Healthy Eating

B1-B2

Module 8

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Here's What We Will Be Learning in this Presentation:

Summary

- What is Healthy Eating and Why is it Important?
- Tips on Eating and Staying Healthy.
- Exercises.

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Vocabulary

Dietary: relating to your diet (diet: the food and drink usually eaten or drunk by a person or group).

Strength: the ability to do things that need a lot of physical or mental effort.

Junk Food: food that is unhealthy but is quick and easy to eat

Build-Up: an increase, especially one that is gradual.

Hearty: large or (especially of food) in large amounts.

Toxin: a poisonous substance, especially one produced by bacteria, that causes disease.

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