

Diet



To be or not to be?

Good products



fruit

s



**vegetabl
es**



bean

s



butte

r



chees

e

Good products



mea

t



poultr

y



fis

h

Good products

mil

k



nut

s

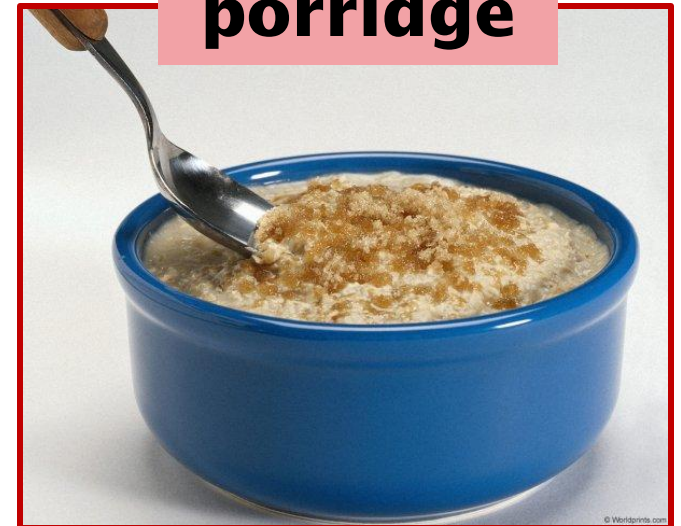


cereal

s



porridge



brown bread



Good drinks

green tea



**mineral
water**

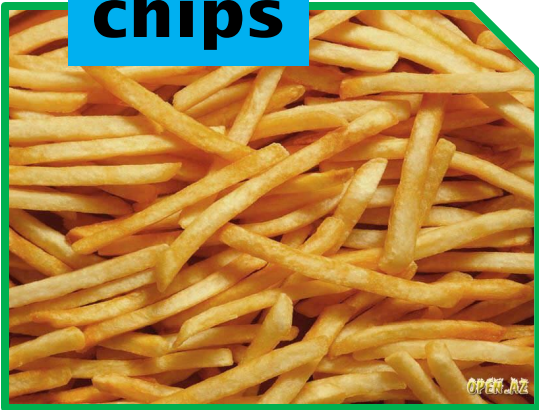


juices



Bad products

chips



rolls

pizza



hamburger



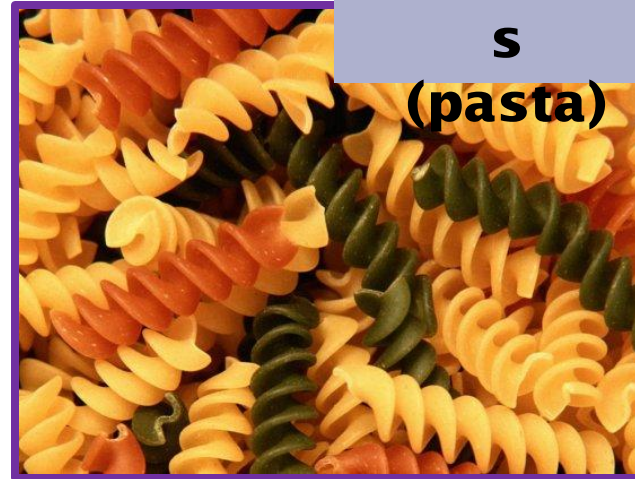
salami

Bad products

chocolate



**macaronie
s
(pasta)**



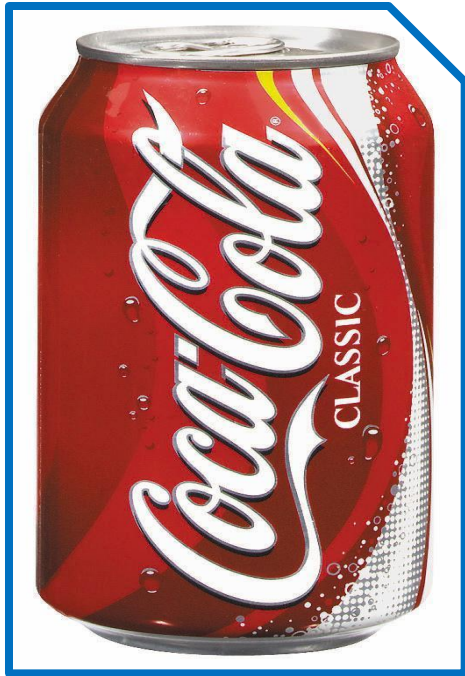
cake



sweets

Bad drinks

beer



lemonade



coffe

A balanced food

**Fruits
and
vegetables**

**Cereals,
bread,
pasta**

**Meat, fish,
eggs, beans**

**Milk
products**

Fat, sweets

S



A balanced food



To look wonderful

To be healthy

**What does she
eat?**

An unbalanced food



to cause health problems

to look ugly

**What does he
eat?**



Diet: good and bad points



To keep fit
To cut out snacks
To look wonderful
To eat more vegetables and fruits
Not to overeat
To have anaemia

to be healthy
to eat less everything
to cause health problems
to eat a variety of food
to use low-calorie food
to cut out of sweets



Dictation



1



2



3



4



5

Dictation



6



7



8

