

ЗДОРОВИЙ СПОСІБ ЖИТТЯ

Матеріали до уроків англійської мови

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Phrasal verbs

to eat away – *to gradually remove or destroy smth*

to eat away at smth/smb – *1) to gradually remove or reduce the*

amount of smth; 2) to make someone feel very worried over a

long period of time

to eat in – *to eat at home instead of in a restaurant*

to eat into smth – *1) to gradually reduce the amount of time, money*

etc that is available; 2) to gradually damage or destroy smth

to eat out – *to eat in a restaurant instead of at home*

to eat up – *to eat all of smth*

to eat smth up (*informal*) – *to use a lot of smth, especially until*

there is none left

to make (something) out – *to see clearly*

to be eaten up with/by jealousy/curiosity/anger – *to be very jealous,*

curious etc, so that you cannot think about anything else

1. The project a third of the organization's entire research budget.

2. Acid rain the stone walls.

3. I'm too bored to cook tonight. Let's

4. The thought of mother alone like that at her.

5. The river at the bank.

6. Jealousy him

7. She's made a cake and wants us to help ... it

8. The new buildings the character of this historic town.

9. Paying for the new house my savings.

10. Come on, Jenny, and we'll go for a walk.

Topic. Meals

Здоровий спосіб життя

Написав Administrator

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Read the text about the way to keep to a balanced diet. Choose the most suitable heading to the paragraphs (1–5) from the list (A–F).

There is one extra heading which you don't need.

A Avoid Too Much Sugar

B Healthy Food Preparation

C Avoid "Diet Thinking"

D How to Eat Correctly

E Don't Skip Meals

F Think Before Eating

Eat Well, Stay Healthy

We all know we should be eating a healthier **balanced diet** and getting

more exercise. To make it work, we need to build good habits into

our daily routine. We should try not to eat “on the run”. This means

taking time to plan and prepare **healthy meals** at home, so that we rely

less on fast food, **microwave meals**, and **unhealthy snacks**. We should

also control the amount of fat, sugar, and salt in our diet.

Here are a few tips **to make healthy diet choices**:

1. Eating three regular meals with good snacks in between **encourages**

healthy energy levels and weight. When eating away from home, you

can bring healthy snacks and drinks.

2.

2. Grilling, stir-frying, baking, and boiling are healthy ways to cook

food. Use fresh or dried herbs and spices **to flavour** food instead of

adding toppings like butter, margarine, or gravy.

3.

3. Sugary drinks are a source of empty energy (in the form of calories)

that you don't need, without vitamins, minerals, or protein. Try sugar-

free sodas or flavoured waters instead of regular soda or juice. Lots

of sugar is found in desserts such as cakes, cookies, and sweets. **Enjoy**

these foods **in moderation**.

4.

4. Eat slowly. It takes twenty minutes before you're feeling full. Eating

when hungry and stopping when full will help balance the body's energy

needs. Eat when you're hungry, not when stressed or bored. **Fibre**

rich foods such as whole grains, vegetables, and fruits increase the feeling

of being full.

5.

5. There aren't any 'bad' foods and even so-called 'diet' foods or drinks

are not lower in calories. Weight loss in your growing body can **permanently**

affect your growth in height.

[Healthy Food \(RAR\)](#)