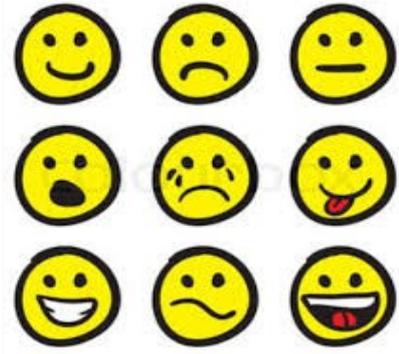
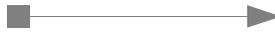


FOOD and MOOD

/u:/

/u:/



MOOD

COMPLETE : Your is important for your

1.WATCH the video and **REORDER** the 8 tips : **NUMBER** the pictures

2.What's the English for... ?

Boire :D - - - - Manger : E - - Faire attention : P - - A - - - - - - -



eat regularly

PROTEINS



increase your protein



eat good fat



eat fruit and vegetables



drink more
++



Are you intolerant ?



pay attention to your gut



cut down on caffeine

3. UNDERSTAND WHY FOOD IS IMPORTANT

- **READ** the document, **WATCH** the video again.
- **MATCH** and **LINK** the tips in column A with the consequences on your body and brain in column B.

4. COMPLETE the sentences in column B (**USE** the video)

A. TIP

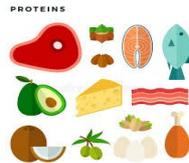
Eat regularly



Eat good fat



Eat proteins



Drink more water, green tea, diluted fruit juice



Eat fruit and vegetables



Drink less – coffee, tea, cola, energy drinks



Pay attention to your guts



Pay attention to food intolerance



B. CONSEQUENCE

to keep your healthy. They use similar chemicals.



NOT to be, irritable, depressed



NOT to disturb your



to keep your well.



because they release slowly.



because food intolerance affects your and health.



because they contain minerals, and



to or think clearly.

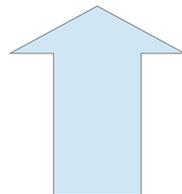


5. CLASSIFY the food and drinks : GOOD or BAD /HEALTHY OR UNHEALTHY ?



TICK
healthy food

CROSS
unhealthy food



HEALTHY +

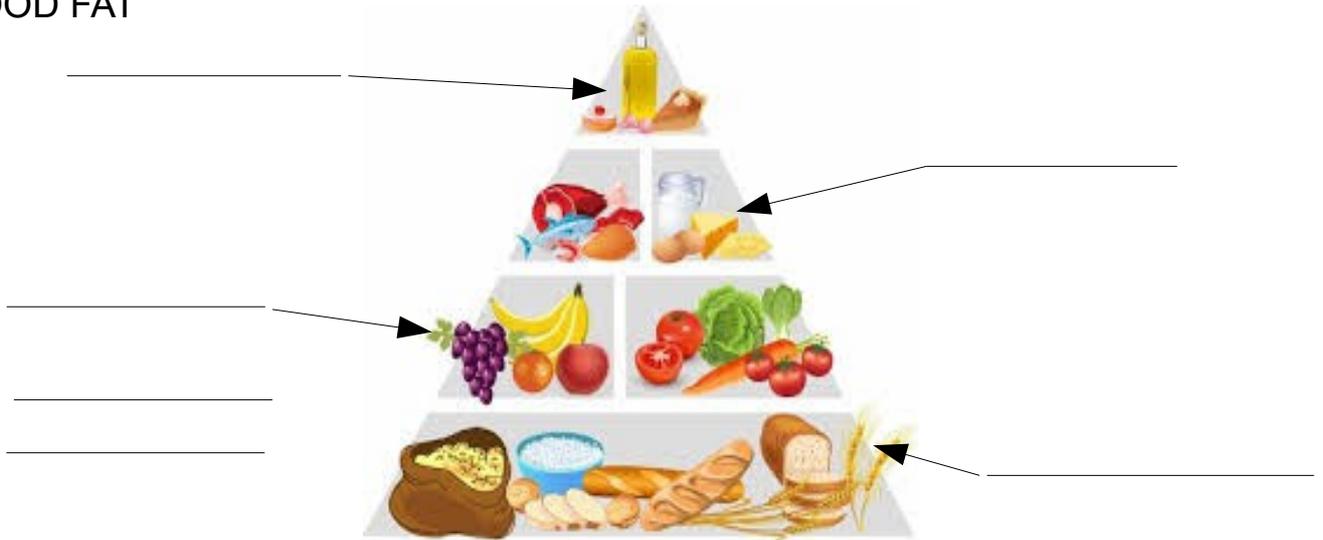
- Orange juice
- Water
- Yoghurt
- Eggs
- Pasta
- Rice
- Sunflower seeds
- Olive oil
- Bread
- Butter
- Almonds
- Chicken
- Fish
- Cheese
- Salad
- Peas
- Beans
- Soup
- Cereals
- Milk
- Lentils
- Apple
- Pear
- Avocado
- Walnut
- carrots

UNHEALTHY -

- Crisps
- Fries
- Candies
- Coke
- Tea
- Coffee
- Hamburger
- Chocolate bar
- Energizing drink
- Donuts
- nuggets

6. COMPLETE the food pyramid

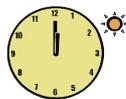
ANIMAL PROTEINS – VEG PROTEIN - VITAMINS , MINERALS, FIBERS –
GOOD FAT



FINAL TASK : imagine a healthy menu

Ecris dans les bulles ce que tu proposes pour chaque repas de la journée.
Attention, ton menu doit être équilibré et bon pour la santé ! Utilise tout
ce que tu as fait pendant la séquence pour l'écrire.

ONE DAY MENU



Afternoon snack



Four large, light blue oval shapes arranged vertically, intended for writing a menu for each meal.