



The first conditional

(If + Present Simple, will + verb (I))

- ▶ If you eat an apple every day, you will be healthy.



Rainbow of food

- ▶ *Red foods – extra boost of energy*
- ▶ *Orange foods – power of concentration/fight the infection/improve the eyesight*
- ▶ *Yellow foods – to be optimistic*
- ▶ *Green foods – to calm down/to keep emotions under control/to keep teeth and bones strong and healthy*
- ▶ *Blue foods – to relax emotionally and physically*
- ▶ *Purple foods – to be more creative/to look young*

The second conditional

(If + Past Simple/were – would + verb (1))

- ▶ If I **were** overweight, I **would** eat less and take regular exercise.



Health Tips!

- ▶ **Underweight – eat three well-balanced meals and three or four snacks per day**
- ▶ **Lack of concentration – eat lots of iron-rich foods and have a good breakfast**
- ▶ **Tiredness – follow a low-carbohydrate diet**
- ▶ **Tooth decay – cut out sugary drinks and snacks**
- ▶ **Frequent illnesses – eat food rich in Vitamin C**
- ▶ **Indigestion – avoid spicy foods and eating fast or late at nights**
- ▶ **Dry skin – drink more water and eat more oily fish, nuts and seeds**

Top 10 GM Foods

