


Healthy and unhealthy lifestyle

Egészséges és egészségtelen életmód



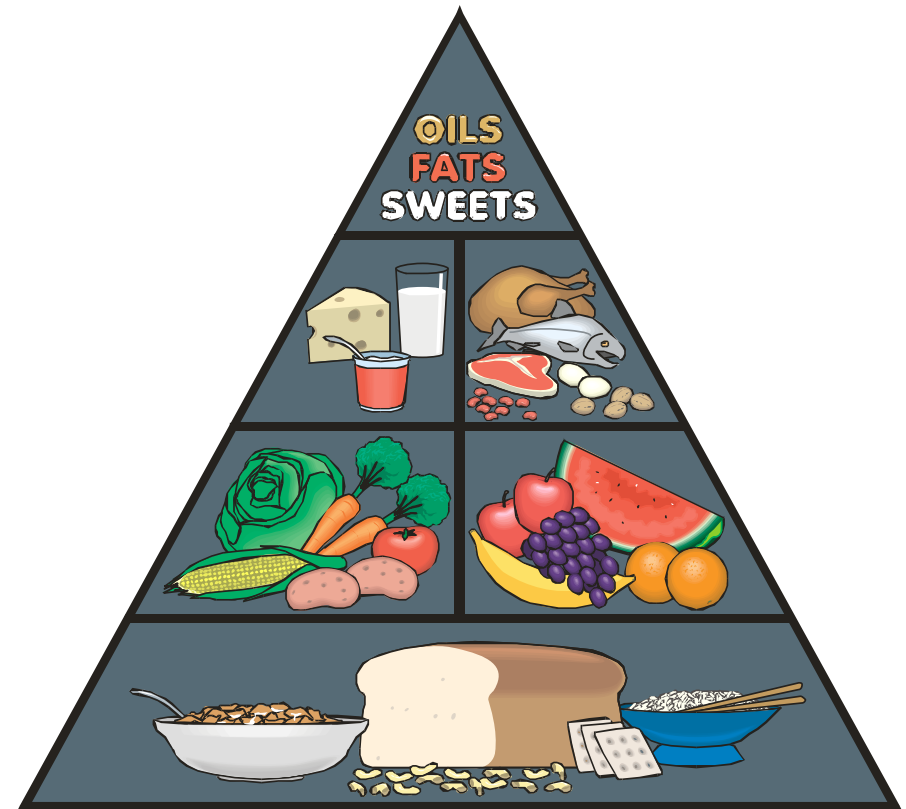
Meals

Work out

Meals

- A balanced diet is...
- ...light and nutritious
- ...low in fat and sugar
- ...low in calories
- ...high in protein and fibres
- ...a source of vitamins
- It doesn't contain...
- ...artificial additives or preservatives.
- Processed or junk food is...
- ...mouth-watering but fattening
- ...high in calories but low in nutrients
- ...too fatty/greasy and spicy
- ...full of artificial additives

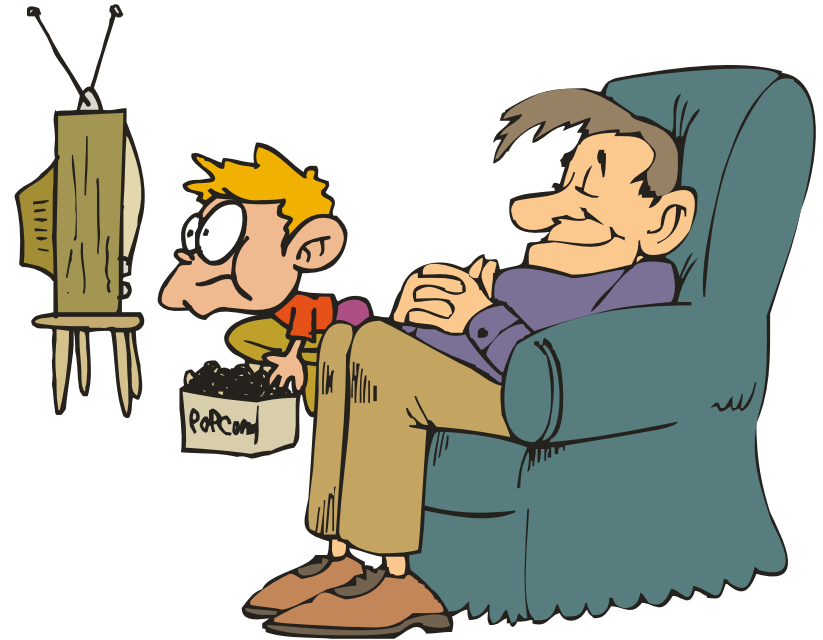
Compare and contrast the pictures.



How to stay fit and healthy?

- ❑ You should go and see a dietician in case you want to lose some weight. He/She measures your body fat, offers advice and support to improve your eating habits.
- ❑ You should go to the gym regularly for some work out. It might be monotonous and exhausting but it helps you to burn calories and stay in shape.

Compare and contrast the pictures.



Situation

- Your English friend has put on some weight in Hungary. He/she would like to get rid of it.
- Help him/her with some suggestions.
- Include the following points:
 1. What/when to eat
 2. What/when to drink
 3. Ways of burning calories
 4. Offer to help