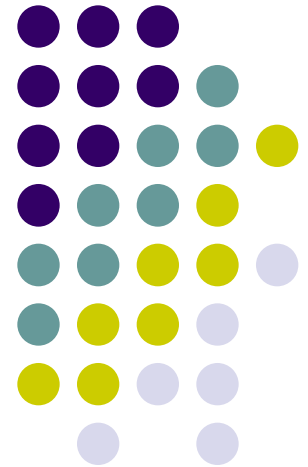


# How can you burn calories?

---

- **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

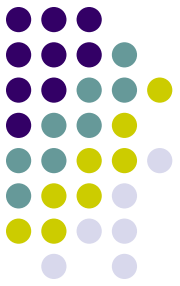


# How can you burn calories?

- *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

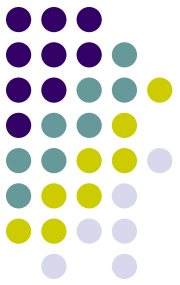
...

No, I  
don't like  
because

...

conference

# conference



healthy lifestyles

*a doctor*

*a fitness coach*

*a government advisor*

**Bernard Foam**

**John Small**

**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