



Topic:
healthy eating

Five fat sausages



*Doctop Murphy
asks us to*

*Doctop Murphy
asks us not to*

Three main groups of food

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graph TD; A[Three main groups of food] --> B[PROTEIN]; A --> C[FAT]; B --> D[CARBOHYDRATES];
```

PROTEIN

FAT

CARBOHYDRATES

MEAT



MILK



PROTEINS

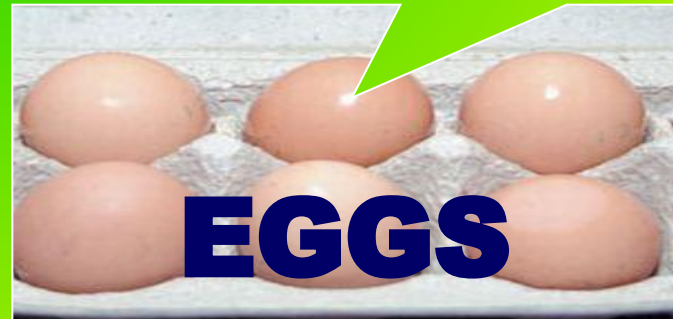


FISH

CHEESE



NUTS

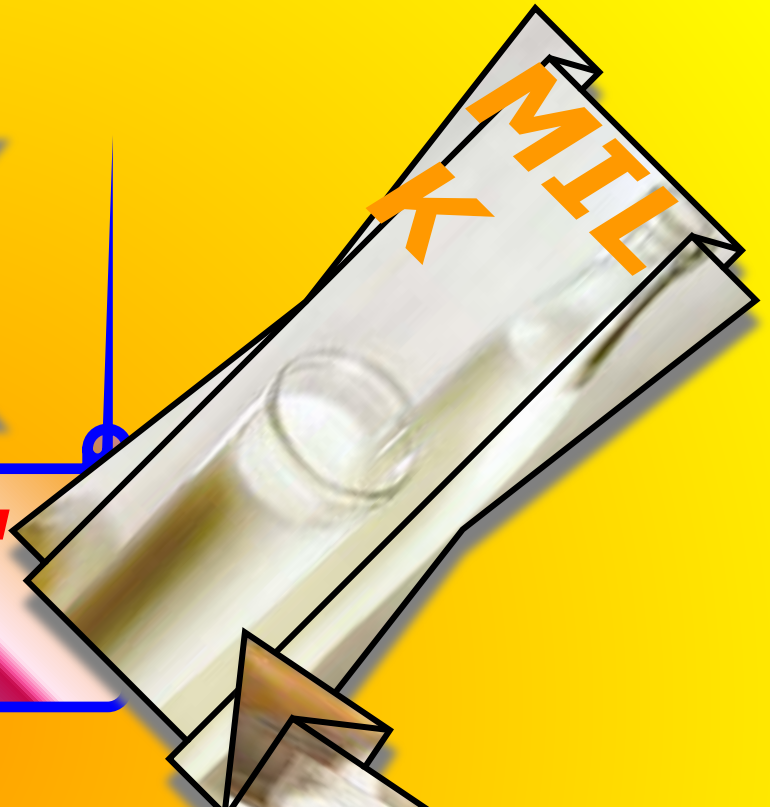


EGGS

BUTTER



MILK



FAT



CHEESE



MEAT



OIL





BREAD



SWEET



VEGETABLES



CARBOHYDRATES



PASTA



CEREALS

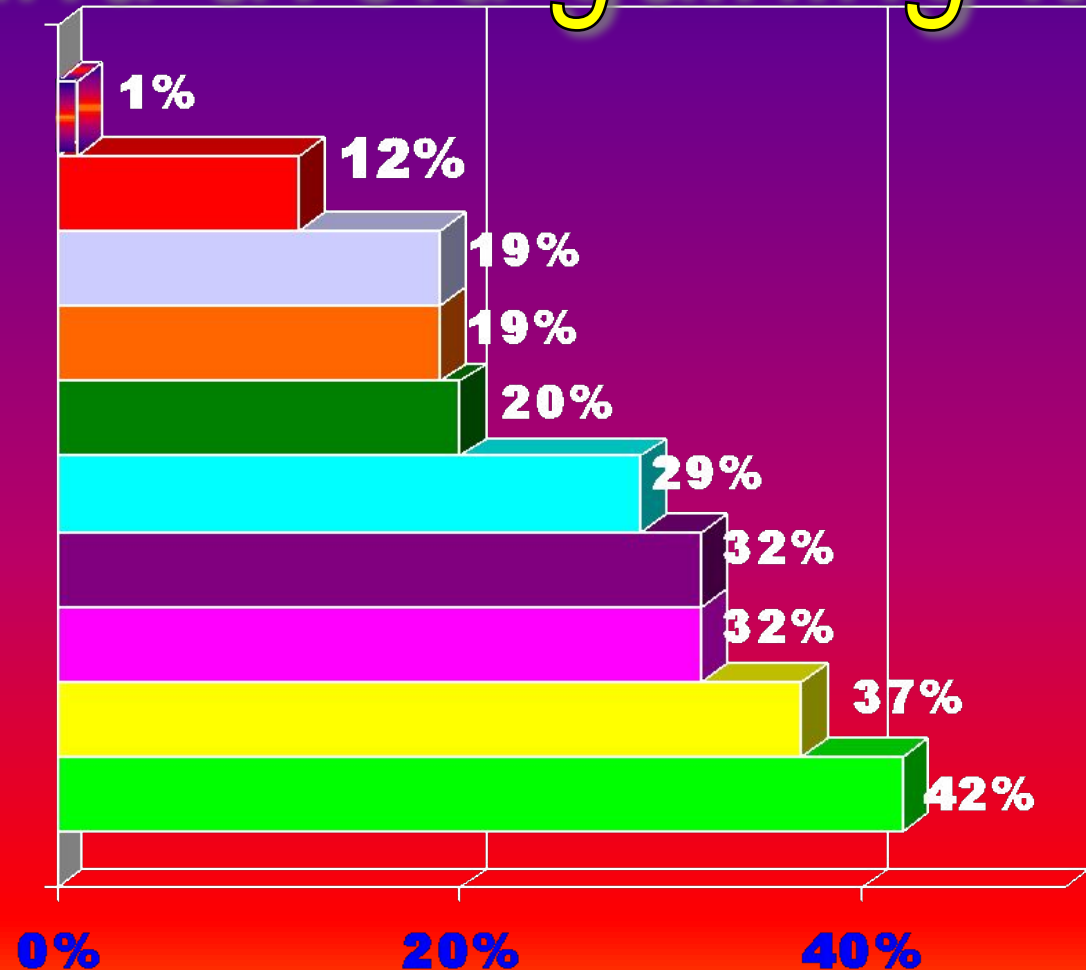


FRUITS



Popular ways to lose weight and avoid gaining it

- Follow a diet
- Use low-calorie foods
- Eat less red meat
- Count calories
- Eat more fruit and vegetables
- Don't eat at night
- Cut down on fat
- Exercise more
- Eat less of everything
- Cut out snacks and desserts



How do these

people look like?

A person with long dark hair is shown from the side, leaning forward with their arms crossed over their head. They are wearing a dark, patterned garment. The background is a light, textured surface. Overlaid on the image is the text "And what would you say about these models?" in a bold, italicized, yellow font with a blue outline.

***And what
would you
say about
these
models?***



*PLEASE,
Consult your doctor
before dieting!*

Homework:

p. 122,

ex. 3

OK