**We are what we eat**

**Task 1: Healthy or unhealthy? Tick the healthy food.**

• sandwiches

• cheese

• vegetable and fruit salads

• pizza

• fish and fried potatoes

• stewed vegetables

• a Big Mac

• coffee

• sweets and cakes

• red wine

• beer

• porridge

• pasta

• chicken

• milk and yoghurt

**Task 2: What do you think about salt and sugar?**

**Butter and oil? Bread? Meat?**

**• I think** salt is healthy/unhealthy/useful/useless.

**• I suppose,** salt **is good for you**/**not good for you**

**• In my opinion**, salt is useful **because** it makes food tasty

**• I suppose**, sugar is …

**• I think** we **need** butter because …

**• In my opinion,** oil is useful/healthy/useless/unhealthy…

**• I suppose,** oil **is good for you**

**• I don’t think,** oil **is good for you** because …

**Task 3: Your personal DIET.**

**Decide whether the sentence is True or False for you.**

• I cook food at home.

• I eat a lot of fruit and vegetables.

• I eat fast food.

• I like salty food.

• I prefer boiled and baked meat, not fried.

• I cannot live without sweets. I eat a lot of sweets!

• I prefer olive oil.

• I don’t eat a lot of butter.

• I drink a lot of fresh water.

• I don’t drink alcohol.

• I drink a glass of red wine at dinner.

**Is your diet healthy? If yes – great! If not – think about it!**

**Task 4: Read the text. Fill in the gaps.**

**bacon**

**butter**

**fish**

**fruit**

**meat**

**salads**

**wine**

Eat the Mediterranean way!

Doctors say that the traditional diet in some Mediterranean countries, for example Greece and Italy, is very healthy.

Why is it **good for you**?

In these countries people eat a lot of \_\_\_\_\_\_\_\_ and vegetables, bread, pasta, rice, fish, olive oil, and wine. They don’t eat a lot of red \_\_\_\_\_\_\_\_\_ or butter. This diet is **very good for** **your heart** and people in these countries **live a long life**.

How to eat like Mediterranean people and **live a long life**?

• Eat a lot of fruit and vegetables every day

• Use olive oil for cooking and for \_\_\_\_\_\_\_\_\_

• Don’t eat \_\_\_\_\_\_\_\_\_\_\_ with your bread

• Eat a lot of \_\_\_\_\_\_\_. Don’t eat a lot of red meat or things like sausages and \_\_\_\_\_\_\_

• Have a glass of red \_\_\_\_\_\_\_ at dinner.

• Sit down with your family for lunch and dinner.

Don’t eat too fast, relax and enjoy your food!