

# 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**

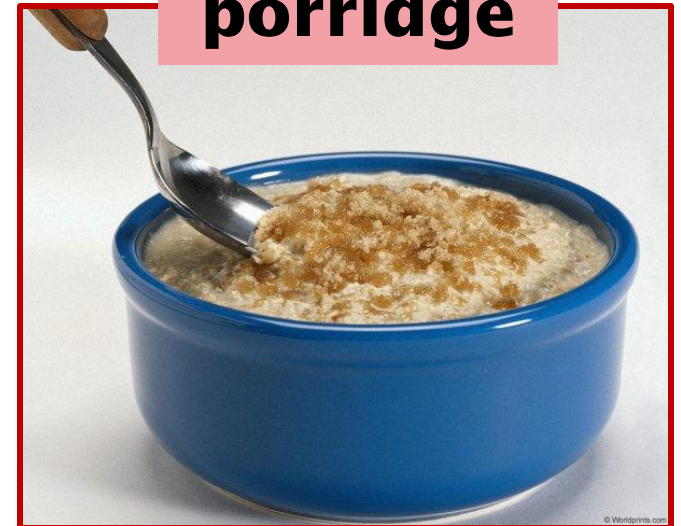
**s**



**porridge**



**brown bread**



# Good drinks

mineral  
water

green tea

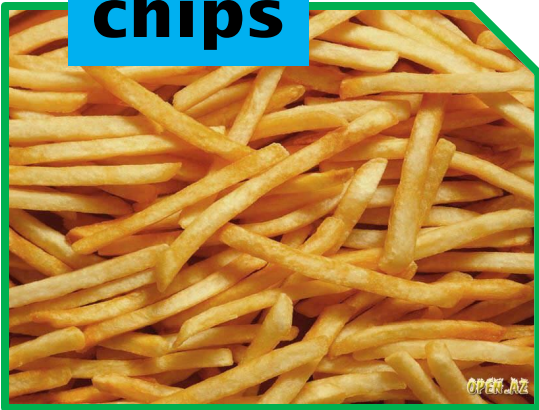


juices



# Bad products

**chips**



**rolls**

**pizza**



**hamburger**



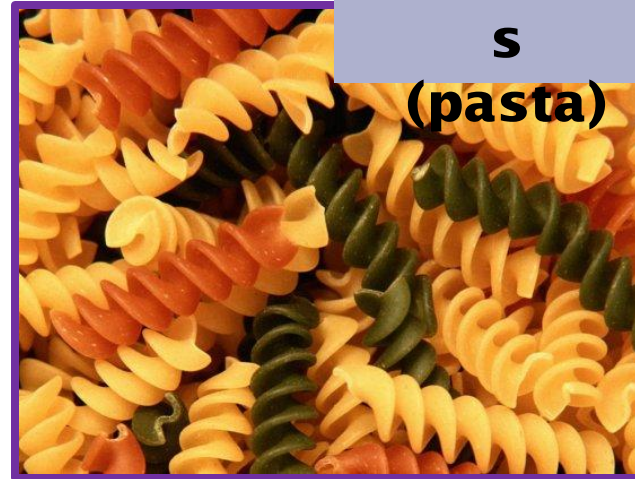
**salami**

# Bad products

**chocolate**



**macaronie  
s  
(pasta)**



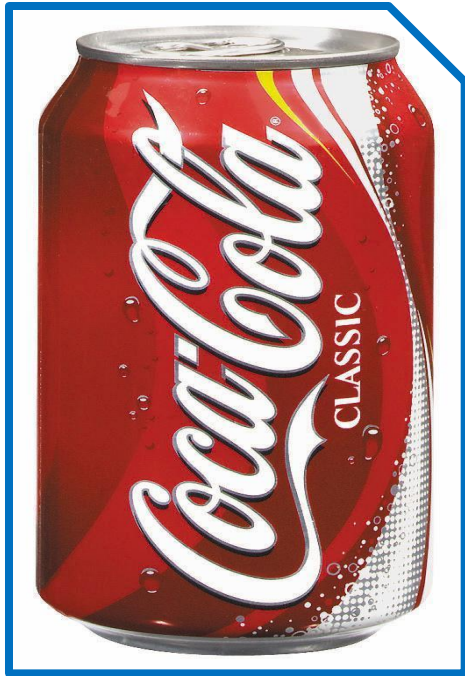
**cake**



**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

