**We are what we eat**

**Task 1: Healthy or unhealthy? Tick the healthy food.**

* sandwiches
* cheese
* vegetable and fruit salads
* pizza
* fish and fried potatoes
* stewed vegetables
* a Big Mac
* coffee
* sweets and cakes
* red wine
* beer
* porridge
* pasta
* chicken
* milk and yoghurt

**Task 2: What do you think about salt and sugar? Butter and oil? Bread? Meat?**

* **I think** salt is healthy/unhealthy/useful/useless.
* **I suppose,** salt **is good for you**/**not good for you**
* **In my opinion**, salt is useful **because** it makes food tasty
* **I suppose**, sugar is …
* **I think** we **need** butter because …
* **In my opinion,** oil is useful/healthy/useless/unhealthy…
* **I suppose,** oil **is good for you**
* **I don’t think,** oil **is good for you** because …

**Task 3: Your personal DIET. Decide whether the sentence is True or False for you.**

* I cook food at home.
* I eat a lot of fruit and vegetables.
* I eat fast food.
* I like salty food.
* I prefer boiled and baked meat, not fried.
* I cannot live without sweets. I eat a lot of sweets!
* I prefer olive oil.
* I don’t eat a lot of butter.
* I drink a lot of fresh water.
* I don’t drink alcohol.
* I drink a glass of red wine at dinner.

**Is your diet healthy? If yes – great! If not – think about it!**

**Task 4: Read the text. Fill in the gaps.**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **bacon** | **butter** | **fish** | **fruit** | **meat** | **salads** | **wine** |

Eat the Mediterranean way! (from the New English File, Beginner)

Doctors say that the traditional diet in some Mediterranean countries, for example Greece and Italy, is very healthy.

Why is it **good for you**?

In these countries people eat a lot of \_\_\_\_\_\_\_\_ and vegetables, bread, pasta, rice, fish, olive oil, and wine. They don’t eat a lot of red \_\_\_\_\_\_\_\_\_ or butter. This diet is **very good for** **your heart** and people in these countries **live a long life**.

How to eat like Mediterranean people and **live a long life**?

* Eat a lot of fruit and vegetables every day
* Use olive oil for cooking and for \_\_\_\_\_\_\_\_\_
* Don’t eat \_\_\_\_\_\_\_\_\_\_\_ with your bread
* Eat a lot of \_\_\_\_\_\_\_. Don’t eat a lot of red meat or things like sausages and \_\_\_\_\_\_\_
* Have a glass of red \_\_\_\_\_\_\_ at dinner.
* Sit down with your family for lunch and dinner. Don’t eat too fast, relax and enjoy your food!