

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

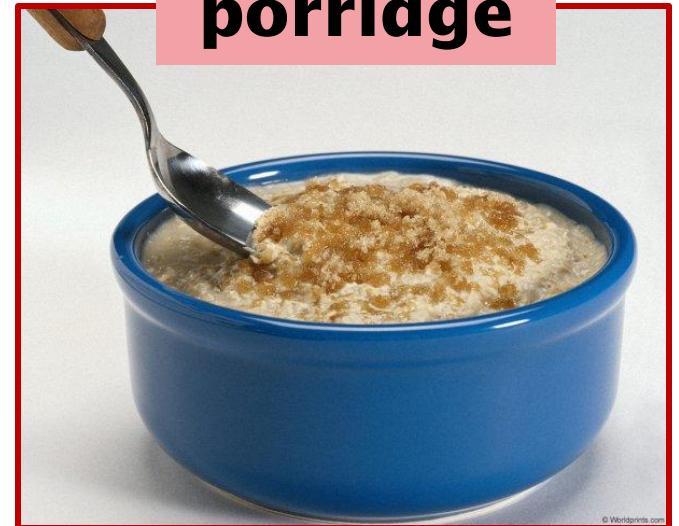


cereal

s



porridge



brown bread



Good drinks

green tea



**mineral
water**

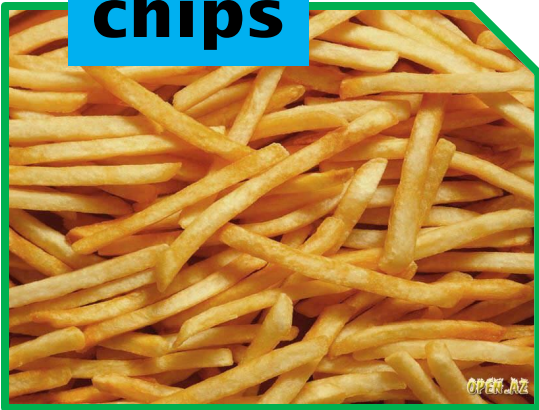


juices



Bad products

chips



rolls

pizza



hamburger



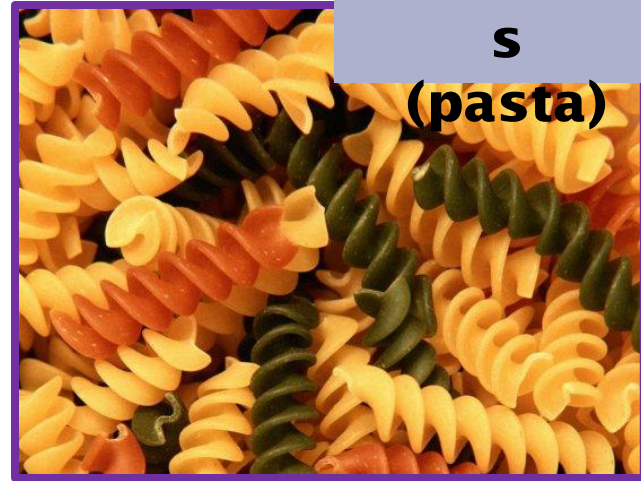
salami

Bad products

chocolate



**macaronie
s
(pasta)**

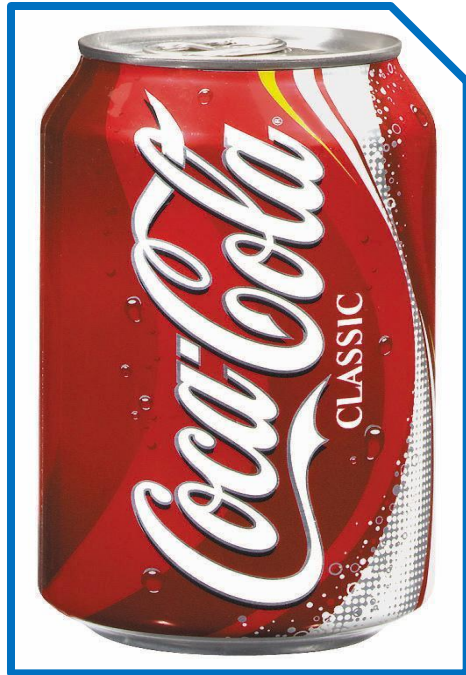


cake



sweets

Bad drinks



lemonade

beer



coffe

<http://www.liveinternet.ru/users/coffeman/>

A balanced food

**Fruits
and
vegetables**

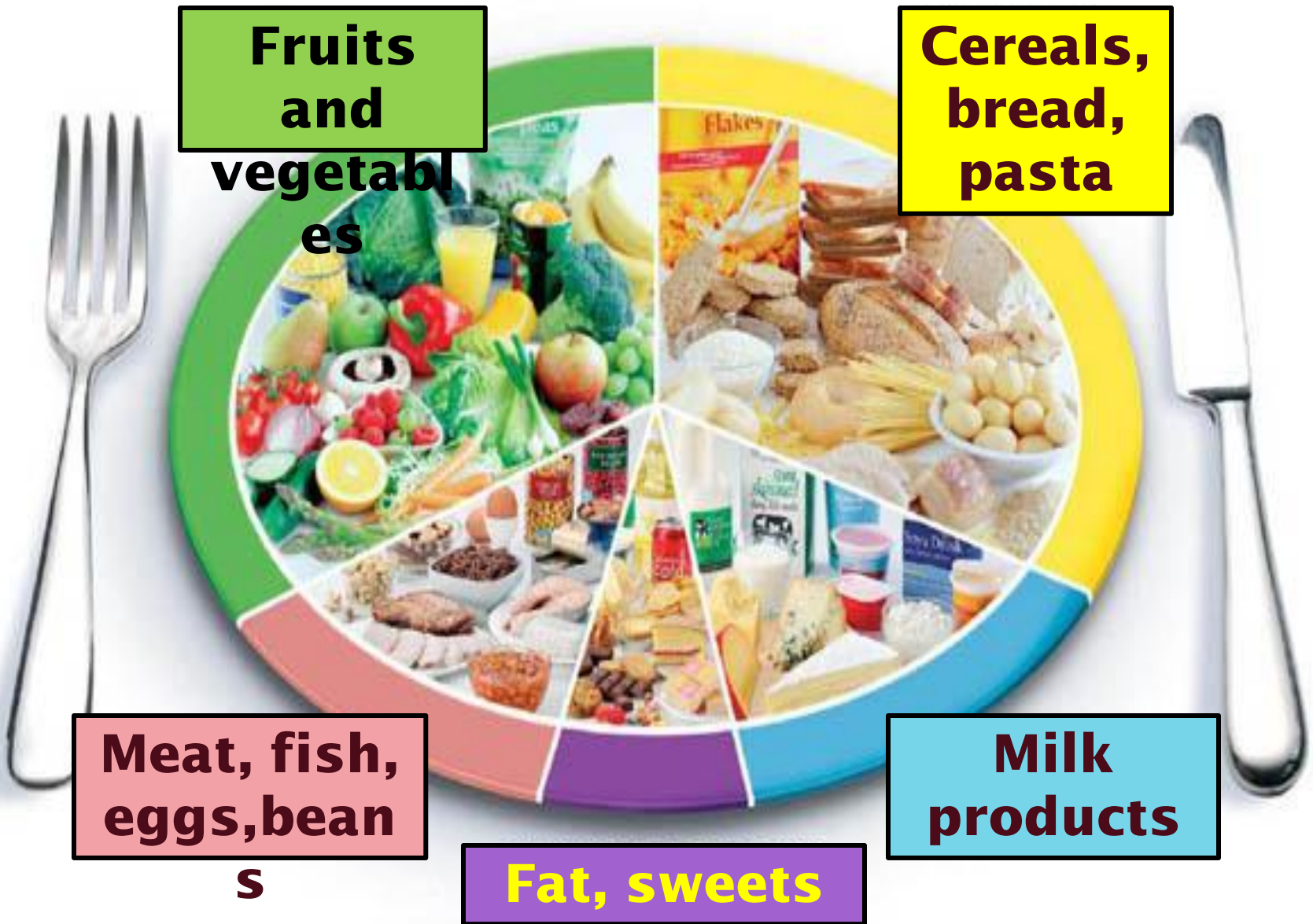
**Cereals,
bread,
pasta**

**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

