

Lesson 4. HEALTHY DIET

ACTIVE GRAMMAR

little / a little, few / a few

ACTIVE VOCABULARY

healthy, unhealthy, junk food, fast food, a diet

1. Look at the sign. What does it mean? What's the problem with the food in the picture?



2. a) What can you see in the pictures below. Compare the pictures in pairs.



b) Listen to an expert talking about the food. Which picture is he talking about?

c) Complete the following statements. Then listen again and check.

1. ... foods are very unhealthy. 2. They bring ... good to your body but cause bad teeth, and heavy weight. 3. These foods seem very tasty but contain very ... vitamins and a ... of bad stuff like fat, salt and sugar. 4. "Fast food" literally just means food that takes ... time to prepare. 5. Eating them is also very 6. A ... pieces of lettuce or a tomato in a hamburger doesn't make it healthier. 7. Eating ... of fast food can lead to depression, heavy weight and bad mood.

d) Discuss the questions below in pairs.

1. What's the difference between fast food and junk food? 2. Why is junk food unhealthy? 3. Are all fast food meals unhealthy? 4. What is a healthy diet?

3. a) Work in small groups. Give common examples for the categories below.

Tasty food, fast food, uncooked food, frozen food, restaurant food, vegetable food, sugary food, simple food, junk food, cheap food, home-made food, fresh food.

b) Discuss if these phrases describe healthy or unhealthy food and what picture in ex. 2a they refer to.

Example. *Tasty food. Most people think that sweets, fruit, cakes and pizzas are tasty. In this list the only healthy choice is fruit. So, tasty food is usually unhealthy.*

4. a) Choose the correct word in each case.

1. *Few / A few* people know how to make crisps at home, but I do.

2. I can only make a *little / a few* simple salads.

3. I drink *little / few* water. I prefer green tea.

4. I need *little / a little* help with my diet.

5. I think it's ok to eat junk food every day but *few / a few* people agree with me.

6. *Little / Few* people are interested in cooking, but I'm one of them.

b) Are any of the statements above true for you? Discuss in pairs.

5. a) Reorder the words to make popular sayings.

1) what / are / you / eat / you /.

2) for / good / life / is / a / diet /.

b) What do the sayings mean? Do you agree with them? Which one do you prefer? Why?

6. a) Play the “Healthy Eater” game in pairs.

Student A: You are a host at a party. Ask your partner how much different food they would like.

Student B: You are a healthy eater. What food goes to your party plate?

Example.

- *How much milk would you like?*
- *A little, please.*
- *How many sweets would you like?*
- *Very few, please.*
- *Would you like some Cola?*
- *No, Thank you.*



b) What's on your party plate? Who is the healthiest eater?

Example. *I've got very few sweets and some milk to drink.*

Lesson 5. A FEW QUESTIONS TO ASK

ACTIVE GRAMMAR

few / a few, little / a little

1. a) Look at the proverbs below. Discuss what each proverb means. What proverbs have similar meaning?

1. The tongue weighs practically nothing, but few people can hold it. 2. Much talk, little work. 3. One must talk little and listen much. 4. A hen that cackles much lays only a few eggs.



b) Listen to the proverbs and repeat. Copy the speaker's intonation.

c) Do you agree with the proverbs? Which proverb do you prefer? Why?