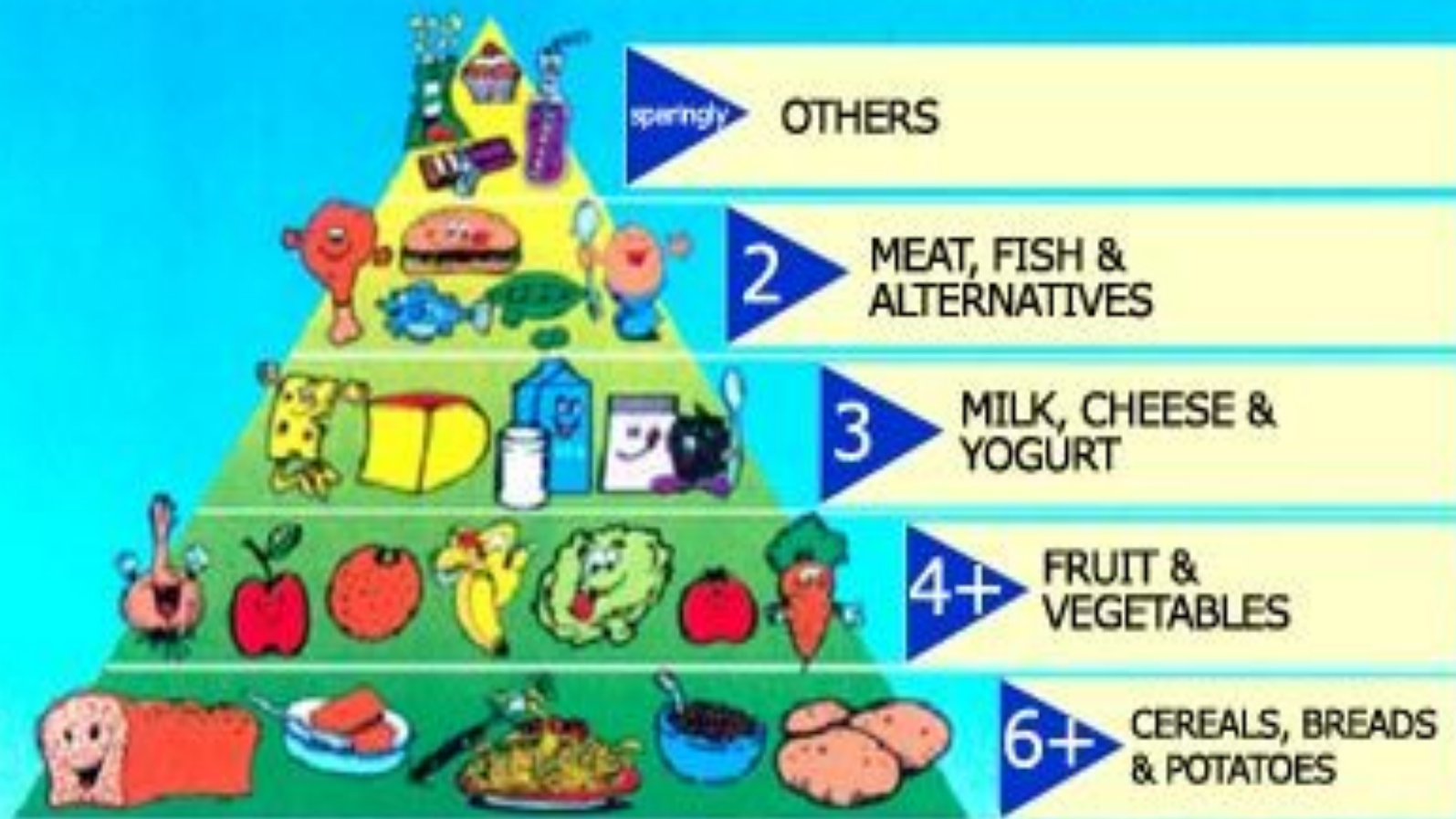
You are what you eat

Eat to live, not live to eat

Your food is your medicine



THE FOOD PYRAMID



NEW WORDS

- is based on – основываться на ч.-л.
- fibre – пищевые волокна, клетчатка
- grains – зерновые
- iron - железо
- at least – по крайней мере
- plenty of – очень много
- potassium – калий
- calcium – кальций
- to consume – потреблять
- to include – включать, содержать
- magnesium – магний
- protein – белок, протеин
- heart disease – болезни сердца

In what food we can find:

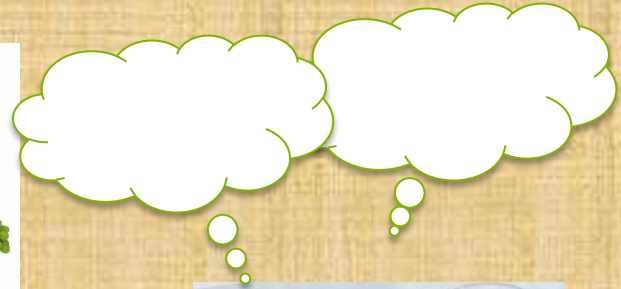
FIBRE **IRON** **VITAMIN** **POTASSIUM** **CALCIUM** **PROTEIN** **FATS** **MAGNESIUM**



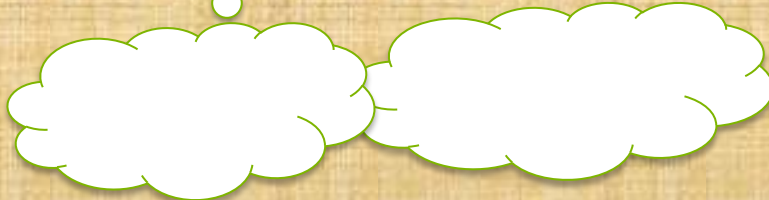
Bread and grains



Fruit and vegetables



Dairy products



Meat, fish and beans



Fat and oils



Answer the questions.

1. Why do you need to have bread and grains every day?
2. What can you get potassium from?
3. What can help you prevent heart disease?
4. What do you get from meat, fish and beans?
5. What products do you need to consume to protect your bones? Why?

