



Healthy Eating



Today at the lesson you:

- 1. Practice some vocabulary exercises***
- 2. Learn how to eat well and do a online test***
- 3. Make and discuss your healthy menu***



Match the words with their definition

- | | |
|------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|
| <i>1. food</i> | <i>a) a substance that is in food such as sugar, bread, potatoes</i> |
| <i>2. vitamin</i> | <i>b) the things that people or animals eat</i> |
| <i>3. carbohydrate</i> | <i>c) a white chemical element that is an important part of bones and teeth</i> |
| <i>4. protein</i> | <i>d) a natural substance in some foods that you need for good health, for iron and calcium</i> |
| <i>example</i> | |
| <i>5. mineral</i> | <i>e) natural substances found in food that are necessary to keep your body healthy. It is given a name using a letter of the alphabet (A, C, D...)</i> |
| <i>6. calcium</i> | <i>f) a substance that exists in food such as meat, eggs and beans</i> |

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GRAINS	VEGETABLES	FRUITS	MILK	MEAT & BEANS
<p><i>Eat at least 100 gr of whole-grain cereals, breads, crackers, rice every day</i></p>	<p><i>Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens</i> <i>Eat more orange vegetables like carrots</i></p>	<p><i>Eat a variety of fruit</i> <i>Choose fresh, frozen, canned, or dried fruit</i> <i>Go easy on fruit juices</i></p>	<p><i>Go low-fat or fat-free when you choose milk and other milk products</i></p>	<p><i>Choose low-fat meats</i> <i>Vary your protein products – choose more fish, beans, nuts and seeds</i></p>
<p><i>For a normal (2,000- calorie) diet you need the amounts below from each food group</i></p>				
<p><i>Eat 200 gr every day</i></p>	<p><i>Eat 2 ½ portions every day</i></p>	<p><i>Eat 2 portions every day</i></p>	<p><i>Get 3 portions every day; for kids aged 2 to 8, it's 2</i></p>	<p><i>Eat 150 gr every day</i></p>

<http://www.britishcouncil.org/ru/kids-games-multiple-choice-healthy-eating.htm>

The screenshot shows a web browser window displaying the British Council LearnEnglish Kids website. The browser's address bar shows the URL: learnenglishkids.britishcouncil.org/en/%252Flanguage-games/multiple-choice/healthy-eating. The website header includes the British Council logo, a 'Low graphics' button, and the 'LearnEnglish Kids' title. Navigation buttons for 'home', 'kids games', 'listen & watch', 'read & write', 'make', and 'abc Speak & Spell' are visible. A search bar is located on the right side of the page.

The main content area features a 'Healthy eating' section with the text: "Food gives us energy and makes us grow. Do this quiz about food and learn how to eat a balanced diet." Below this, there are 'Instructions' for the quiz:

Instructions
Read the question. What is the best answer - A, B or C? Click on the answer that you think is the best! Then click 'next' for the next question. How many will you get right?

A green 'START' button is located at the bottom of the instructions box.

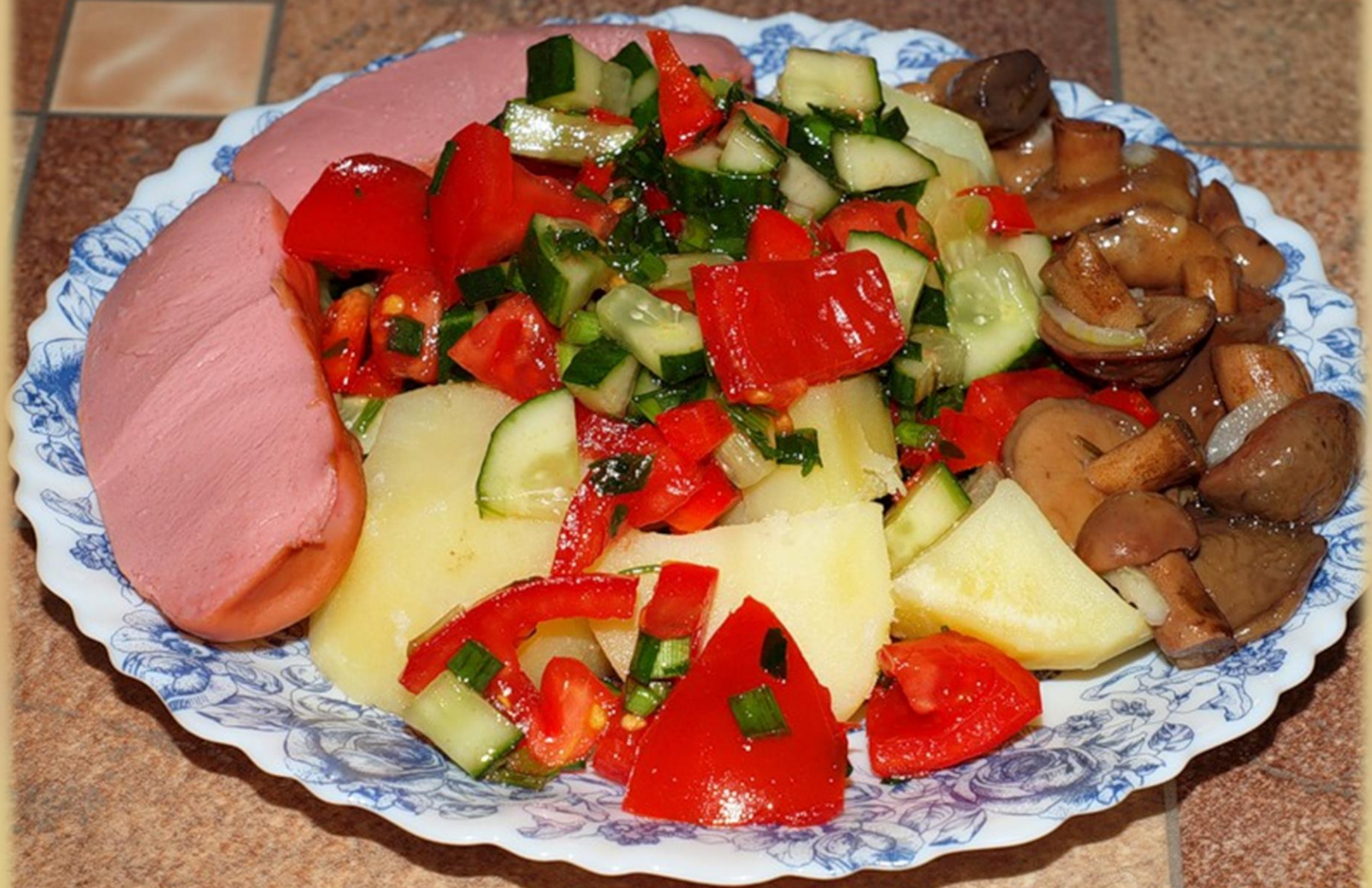
On the right side, there is a 'More about this topic' section with the text: "Are you interested in this topic? Find lots more to do!". It lists several activities:

- Play with friends
- Quiz - Food
- Short stories
- Your turn
- Language games
- Fruit

The URL at the bottom of the browser window is: <http://learnenglishkids.britishcouncil.org/en/speak-and-spell>







Continue one of these sentences:

- ***I realized that...***
- ***I would like...***
- ***I remembered...***
- ***I have learnt...***
- ***This lesson has taught me...***