Написав	3 Administra	ator	
Четвер,	02 лютого	2012	12:31

здоровий спосіб життя

Матеріали до уроків англійської мови	

Підготувала Давиденко Людмила Олександрівна

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

Написав Administrator Четвер, 02 лютого 2012 12:31 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

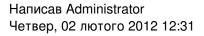
1. The project a third of the organization's entire research budget.

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2. Acid rain the stone walls.	

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

- **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

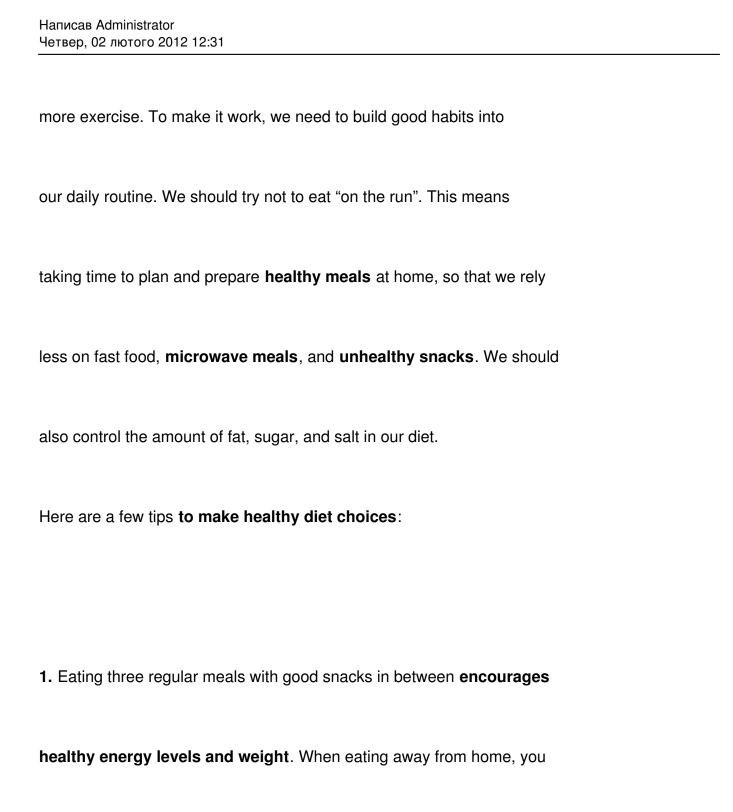


Read the text about the way to keep to a balanced diet. Choose the most suitable heading to the paragraphs (1–5) from the list (A–F).

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

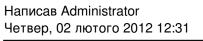
can bring healthy snacks and drinks.

2.



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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)