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| *Тема* | *Джерело*  *(література, посилання)* | *Завдання* |
| Практичне заняття 4  Тема “Food” | **1) “Англійська мова” для студентів 2-го року навчання. “English” for Second Year Students: навч.-метод. посіб. / І. С. Ковальчук, О. Б. Сивак. – Житомир: ЖДТУ, 2018. – 156 с.** | **1) HEALTHY EATING (Reading)**  **2) GRAMMAR:** [**https://test-english.com/grammar-points/b1-b2/future-continuous-and-future-perfect/**](https://test-english.com/grammar-points/b1-b2/future-continuous-and-future-perfect/)  **Відкрита книгаMake up a short dialogue (monologue) and act it out. Suggested topics:**   * ***You have visited your favourite restaurant recently. Describe the food you liked most, speak about its nutritional value and benefits for health.*** * ***A new approach to children’s nutrition in Ukrainian schools. (Ievgen Klopotenko)*** |

**HEALTHY EATING**

Eating a healthy diet is not about strict limitations, staying unrealistically thin, or depriving yourself of the foods you love. Rather, it’s about feeling great, having more energy, improving your health, and boosting your mood.

By using these simple tips, you can create and stick to a tasty, varied, and nutritious diet that is as good for your mind as it is for your body.

**The fundamentals of healthy eating**

We all need a balance of protein, fat, carbohydrates, fiber, vitamins, and minerals in our diets to sustain a healthy body. You don’t need to eliminate certain categories of food from your diet, but rather select the healthiest options from each category.

**Protein** gives you the energy to get up and go—and keep going—while also supporting mood and cognitive function. Too much protein can be harmful to people with kidney disease, but the latest research suggests that many of us need more high-quality protein, especially as we age. That doesn’t mean you have to eat more animal products—a variety of plant-based sources of protein each day can ensure your body gets all the essential protein it needs.

**Fat.** Not all fat is the same. While bad fats can wreck your diet and increase your risk of certain diseases, good fats protect your brain and heart. In fact, healthy fats—such as omega-3s—are vital to your physical and emotional health. Including healthier fat in your diet can help improve your mood and boost your well-being.

**Fiber.** Eating foods high in dietary fiber (grains, fruit, vegetables, nuts, and beans) can help you stay regular and lower your risk for heart disease, stroke, and diabetes. It can also improve your skin and even help you to lose weight.

**Carbohydrates** are one of your body’s main sources of energy. But most should come from complex, unrefined carbs (vegetables, whole grains, fruit) rather than sugars and refined carbs. Cutting back on white bread, pastries, starches, and sugar can prevent rapid spikes in blood sugar, fluctuations in mood and energy, and a build-up of fat, especially around your waistline.

**Making the switch to a healthy diet**

Switching to a healthy diet means you don’t have to be perfect, you don’t have to completely eliminate foods you enjoy, and you don’t have to change everything all at once.

A better approach is to make a few small changes at a time. Think of planning a healthy diet as a number of small, manageable steps—like adding a salad to your diet once a day. As your small changes become habit, you can continue to add healthier choices.