

# EATING HABITS



# ‘After dinner comes the reckoning’



# HEALTHY FOOD



**CHOLESTEROL**- fatty substance that is a by-product of normal liver metabolism.

**BLOOD PRESSURE**-a measurement of the force of **blood** against the arterial walls when the heart pumps.

**SURVEY**- a list of questions aimed at extracting specific data from a particular group of people.

**OBESITY**- a medical condition in which excess body fat has accumulated to an extent that it may have a negative effect on health.

# QUESTIONS:

- ◎ 1. What are the main 4 factors of heart health?
- ◎ 2. How many children took part in the survey? What was their age?
- ◎ 3. What is the biggest problem according to the survey?
- ◎ 4. What are the ways of solving the problem?

# Scottish cuisine



# Haggis



# CULLEN SKINK





# BLACK BUN



# CHUVASH NATIONAL DISHES



# Quiz

1. What are the most popular Scottish dishes?

2. Name the Scottish dishes which are similar to the Chuvash meals.

3. What is the main ingredient in a «black bun»?





**GAME  
TIME**

*Match the idioms with their meanings.*

1. CHEW THE FAT

A. TO BE INVOLVED IN SOMETHING

2. MAKE ONE'S MOUTH WATER

B. TO MAKE SOMEONE WANT TO EAT OR DRINK

3. HALF-BAKED IDEA

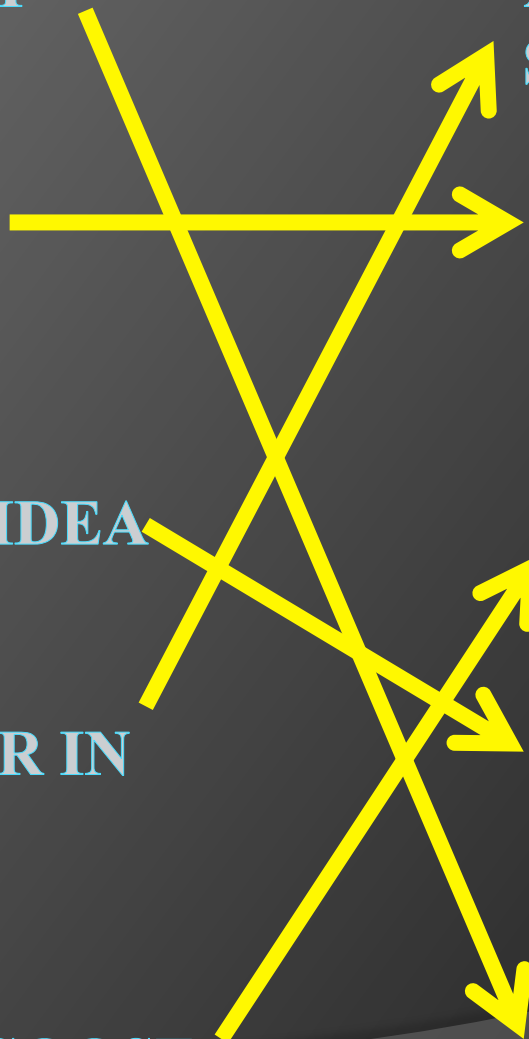
C. TO HURT OR RUIN SOMEONE

4. HAVE A FINGER IN EVERY PIE

D. SOMETHING NOT STUDIED CAREFULLY

5. COOK ONE'S GOOSE

E. CHAT



*Match the idioms with their meanings.*

6. EAT DIRT  F. TO ACT HUMBLE

7. HUNGRY AS A HORSE  G. TO COMPLAIN ABOUT SOMETHING THAT HAS HAPPENED

8. GO BANANAS  H. ABLE TO EAT A LOT

9. CRY OVER SPILLED MILK  I. TO BECOME TOO EXCITED AND BEHAVE CRAZILY

## *Find the odd word*

1. A BOWL OF SOUP, CEREAL, CAKE.

2. A CARTON OF MILK, HAM, ORANGE  
JUICE.

3. A SLICE OF FLOUR, BREAD, HAM.



4. A CUP OF TEA, COFFEE, ICE-CREAM.

5. A GLASS OF WATER, BUTTER, WINE.

6. A BOX OF CHOCOLATES, BISCUITS, VINEGAR

7. A PACKET OF CRISPS, KETCHUP,  
SUGAR.

*Say what it means*

**Grate**



**Scramble**



**Grill**



**Spread**



**Melt**



**Simmer**



**Stir**



**Add**



**Bake**



**Cut**



**Mix**



**Pour**



**Boil**



**Fry**



**THANK  
YOU!**

