



How can you burn calories?



Match the expressions with their translations.



1. *Physical activity*
2. *To burn calories*
3. *Convenience food*
4. *A balanced diet*
5. *Fast food restaurants*
6. *To contain energy*
7. *To contain fat*



- Сжигать калории
- Полуфабрикаты
- Сбалансированная диета
- Физическая активность
- Содержать энергию
- Содержать жир
- Рестораны быстрого

You need physical activity.
You should move much.



- Run
- Jump
- Play games
- Skate
- Ski



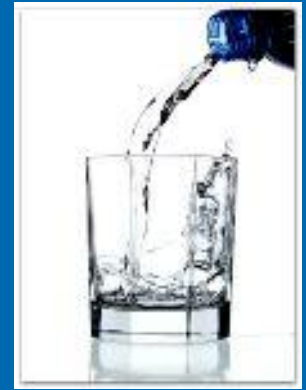
You need convenience food.



You should eat: - fruit
- vegetables
- milk products



You should drink much



- *Water*
- *Juice*
- *Milk*
- *Tea*

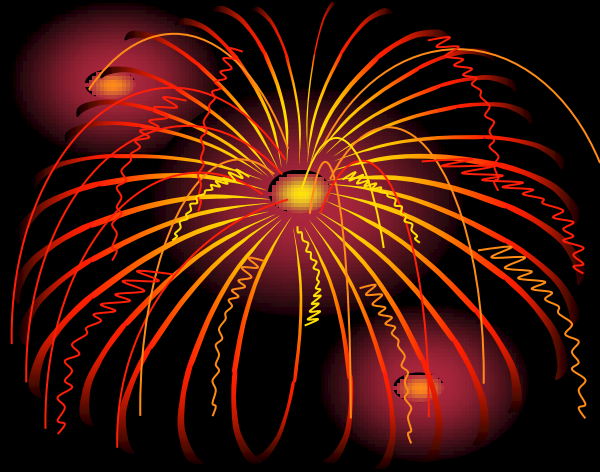


You need a balanced diet:

- Breakfast: *cerial and tea with toasts, an apple.*
- Dinner: *soup, meat and juice.*
- Supper: *milk products.*



Danger!



**Never eat too
much:**

Cheese



Sugar



Salt



Chocolate

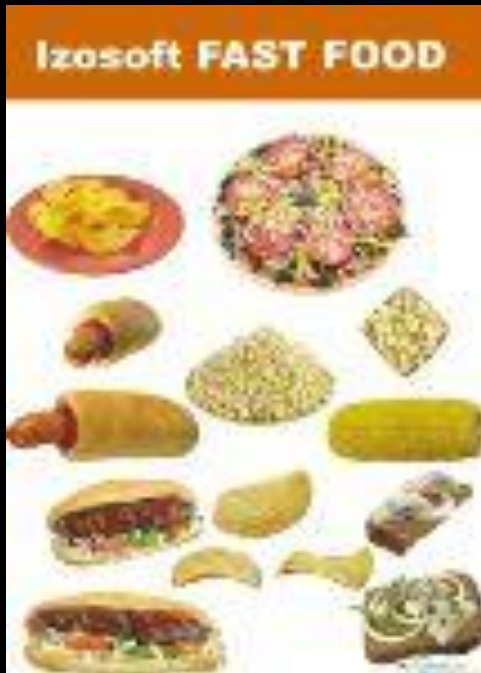


Or you will get fatter.

Danger!

Never visit fast food restaurants and
eat:

hamburgers
cheeseburgers
hot dogs



Eat food containing energy:



1. *Chicken*

2. *Liver*

3. *Fish*



**If you keep our
advice you will
never have to
count calories...
... and burn
them.**





If you have physical activities every day you will never have to control your weight.



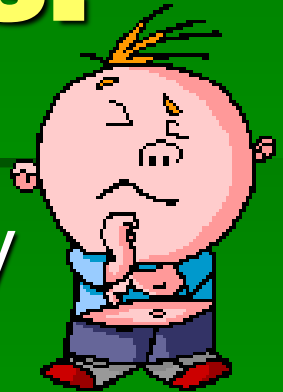


**Our advice is a key to
your healthy style of
life.**



Answer the questions.

- ❖ How can you burn calories?
- ❖ What physical activity do you do every day?
- ❖ Give examples of a balanced diet. What should a person eat?
- ❖ Is there much convenience food in the shops in your city/ town/ village? Do you like it? Do you think it tastes good?
- ❖ Are there any fast food restaurants in your city/ town/ village? Are they popular? Do you like the food there?



Thank you



Goodbye

