

5. Work in pairs. Say which tips you follow/don't follow/would like to follow. Compare your ideas. What do you have in common?

Model: We both eat a lot of fruit and vegetables. Neither of us sleeps less than 6 hours.

6. Write what you should do to live a long and happy life. Use the tips from ex. 4a.

Lesson 2. You are what you eat

1a. Look at the food guide pyramid and answer the questions. Compare your answers with your partner.



1. What do the colours of the pyramid show? 2. Why are some colour bands bigger than others? 3. Which colour band is the biggest? 4. Which colour band is the smallest? 5. Do you follow the food guide pyramid?

1b. Copy the chart. Look at the pyramid and complete the second column of the table. Try to recollect as many words as possible and add them to each line.

Grains	Breads, ...	give us B-vitamins, ...
Vegetables	Carrots, ...	give us vitamin A,

Fruits	Apples, ...	give us vitamin C,
Oils	Olive oil, ...	give us important fatty acids (кислоты)
Milk	Cheese, ...	give us calcium ['kælsɪəm]
Meat and beans	Poultry, eggs, nuts, ...	give us protein. It helps build stronger muscles ['mʌs(ə)lz], ...

2a. The words below are from a conversation with a food specialist. Read the definitions, try to guess what the words mean.

nutrient ['nju:triənt] (*n*) – something in food that people and animals need to live and grow

supply [sə'plai] (*v*) – give someone something that they need or want

dairy ['deəri] (*n*) – milk and foods that are made from milk, e.g. cheese, butter

wholegrain ['həʊlɡrem] (*adj*) (bread) – wholegrain food has all the wheat grain (пшеничное зерно), with its outer part

provide [prə'vaɪd] (*v*) – give someone something that they need or want

heal [hi:l] (*v*) – make a part of the body healthy again after an injury or a disease

cell [sel] (*n*) – the smallest part of a living body, with a nucleus (ядро) in the middle

frozen ['frəʊz(ə)n] (*adj*) – made extremely cold

dried [draɪd] – dried food has water removed (убранный) from it

fat [fæt] – (*n*) a white substance under skin; (*adj*) a fat person weighs (весит) too much (it is not polite to say 'fat' about a person)


protein ['prəʊti:n] (*n*) – a substance in meat, eggs, and milk that people need to grow and be healthy

iron ['aɪən] (*n*) – a hard heavy metal

oxygen ['ɒksɪdʒ(ə)n] (*n*) – a colourless gas, that all living beings breathe in (вдыхают)

prevent [pri'vent] (v) – stop something from happening
poultry ['pɒltrɪ] (n) – birds – chickens, ducks, geese, etc. – used for meat

2b. Make up a brief talk about food, using these words. Work in pairs.

2c.  Listen to the conversation with a food specialist and say if your talk was similar. Which question wasn't asked?

The food pyramid shows very little fat. Why?

What about fruit and vegetables?

How much bread should I eat every day?

Should we eat a lot of meat?

What about milk and dairy products?

2d.  Listen to the conversation again and fill in the blanks.

A: Eat a variety of foods. You need more than 40 different **nutrients** for good health, and no single food **supplies** them all. Your daily food meals should include bread and other whole-grain products; fruits; vegetables; **dairy** products; and meat, **poultry** and fish.

S: How much bread should I eat every day?

A: Eat at least (1)... of **wholegrain** bread and cereals, rice or pasta everyday. Look for the word “whole” before the name of the grain as it is very important. Grains, breads and cereals give us (2)... which help turn the food we eat into (3)... that our bodies need to work, play and grow.

S: And what about fruit and vegetables?

A: Vegetables **provide** vitamin A which helps us have (4)... and good eye-sight. Fruits give us (5)... which helps our bodies **heal** and grow new **cells**. It is very important to eat at least 100–150 grams of fruit and the same (6)... of vegetables. You may choose from (7)... and **frozen** as well as **dried** fruit, all kinds of fruit and vegetables are good for you.

S: The food pyramid shows very little **fat**. Why?

A: Your body doesn't need (8).... Get most of your fat sources from fish, nuts and (9).... Eat less fats like (10)...., marga-

rine [ˌmɑːdʒəˈriːn] and lard (сало). Choose (11)..., chicken or turkey. Bake it or grill it. It is (12)... than frying. Add more fish, eggs, beans and nuts to your diet.


Meat, fish, beans and nuts (13)... **protein** (белок) and **iron** (железо) which help build stronger muscles [ˈmʌs(ə)ls]. Iron carries **oxygen** to all parts of your (14)..., helps **prevent** infections, and also helps your body (15)... to get you through a busy day.

S: And what about milk and milk products ?

A: Dairy products are very important. They provide calcium [ˈkælsiəm], which helps build (16)... bones and teeth. So, if you can have milk, yogurt and cheese every day, do it. But go for low-fat (17).... It's better. Ice cream is not very good for your health. The less ice cream you eat the (18)... for you.

3. Read the text (ex. 2d) and complete filling in the table (ex. 1b). In the third column write what all these products provide your body with.

4. Use the table to speak about the importance of a balanced healthy diet.

5.  Make your own pyramid showing what you usually eat at home. Don't forget to include grains, vegetables, fruits, oils, milk, meat, beans. Compare both the pyramids and write about the difference. Use the *Help box*.

Help box

My diet is well balanced/unbalanced, because it provides/doesn't provide enough... I should eat more.... I should eat less.... It is better to eat.... It's healthy/unhealthy to eat....

6. Go back to your mind map and add new words.



Year 9 → Unit 3 → Lesson 2 → Active vocabulary
(matching words and their definitions)