

HOW TO BE HEALTHY...



What do we eat every day?



What do we eat?

▣ Oranges	fish	chocolate
▣ Eggs	pears	bread
▣ Apples	popcorn	meat...
▣ Tomatoes	cheese	
▣ Chicken	popcorn	
▣ Yogurt	cabbage	
▣ Hot dog	cake	
▣ Carrots	hamburgers	
▣ Nuts	cola ...	

FOOD

healthy/ unhealthy

- ▣ 1) ...
- ▣ 2) ...

- ▣ 1)...
- ▣ 2) ...

- ▣ My favourite foods are...
- ▣ I think that ... is healthy but my friend thinks that it's unhealthy.
- ▣ We both think that ... is healthy.

What does this food do for our health?

▣ BREAD EGGS MEAT NUTS SWEETS FRUIT CRISPS
VEGETABLES

- ▣ Keep you Healthy: 1, 2
- ▣ Give you energy : cereals, 3, pasta, 4.
- ▣ Help you to grow and make you strong :
- ▣ cheese, 5 ... 6, fish
- ▣
- ▣ Empty food: 7, cola, 8.

▣

▣

▣

▣



**THANK YOU FOR
YOUR ATTENTION**