

Презентація до уроку “**Healthy Food**” для учнів 6 класу



Topic: **Healthy Food**



**Health is above
wealth**

Today at the lesson

- **learn new vocabulary**
- **speak about healthy and unhealthy food**
- **read a text about fast food**
(p.68 ex.1 a-b)
- **learn four food groups**
- **discuss the ways how to keep**



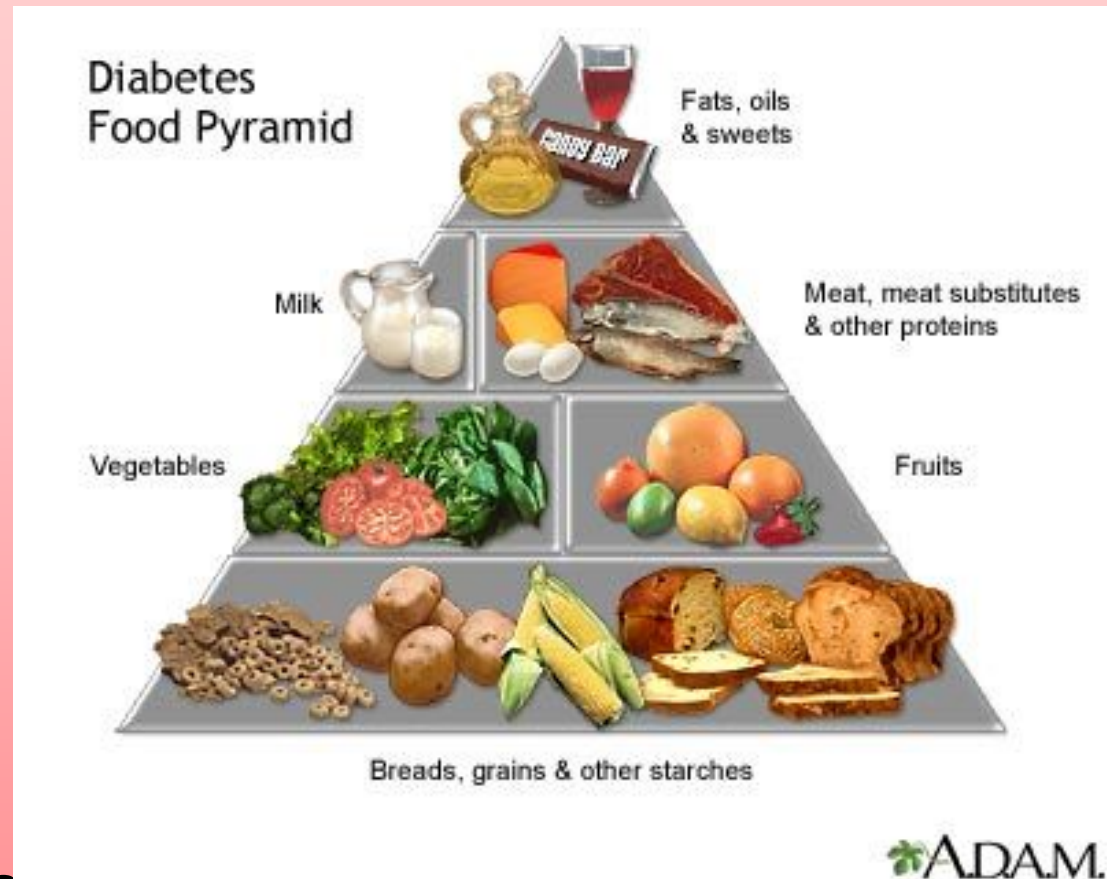
Warming Up: *guess the riddles*

- ▣ **It's a long and orange. Rabbits like it**
- ▣ **It's long and green. It has a lot of water and it grows in summer.....**
- ▣ **It's red. We make ketchup out of it**
- ▣ **It's round and we cry when we cut it**
- ▣ **It's brown and we can make chips out of it.....**



Learn new words

- **diet**
- **grains**
- **mealtime**
- **snack**
- **vegetarian**
- **dairy**
- **important**
- **keep/stay healthy**



Food for Health

▣ Fruit and Vegetable Group

We need fruits and vegetables every day. Some fruits and vegetables help us see well. Others help keep our skin healthy. Some fruits and vegetables help our bones and muscles grow.

health hɛlθ

others 'ʌðəz

skin skɪn

bone bəʊn

muscle 'mʌsəl



An apple a day keeps a doctor away

Milk Group

- ▣ **We need milk or foods made from milk. Milk helps us grow. It helps us have strong bones and healthy teeth. It gives us energy to work and play. Each day we need a glass of milk.**
- ▣ **grow** grəʊ
- ▣ **energy** ɛnədʒi
- ▣ **each** i:tʃ



Meat Group

- ▣ **Foods in this group help keep our body working well. They give us energy. Foods in this group also help us grow. Meat group consists of meat, fish, beans**



IMAGE BANK
TWICE BANK

Bread and Cereal Group

- Food in the bread and cereal group is made from plants called “grains”. Grains help give you energy. You can choose grain food you like.

grains | greinz|



Food for Health



If you want to stay healthy

- ❑ Eat three times a day
- ❑ Eat healthy food
- ❑ Eat fruits or vegetables every day
- ❑ Drink plenty amount of water
- ❑ Do exercises or sports
- ❑ Be on fresh air



- plenty | 'plɛnti|
- amount | ə'maʊnt|
- fresh | frɛʃ|
- junk | dʒʌŋk|
- fat | fæt|
- overweight | 'əʊvəweɪt|
- diet | 'daɪət|
- avoid | ə'vɔɪd|
- protein | 'prəʊti:n|
- calcium | 'kælsiəm|

