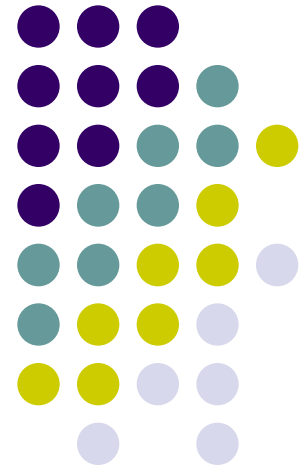


How can you burn calories?

- **physical activity**
- **a balanced diet**
- **healthy lifestyle**



Mach the verbs and the nouns



1. to have

2. to lose

3. to burn

4. to do

● weight

● exercises

● calories

● convenience
food



How can you burn calories?

- *do exercises every day*
- *eat fruit and vegetables*
- *keep balanced diet*
- *don't eat after 7 p.m.*

If I do exercises every day, I will burn calories.

What physical activity do you do ?



- **do morning exercises**
- **swim in the pool**
- **go to the sport club**
- **snowboard**
- **skate**
- **ski**

every day

once a week

on Sundays

in winter

What should a person eat?



Give examples of a balanced diet

more

fruit
vegetables
meat
fish
porridge

less

bread
sweets
cakes
sandwiches
butter
sugar



Do you like convenience food from the shop?

- ***pizza***
- ***sausage***
- ***pelmenis***
- ***pancakes***
- ***salads***

Is it healthy?

Do you like fast food restaurants?



- *fast (healthy) food*
- *big (small) portions*
- *delicious (disgusting) food*
- *quick (bad) service*
- *huge sandwiches*

Yes, I like
because

...

No, I
don't like
because

...

confer

conference



healthy lifestyles

a doctor

Bernard Foam

a fitness coach

John Small

a government advisor

Debora Bulmer



What is the main idea of the conference?

agree / disagree with



Do you agree with the statement?

- Excess weight can lead to health problems
- A balanced diet is a very important thing