

Do we live to eat?



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We want to give information about
healthy food

Our health depends on the foods we eat



In order to stay healthy it's important to have a balanced diet-food that contains something from each of the three main groups/ These groups are protein, fat and carbohydrates.



```
graph TD; Protein[Protein] --- Milk[Milk]; Protein --- Meat[Meat]; Protein --- Fish[Fish]; Protein --- Nuts[Nuts]; Protein --- Cheese[Cheese];
```

Protein

Milk

Meat

Fish

Nuts

Cheese

It helps your body grow, gives you
energy

```
graph TD; Fat[Fat] --- Milk[Milk]; Fat --- Cheese[Cheese]; Fat --- Meat[Meat]; Fat --- Butter[Butter];
```

Fat

Milk

Cheese

Meat

Butter

It gives you energy, but don't eat a lot

```
graph TD; A[Carbohydrates] --- B[bread]; A --- C[fruits]; A --- D[vegetables];
```

Carbohydrates

bread

fruits

vegetables

They give you more than 70% of
your energy

Food influences our spirits. Foods with lots of additives, fat or sugar can make you violent. Fresh fruit and vegetables can make you intelligent, optimistic.

More and more people nowadays
become vegetarians.

They are not only healthier, but they
are also kinder.

To Be or Not to Be ... A Veggie?

- All the nutrients we need for a healthy life can be found in plants
- The thought of eating a dead animal makes me sick
- Animals don't wish to be killed and would like to enjoy life to the full

To Be or Not to Be ... A Veggie?

- I can't live for ever on cucumbers and apples
- Organic foods are full of pesticides
- I love fast food so I eat lots of hot dogs

And what do you think?

Why not? You eat other animals, don't you?

There is a danger hanging over your life.
Teenagers are getting fatter.
Obesity rates in teens, according to
experts, are doubling.





According to WHO(World Health Organization,)
Americans are the fattest people in he
world.55% of women and 63% of men over
25 are overweight.

So think twice before you start eating.

Conclusion

We eat to live, but not live to eat.

Литература

- Учебник «English 9» Кузовлев В.П.
- Журнал «Speak out» 1/2000