



# **1<sup>st</sup> semester**

# **Upper Intermediate**

# **Lesson 28**



# Topic 28:

## Unit 3. Keeping fit.

### Lesson 2. Healthy food.



Healthy eating means eating a variety of foods that give you the nutrients you need to maintain your health, feel good, and have energy. These nutrients include protein, carbohydrates, fat, water, vitamins, and minerals. Nutrition is important for everyone.

## HEALTHY FOOD





These **8 practical tips** cover the basics of healthy eating and can help you make healthier choices.



- 1. Base your meals on higher fibre starchy carbohydrates**
- 2. Eat lots of fruit and veg**
- 3. Eat more fish, including a portion of oily fish**
- 4. Cut down on saturated fat and sugar**
- 5. Eat less salt: no more than 6g a day for adults**
- 6. Get active and be a healthy weight**
- 7. Do not get thirsty**
- 8. Do not skip breakfast**



# A RAINBOW OF HEALTH



*White*  
**BENEFITS**  
DAY 1

**IMMUNE SUPPORT**

Brussels Sprouts. Nuts. Seeds. Garlic. Potato. Coconut. Mushrooms.



*Orange*  
**BENEFITS**  
DAY 4

**CANCER PREVENTION**

Carrot. Pumpkin. Orange. Mandarin. Dried Apricots. Apple.



*Green*  
**BENEFITS**  
DAY 2

**DETOXIFICATION**

Cabbage. Greens. Avocado. Kiwi. Apple. Celery. Green Onion.



*Red*  
**BENEFITS**  
DAY 5

**HEART HEALTH**

Dragonfruit. Watermelon. Viburnum. Dog Rose. Pomegranate. Strawberry. Pepper.



*Yellow*  
**BENEFITS**  
DAY 3

**BEAUTY**

Corn. Pineapple. Wheat. Lemon. Melon. Peach. Pear.



*Purple*  
**BENEFITS**  
DAY 6

**LONGEVITY**

Red Cabbage. Eggplant. Beets. Plums. Figs. Blueberries. Prunes.

# Which of these humorous comments could you imagine saying by yourself?

There's going to be food? Okay, I'll come.



**The meal is not over when I'm full.**

The meal is over when I hate myself.

~ Louis CK

There are two food groups in the world:  
The one you put cheese on, and the one you put chocolate on"

Jewels

An **onion** can make people **CRY** but there's never been a vegetable that can make people laugh.

- Will Rogers



DON'T FORGET, YOU ARE WHAT YOU EAT.

I NEED TO EAT A SKINNY PERSON.

