

# 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