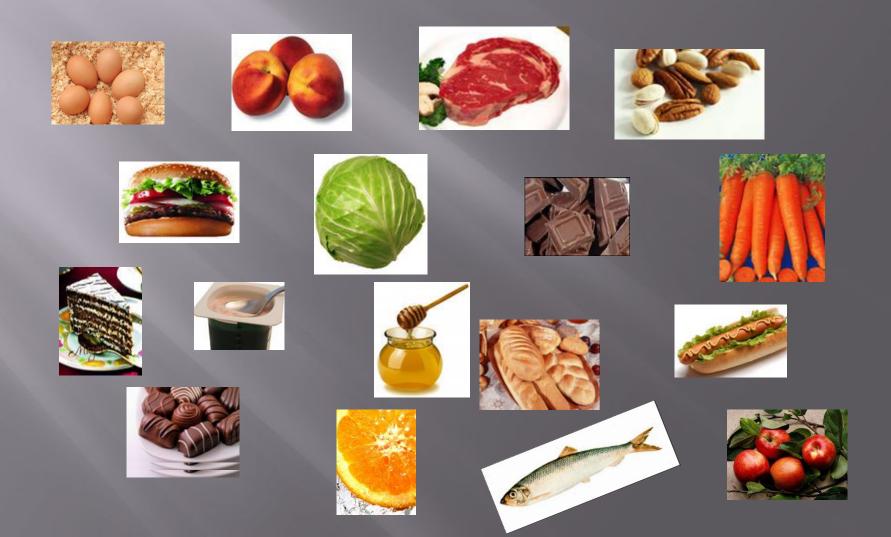
HOWTO BE HEALTHY...



What do we eat every day?



What do we eat?

- Oranges
- Eggs
- Apples
- Tomatoes
- Chicken
- Yogurt
- Hot dog
- Carrots
- Nuts

fish

chocolate

pears

bread

popcorn

meat...

cheese

popcorn

cabbage

cake

hamburgers

cola ...

FOOD healthy/ unhealthy

-) ...
-) ...

-)...
-) ...

- My favourite foods are...
- I think that ... is healthy but my friend thinks that it's unhealthy.
- We both think that ... is healthy.

What does this food do for our healh?

- BREAD EGGS MEAT NUTS SWEETS FRUIT CRISPS VEGETABLES
- Keep you Healthy: 1, 2
- Give you energy: cereals, 3, pasta, 4.....
- Help you to grow and make you strong:
- cheese, 5 ... 6 ..., fish
- **Empty** food: 7, cola, 8.







THANK YOU FOR YOUR ATTENTION