


# Health Habits

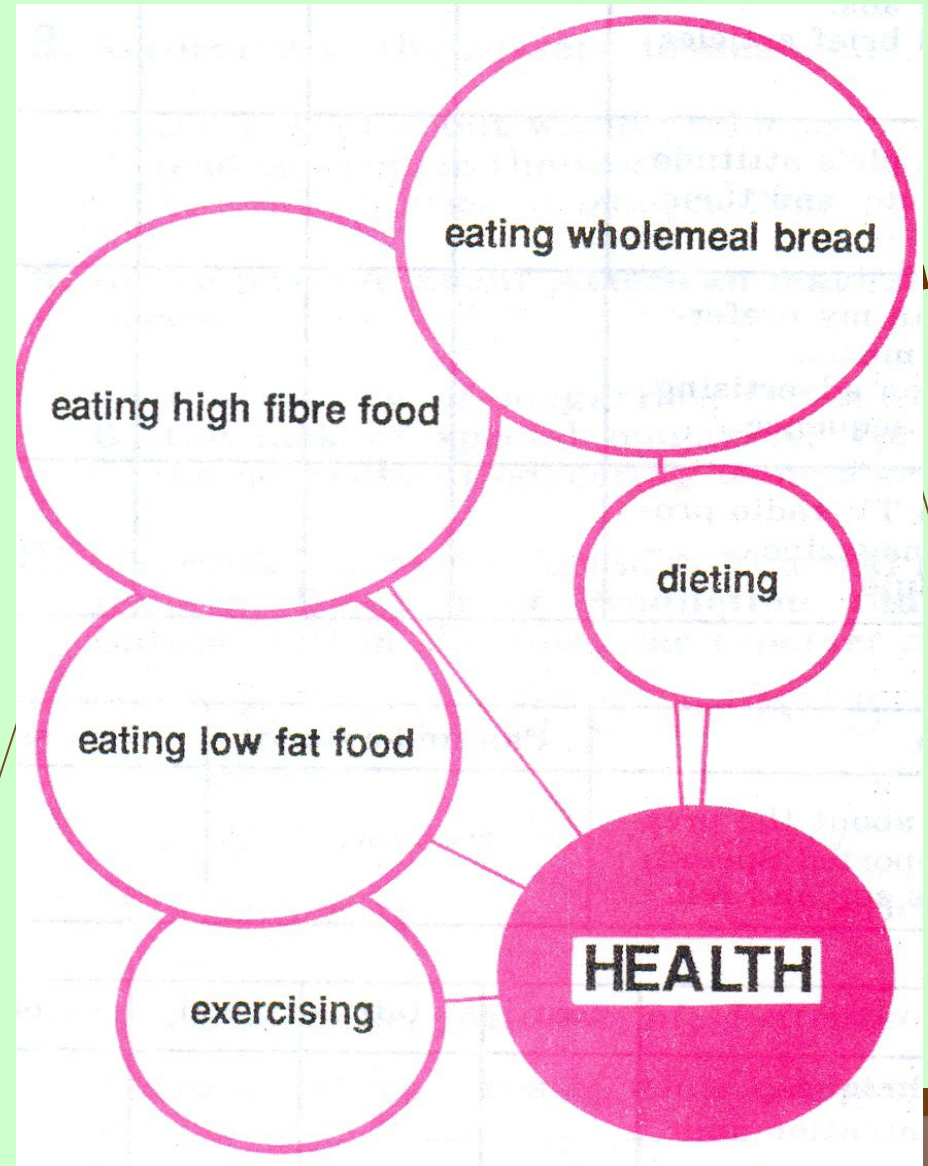


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- People say that you are what you eat.



- Our health depends on many things:  
the food we eat,  
our good or bad habits,  
our physical activity.



You can eat a lot of tasty things if you want. But not to be overweight you should burn extra kilocalories. Many people who have lost weight used different methods.

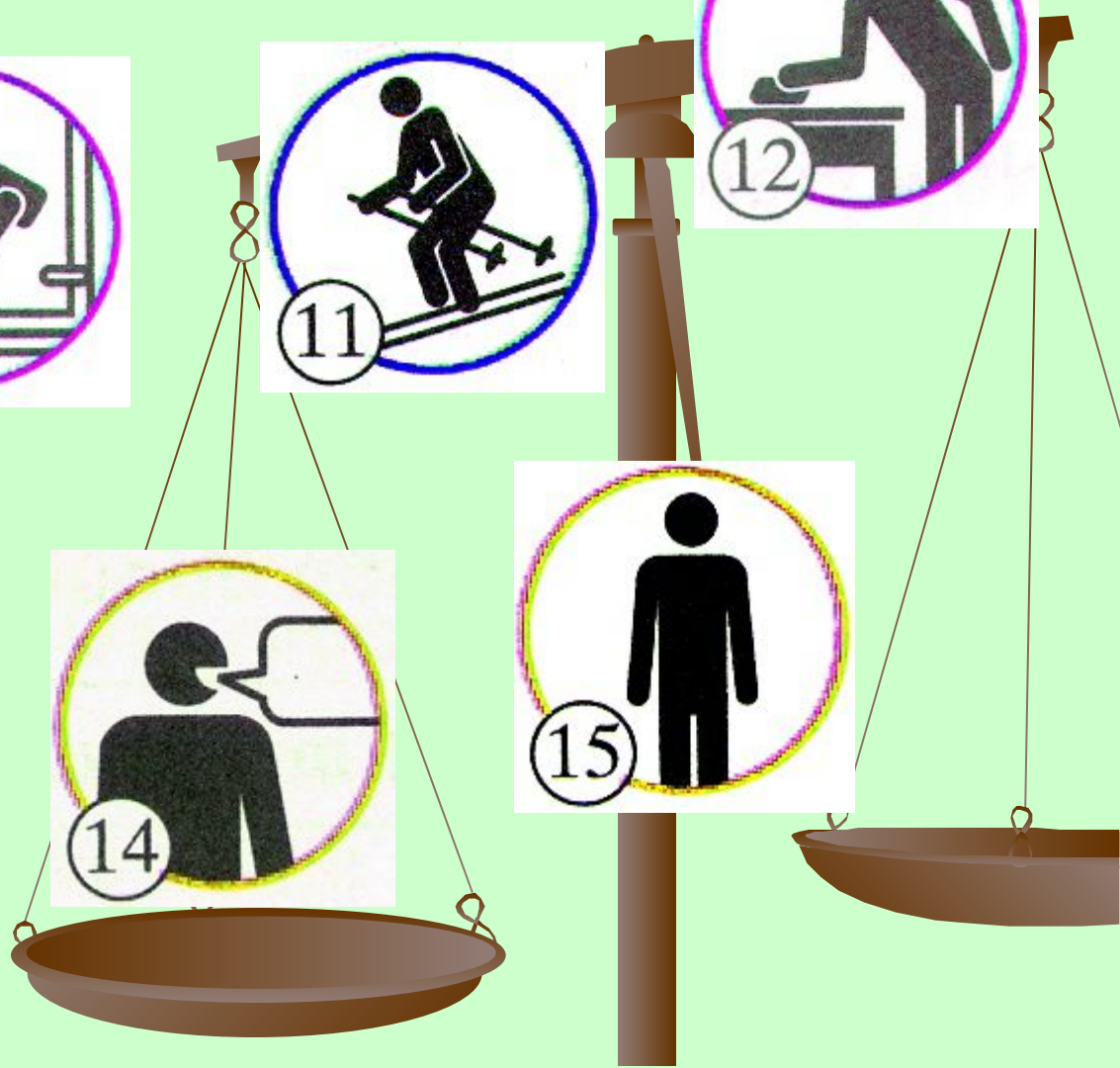




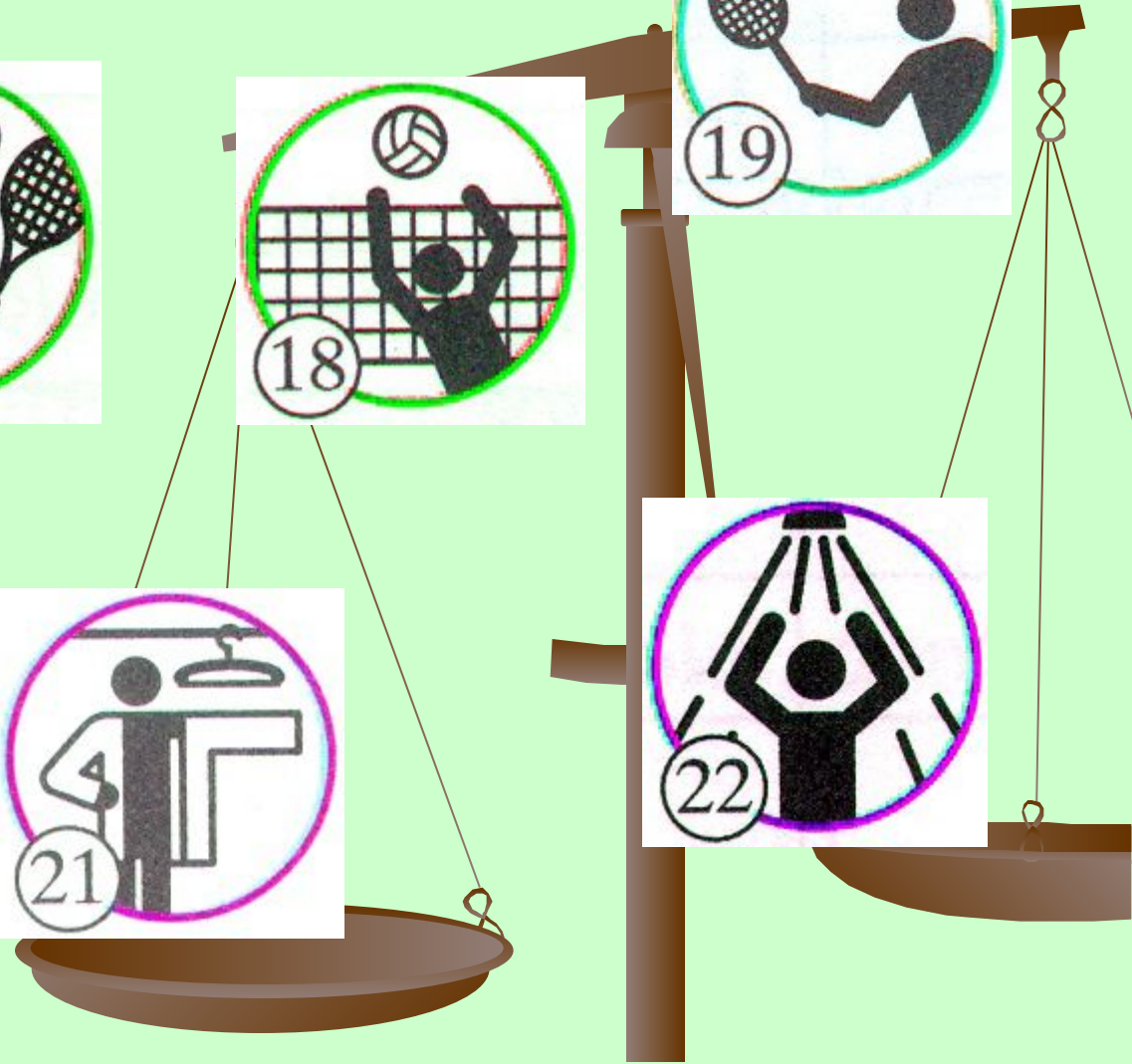
# Burn Calories!



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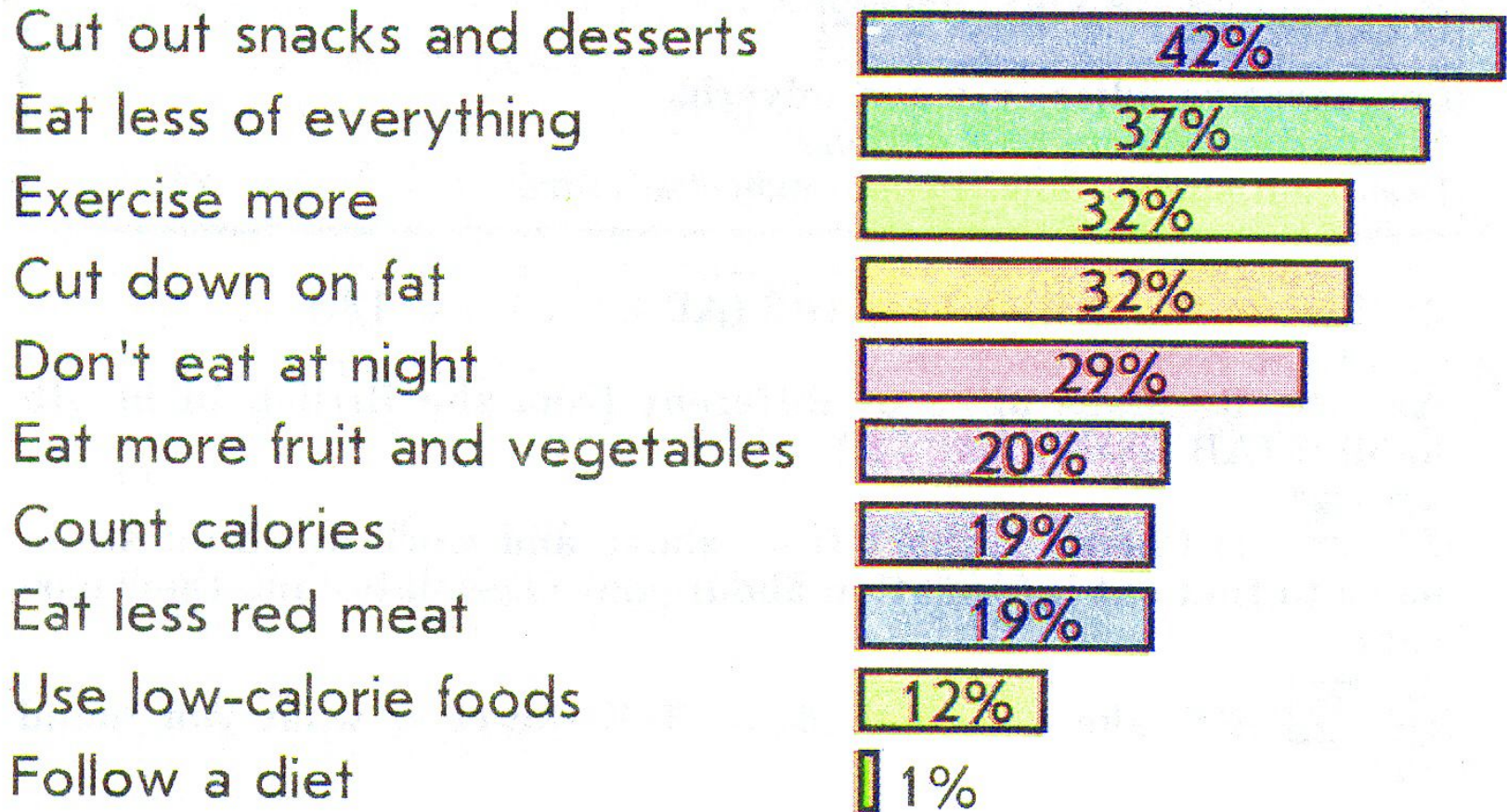


# Burn Calories!





# Simple ways to lose weight and avoid gaining it

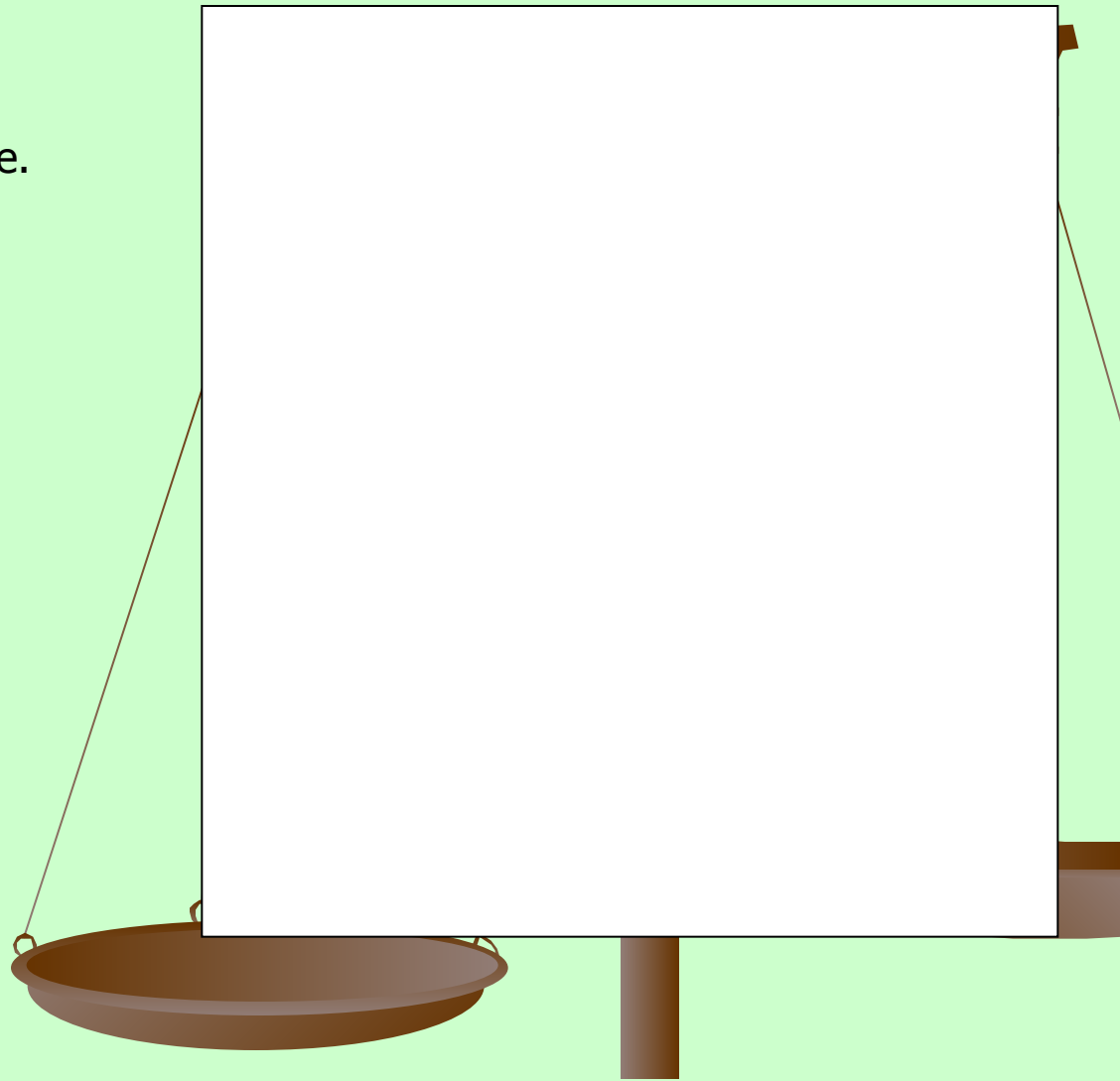




# Why do these teenagers look pale and tired?

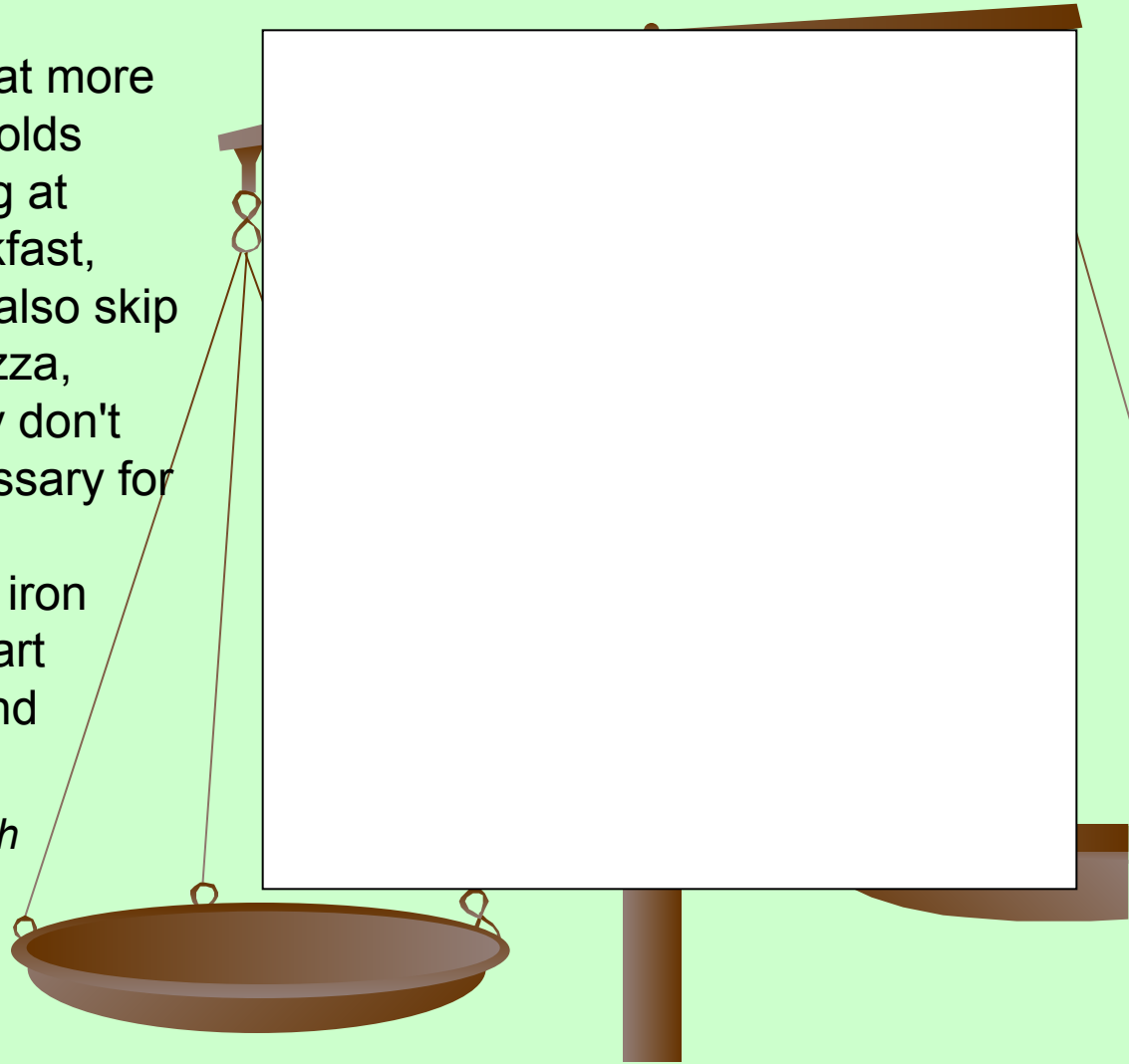
## **They may/might:**

- smoke a lot.
- exercise too much/too little.
- don't get enough vitamins/minerals.
- sleep too much/too little,
- skip breakfast,
- constantly snack,
- diet too much,
- have anaemia,
- have anorexia.
- .....



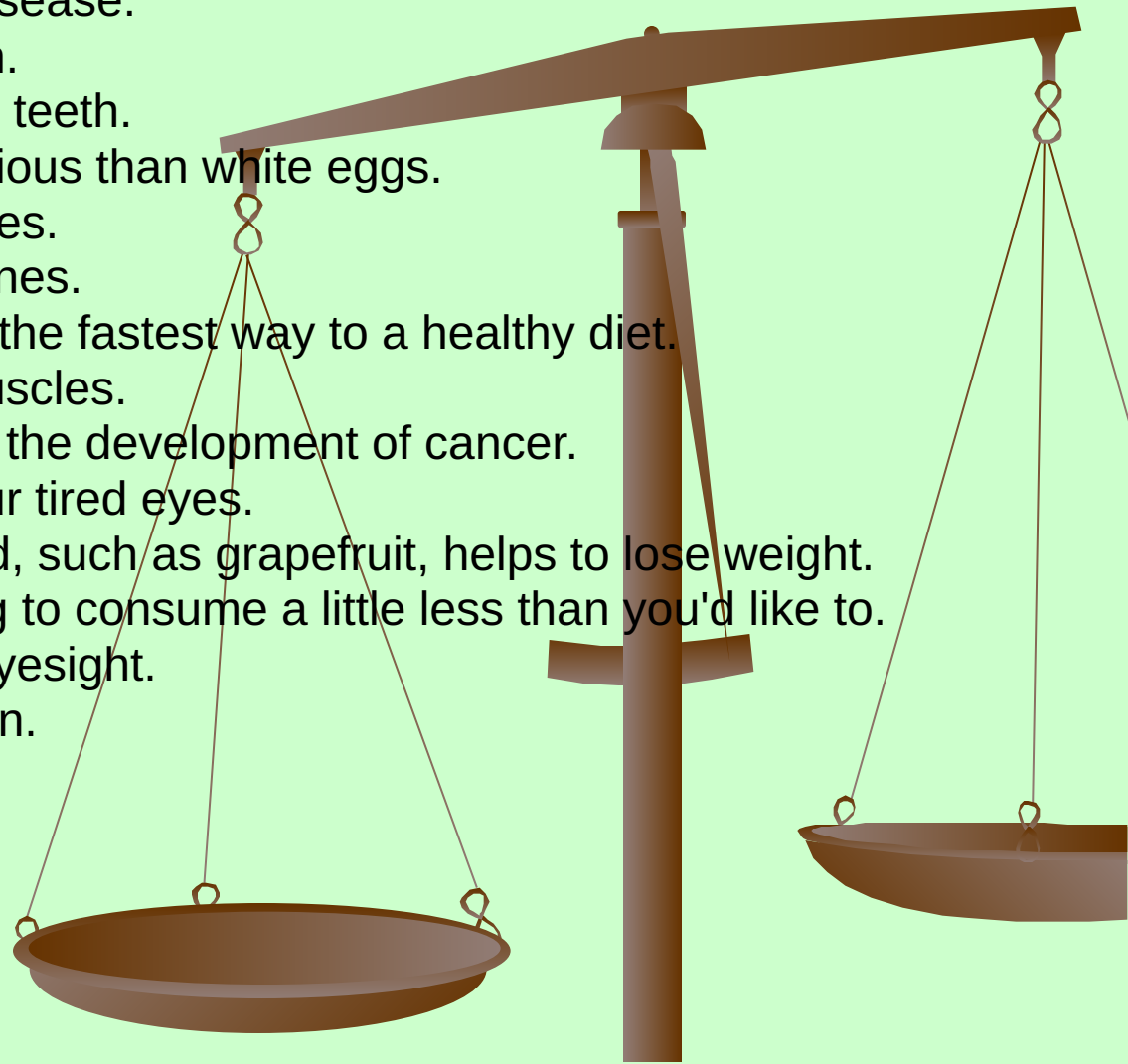
# Your health habits influence your appearance greatly.

- Check your ideas:
- Recent studies in GB found that more than one in five 11-to-16-year-olds rarely discussed healthy eating at school. One in five skips breakfast, more than 16 per cent of girls also skip lunch. Many eat only chips, pizza, crisps and cola for lunch. They don't get enough iron which is necessary for healthy muscles and for some reactions in the brain. The low iron levels could cause obesity, heart disease, less healthy bones and anaemia.
- from the *Daily Telegraph*



# Are they myths or facts?

1. Garlic prevents heart disease.
2. Apricot is good for your skin.
3. Green tea protects your teeth.
4. Brown eggs are more nutritious than white eggs.
5. Onion is good for your nerves.
6. Milk strengthens your bones.
7. Cutting out certain foods is the fastest way to a healthy diet.
8. Banana is good for your muscles.
9. Cabbage may help prevent the development of cancer.
10. Cranberry helps soothe your tired eyes.
11. Eating only one type of food, such as grapefruit, helps to lose weight.
12. Eating healthy means trying to consume a little less than you'd like to.
13. Carrots are good for your eyesight.
14. Milk is very good for children.





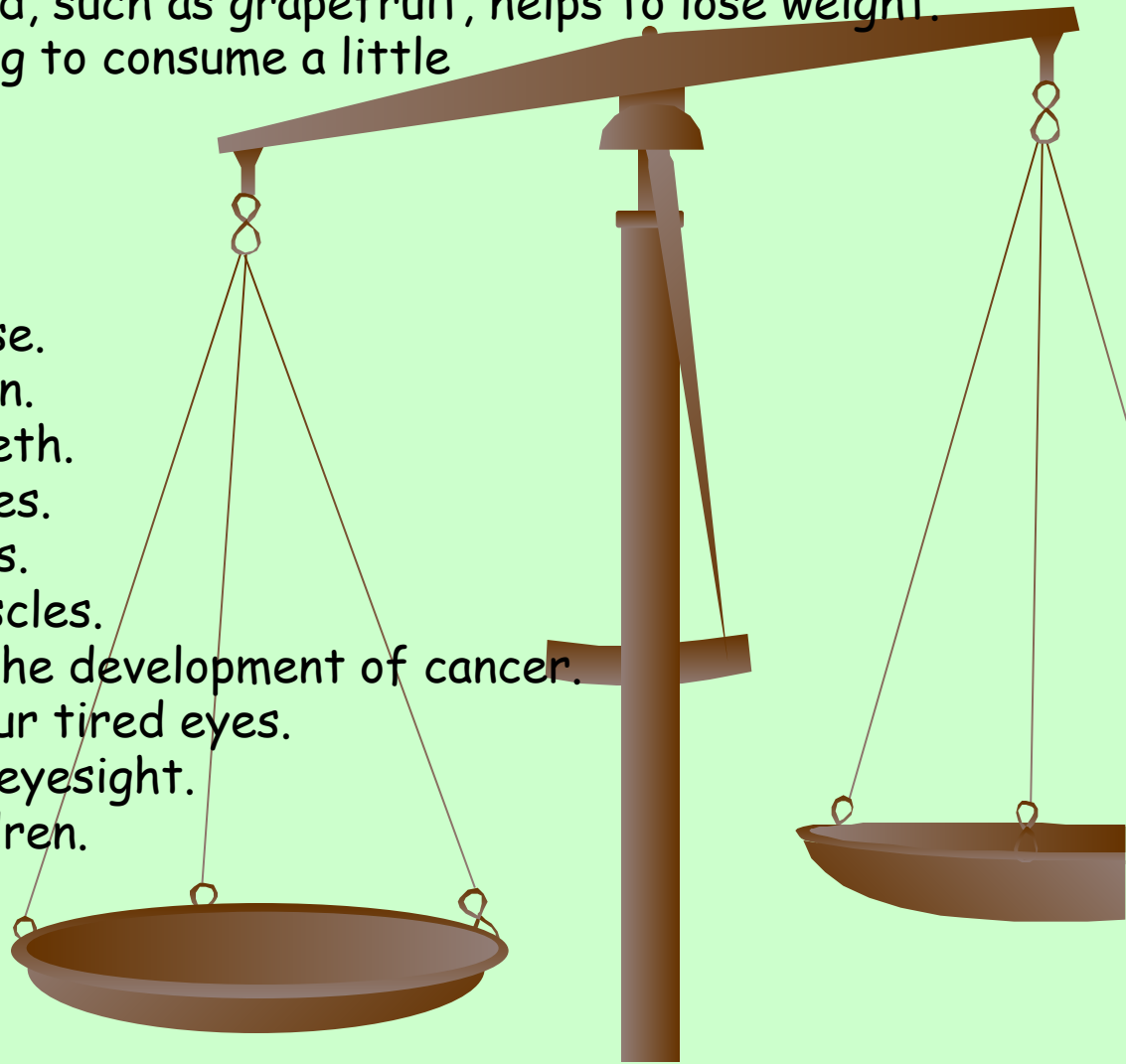
# Myths □ Facts

## Myths/fads:

4. Brown eggs are more nutritious than white eggs.
7. Cutting out certain foods is the fastest way to a healthy diet.
11. Eating only one type of food, such as grapefruit, helps to lose weight.
12. Eating healthy means trying to consume a little less than you'd like to.

## Scientific facts:

1. Garlic prevents heart disease.
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# What should a balanced diet contain?

- Proteins
- Fats
- Carbohydrates
- Fibre
- Vitamins
- Minerals



# What food can contain these things?

Proteins

Fats

Carbohydrates

Fibre

Vitamins

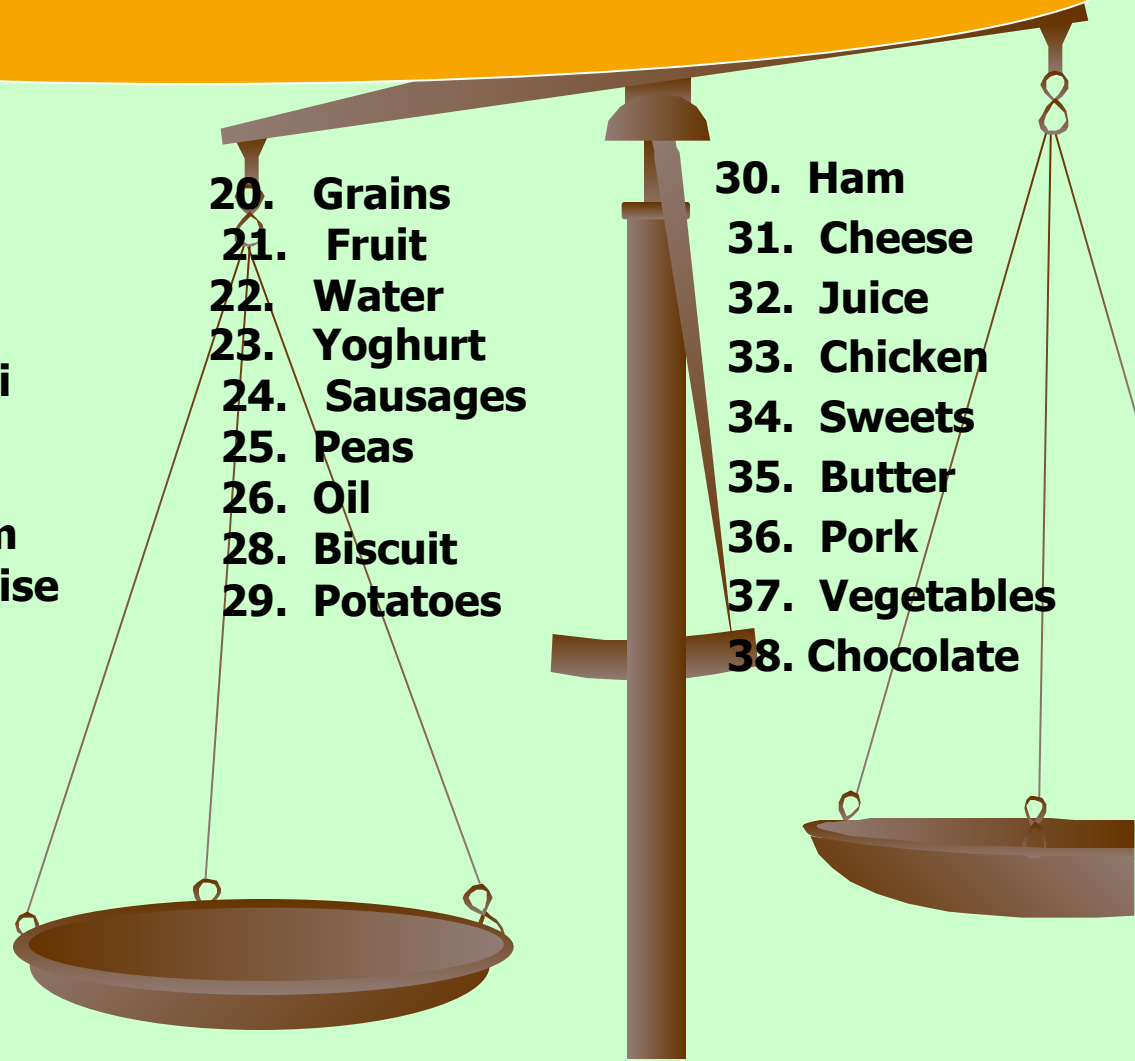
Minerals

1. Eggs
2. Sour cream
3. Honey
4. Beans
5. Bananas
6. Mushrooms
7. Cakes
8. Soda
9. Sugar

10. Greens
11. Milk
12. Bread
13. Spaghetti
14. Butter
15. Beef
16. Ice cream
17. Mayonnaise
18. Berries
19. Fish

20. Grains
21. Fruit
22. Water
23. Yoghurt
24. Sausages
25. Peas
26. Oil
28. Biscuit
29. Potatoes

30. Ham
31. Cheese
32. Juice
33. Chicken
34. Sweets
35. Butter
36. Pork
37. Vegetables
38. Chocolate



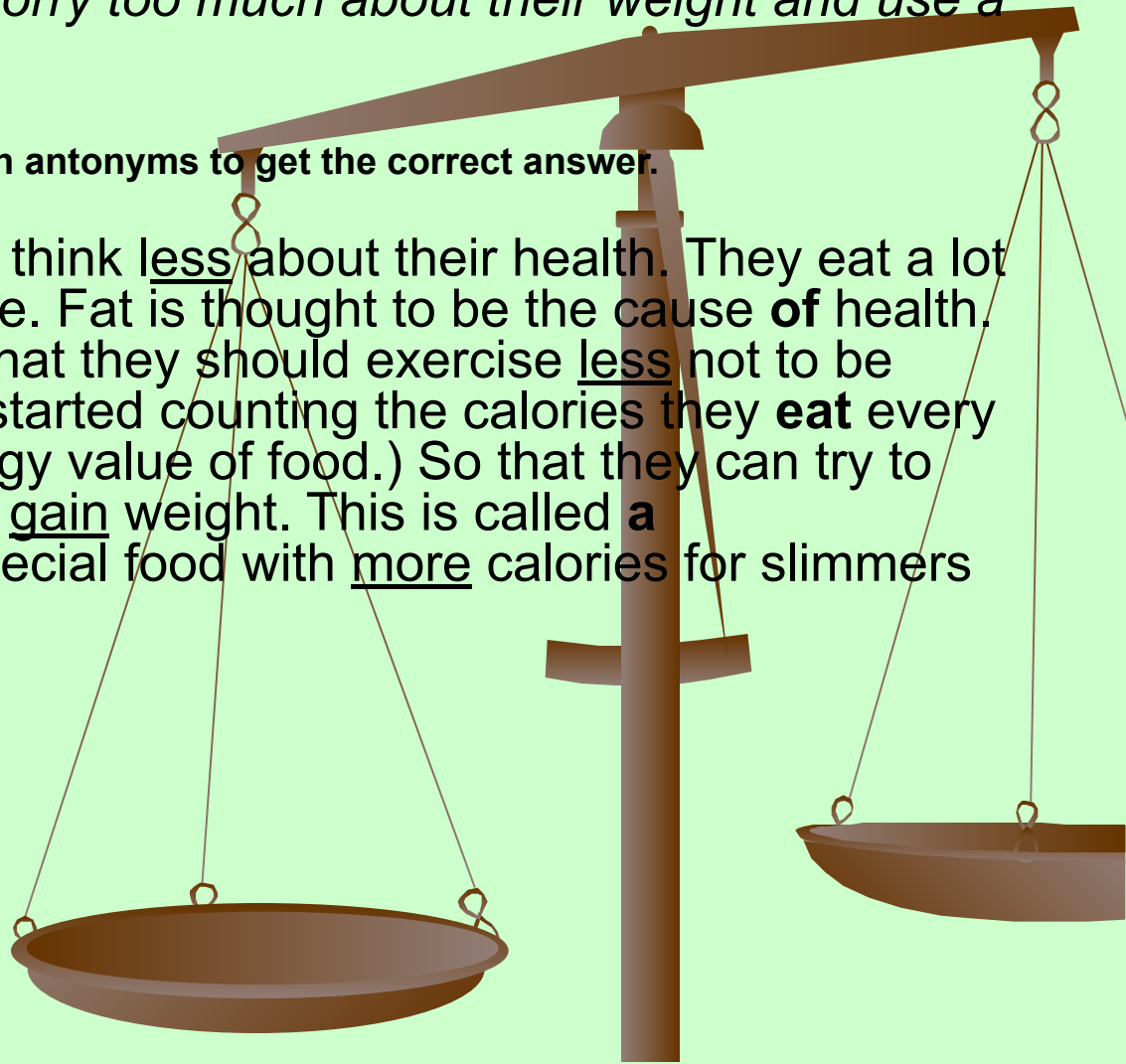


# What is a calorie-controlled diet?

*Some British teenagers worry too much about their weight and use a calorie-controlled diet.*

- Replace the underlined words with antonyms to get the correct answer.

Many people in GB now think less about their health. They eat a lot high-fat food and less fibre. Fat is thought to be the cause of health. Besides, people believe that they should exercise less not to be slim. Some people have started counting the calories they eat every day. (A calorie is the energy value of food.) So that they can try to take in more calories and gain weight. This is called a calorie-controlled diet. Special food with more calories for slimmers is produced now in GB.

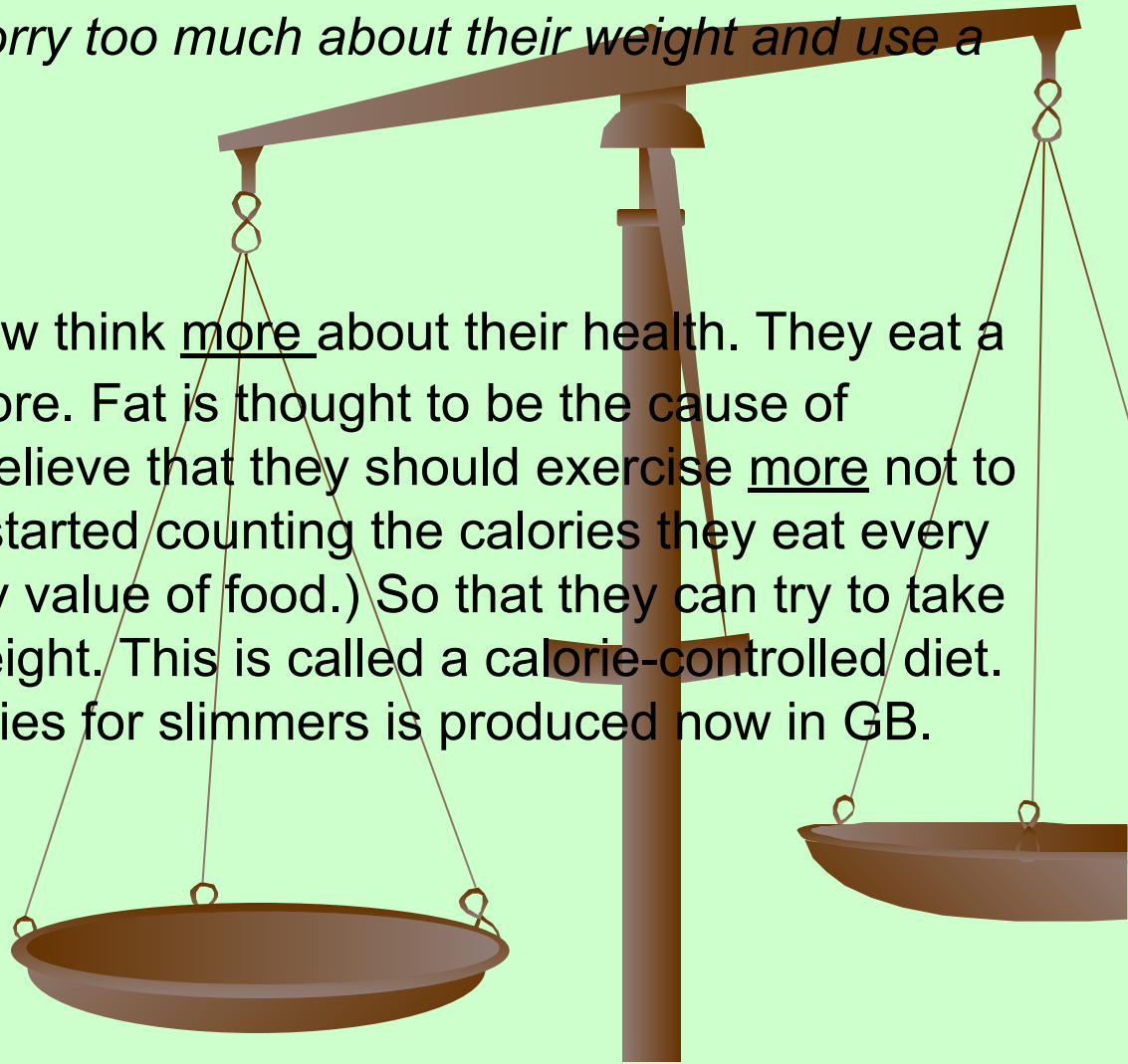


# What is a calorie-controlled diet?

*Some British teenagers worry too much about their weight and use a calorie-controlled diet.*

■ Check if you are right:

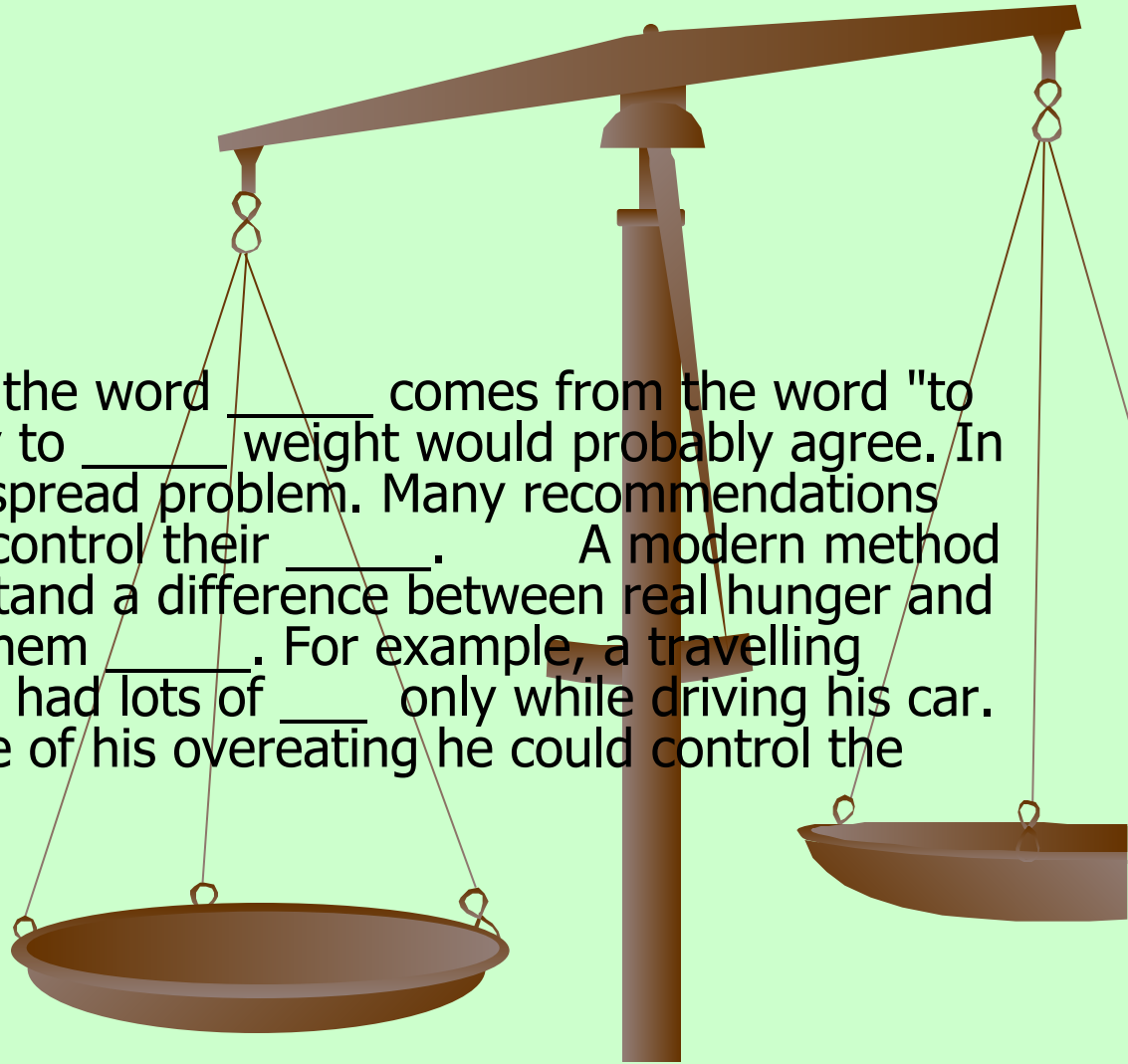
Many people in GB now think more about their health. They eat a lot low-fat food and more fibre. Fat is thought to be the cause of disease. Besides, people believe that they should exercise more not to be fat. Some people have started counting the calories they eat every day. (A calorie is the energy value of food.) So that they can try to take in less calories and lose weight. This is called a calorie-controlled diet. Special food with less calories for slimmers is produced now in GB.



# One of the Methods Helping to Control Weight

Put in necessary words:

A humorist once wrote that the word \_\_\_\_\_ comes from the word "to die". Most people who try to \_\_\_\_\_ weight would probably agree. In GB, being \_\_\_\_\_ is a widespread problem. Many recommendations are given to help people control their \_\_\_\_\_. A modern method is to make people understand a difference between real hunger and other factors that make them \_\_\_\_\_. For example, a travelling salesman realized that he had lots of \_\_\_\_\_ only while driving his car. Since he found the source of his overeating he could control the problem.

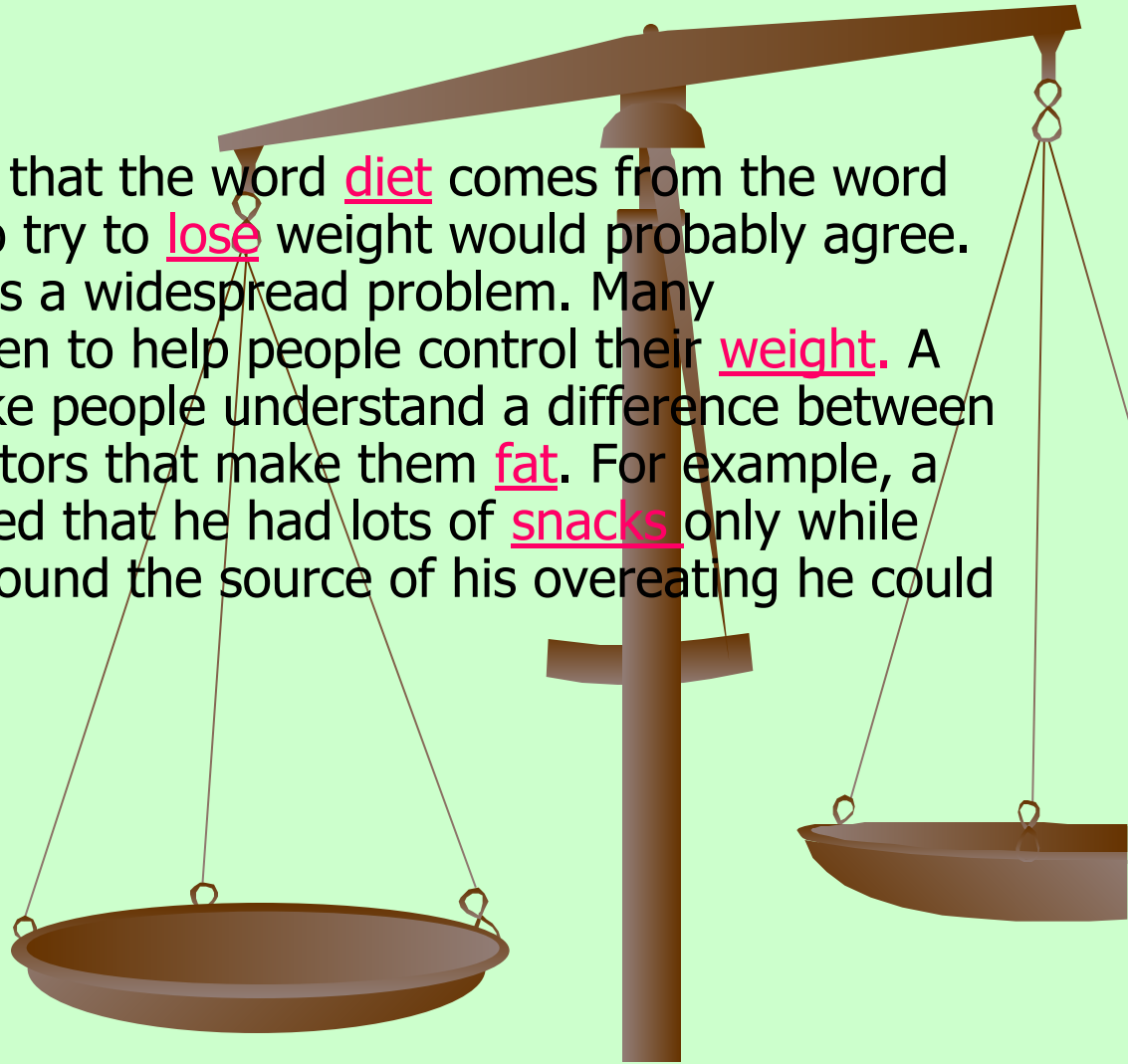




# One of the Methods Helping to Control Weight

Check Yourself:

A humorist once wrote that the word diet comes from the word "to die". Most people who try to lose weight would probably agree. In GB, being overweight is a widespread problem. Many recommendations are given to help people control their weight. A modern method is to make people understand a difference between real hunger and other factors that make them fat. For example, a travelling salesman realized that he had lots of snacks only while driving his car. Since he found the source of his overeating he could control the problem.

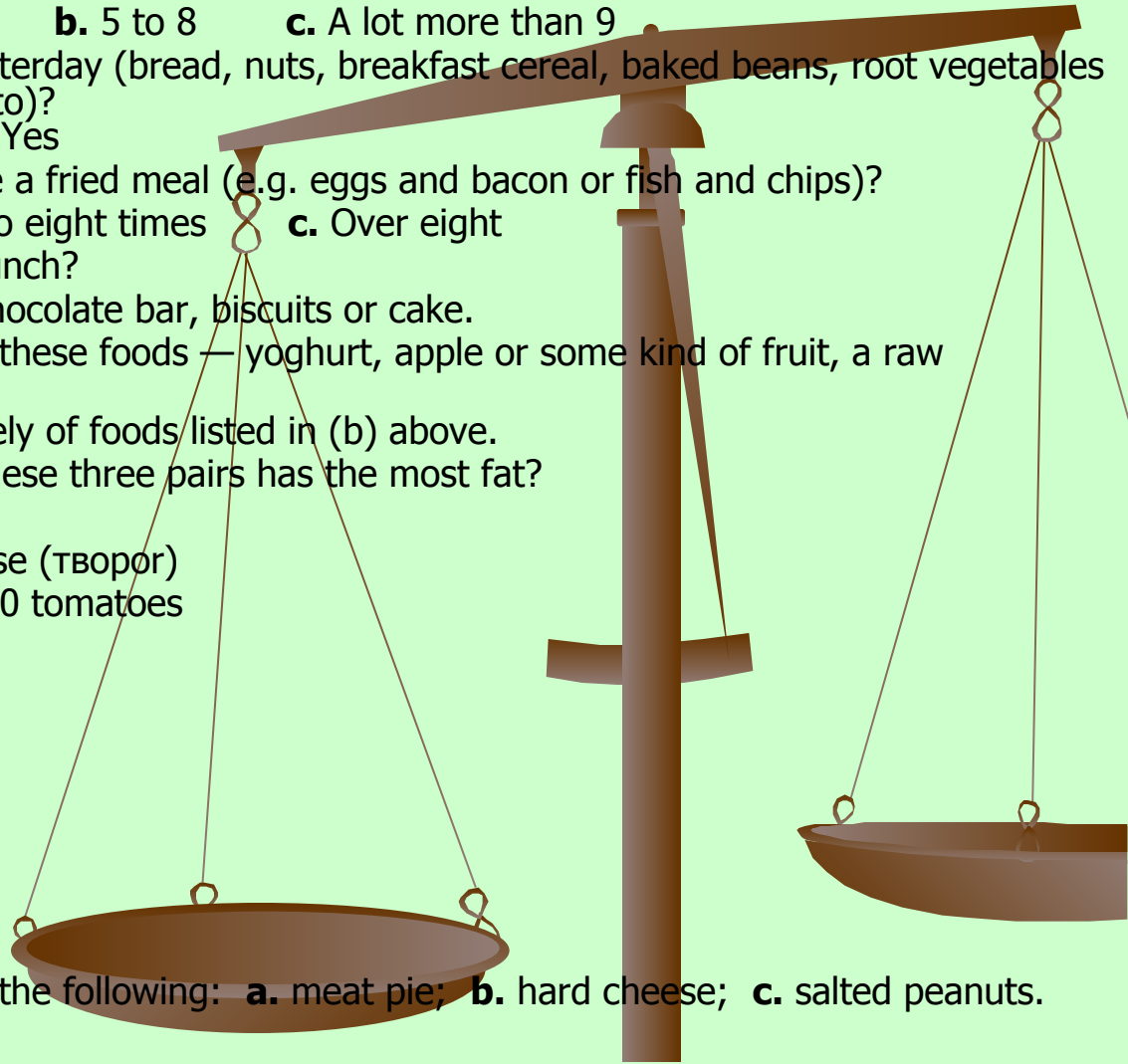


# Do you know if your diet is healthy and balanced?

- How often do you skip a main meal or eat alone?
  - Often
  - Sometimes
  - Almost never
- Did you eat any fruit and vegetables yesterday (including potatoes)?
  - Hardly any at all
  - 2 or 3 portions
  - 4 or more portions
- How many times a week do you eat "meats" such as burgers, meat pies?
  - Not very often, once or twice
  - 5 to 8
  - A lot more than 9
- Did you eat three fibre-rich foods yesterday (bread, nuts, breakfast cereal, baked beans, root vegetables like carrots, beetroot, or jacket potato)?
  - No
  - One or two
  - Yes
- How many times a week do you have a fried meal (e.g. eggs and bacon or fish and chips)?
  - Less than four
  - Five to eight times
  - Over eight
- Which of these best describes your lunch?
  - Mostly crisps, some kind of chocolate bar, biscuits or cake.
  - It usually has at least one of these foods — yoghurt, apple or some kind of fruit, a raw vegetable like a carrot.
  - It's made up almost completely of foods listed in (b) above.
- Find the fat. Which food in each of these three pairs has the most fat?
  - Meat pie or potato
  - Hard cheese or cottage cheese (творог)
  - Packet of salted peanuts or 10 tomatoes

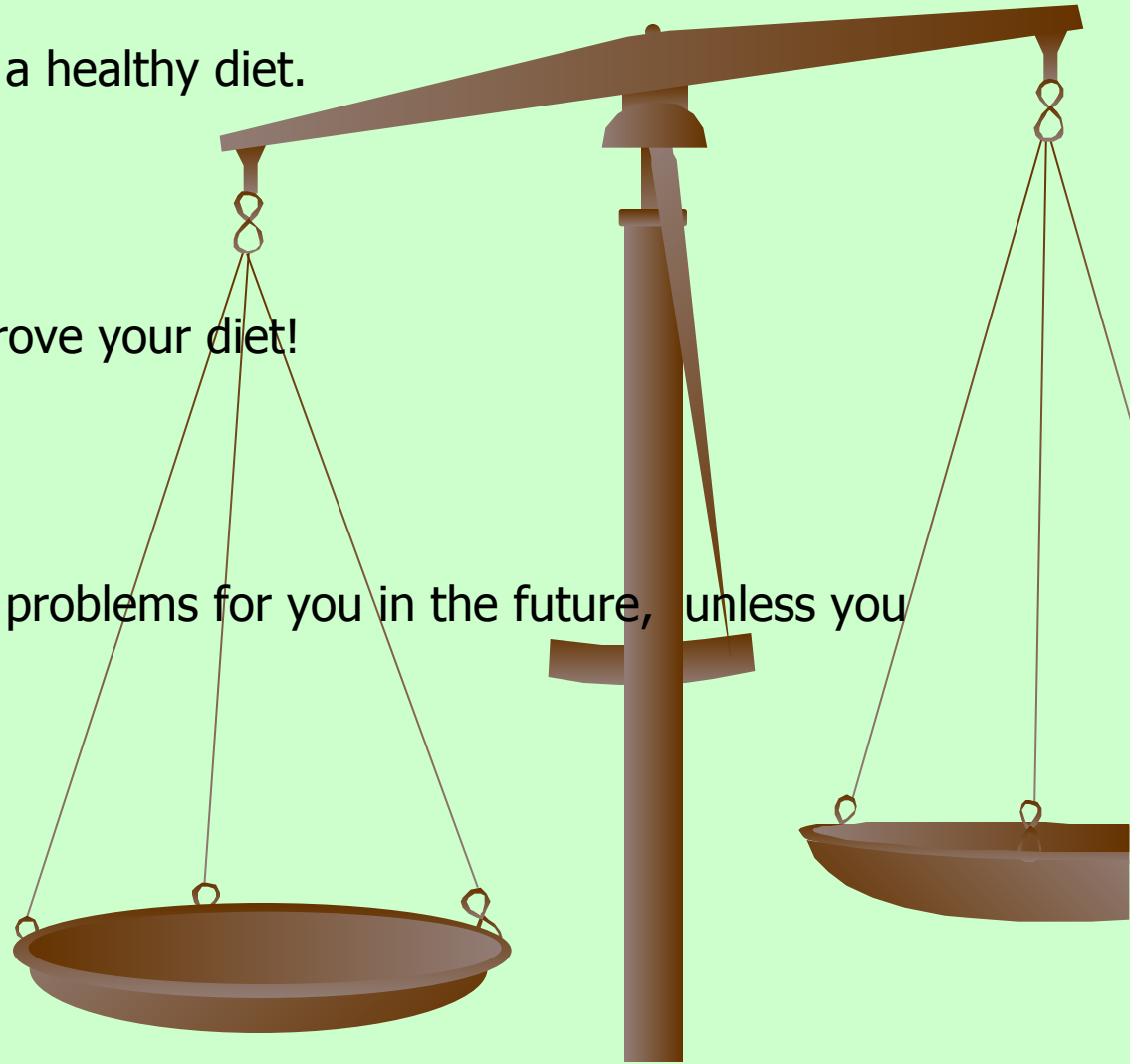
## Answers

- 1: a 1; b 2; c 3.
- 2: a 1; b 2; c 3.
- 3: a 3; b 2; c 1.
- 4: a 1; b 2; c.1.
- 5: a 3; b 2; c 1.
- 6: a 1; b 2; c 3.
- 7: One point for each of the following: a. meat pie; b. hard cheese; c. salted peanuts.

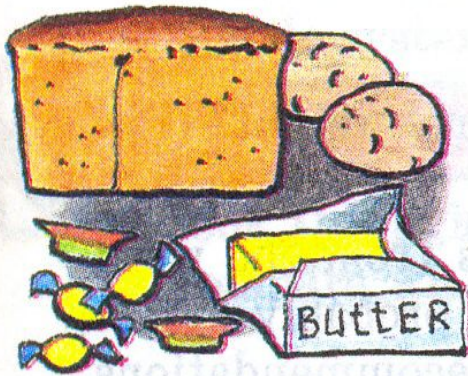


# What are your results?

- **Over 15 points:**  
Well done! You seem to eat a healthy diet.
- **10-14 points:**  
Not bad, but you could improve your diet!
- **Under 10:**  
Your diet may cause health problems for you in the future, unless you change to a healthier one.

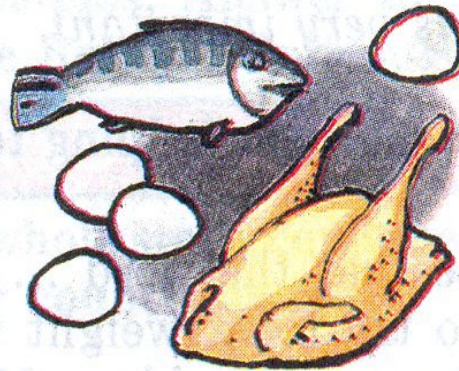


# Can you create a balanced daily diet?



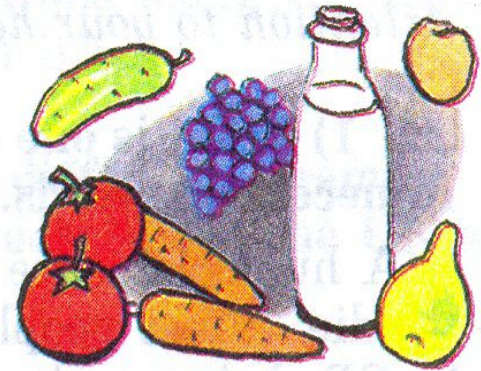
Energy rich foods  
(fats, oils, and  
carbohydrates  
(УГЛЕВОДЫ))

+



Body-building  
foods (proteins)

+



Protective and  
regulative foods  
(vitamins and  
minerals)

= ?

