

Poem. "I like sandwiches."

Sandwiches are beautiful.

Sandwiches are fine.

I like sandwiches; I eat them all the time.

I eat them for my supper and I eat them for my lunch.

If I had a hundred sandwiches, I eat them all at once.

A sandwich may be egg or cheese or even peanut butter,

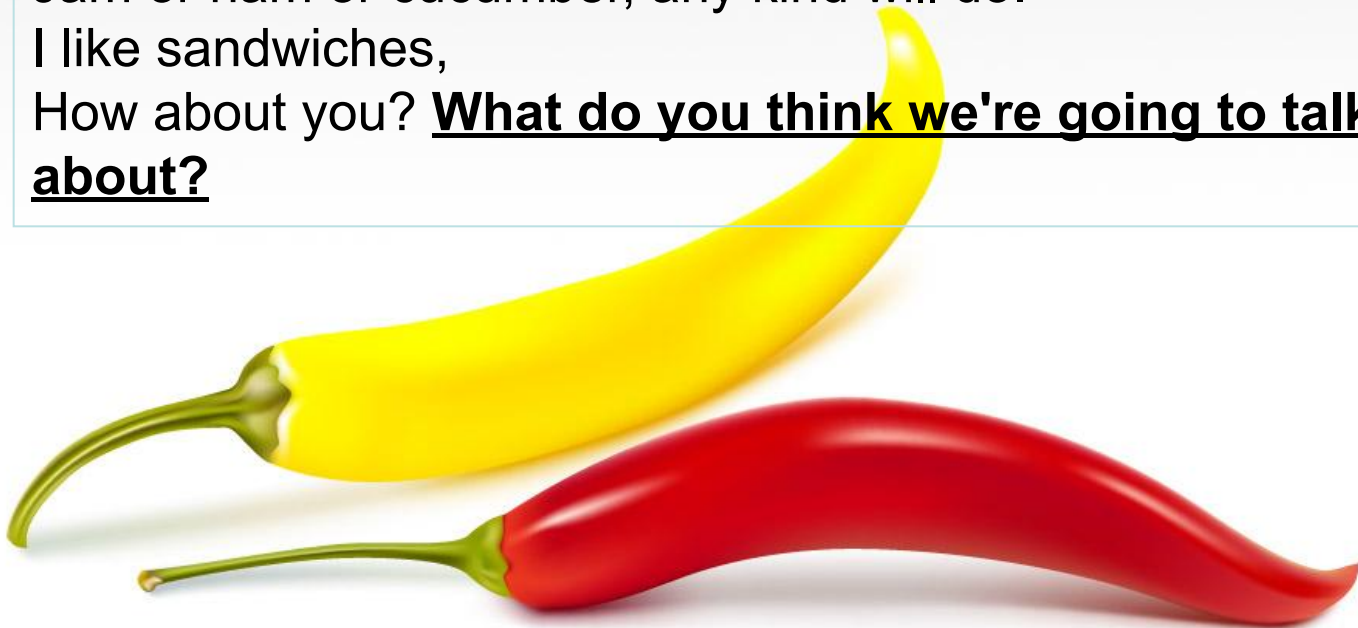
But they all taste so good to me,


It isn't even matter,

Jam or ham or cucumber, any kind will do.


I like sandwiches,

How about you? **What do you think we're going to talk about?**





Today we'll talk about healthy eating habits and dieting. We'll discuss healthy types of food. Autumn and Winter are cold seasons, aren't they? Many people often get a cold in winter. But healthy food may prevent them from getting sick. I hope that our co-operation will be important and useful for you and for me. You see that your health is in your own hands. **Thousands years ago ancient Greeks said: The 'first 'wealth is health. 'Health is the best wealth'.** These words will be a redline of today's lesson.



I am sure it is very important to be healthy. **Health** was valued greatly in all times and in all countries. People can buy different things but they can't buy **their health**. You can't be good at your studies or work, when you are ill. I would like you to pay your attention that health is not something that comes to you by accident. **Our health depends on many things: the food we eat**, our good or bad habits, our physical activity. So the topic of our lesson is " Healthy Food ".

Agree or Disagree



- Our health doesn't depend on our way of life.
- Healthy food is not very important.
- A little exercise every day will keep you fit.
- We should have our meals at regular hours.
- An unbalanced diet causes obesity.
- To get more vitamins you should eat more fruit and vegetables.

Do you know any more proverbs about health?

- For example: *Good health is above wealth.*



**Do you know any more
proverbs about health?
Choose one proverb and
comment on it**

- The appetite comes with eating.
- After dinner sleep a while, after supper walk a mile.
- Tastes differ.



Choose one proverb and comment on it

- *An apple a day keeps the doctor away.*
- *Early to bed and early to rise makes a man healthy.*
- *Wealthy and wise.*





We eat to live **not live to eat. Do you agree with it?**

Why do you think that health is above wealth?



In my point of view

- Health is more important than wealth because a healthy person is a successful and happy person (a sound mind in a sound body).
- If you are healthy you are in a high mood and you can work well and get much money.
- It is better to be healthy than wealthy because a healthy person has no headache and he can work hard and become wealthy.
- If a person has good health it is not difficult for him to make a career.

Let's talk about your eating habits.



- What food do you like to eat?
- What products do you usually buy?
- Do you like sweets? Do you eat a lot of sweets?
- What fruit and vegetables do you prefer?
- Do you sometimes eat at night?
- How often do you snack?
- How many times a day do you eat?
- What do you usually eat for breakfast? (porridge, oatmeal or buckwheat, a glass of tea or coffee bread with butter and cheese, an apple or an orange)