

1 Obejrzyj film i zaznacz właściwe odpowiedzi.

- | | true | false |
|---|--------------------------|--------------------------|
| 1 Food gives us vitamins and minerals. | <input type="checkbox"/> | <input type="checkbox"/> |
| 2 It's healthy to eat big portions. | <input type="checkbox"/> | <input type="checkbox"/> |
| 3 You sleep better if you eat before you go to bed. | <input type="checkbox"/> | <input type="checkbox"/> |
| 4 Too much protein in your diet is bad for you. | <input type="checkbox"/> | <input type="checkbox"/> |

2 Obejrzyj fragment filmu i uzupełnij tekst wyrazami z ramki.

dinner lunch breakfast supper snacks

We have (1) _____ in the morning, such as cornflakes, toast or cereal, (2) _____ in the early afternoon, for example salad, soup or a sandwich, (3) _____ in the late afternoon – pasta, rice or potatoes with meat or fish, and (4) _____ in the evening – a sandwich, some fruit or yoghurt. Sometimes we have (5) _____ in between meals – cake, biscuits or a chocolate bar.

3 Porozmawiaj z kolegą/koleżanką o tym, co zwykle jedzą na śniadanie, lunch, obiad i kolację.

What do you usually have for breakfast?

I usually have cereal with milk for breakfast.
What do you usually have for lunch?

4 Obejrzyj fragment filmu i ponumeruj zwroty w kolejności, w jakiej pojawiają się w filmie. Następnie połącz zwroty z ich polskimi tłumaczeniami.

- | | |
|--|---------------------|
| <input type="checkbox"/> put on weight | a być na diecie |
| <input type="checkbox"/> lose weight | b tyć |
| <input type="checkbox"/> start a diet | c rozpoczynać dietę |
| <input type="checkbox"/> be on a diet | d chudnąć |

5 Uzupełnij tekst zwrotami z ćwiczenia 4.

First you eat too much and you (1) _____. You are too heavy and get tired quickly. You want to lose weight and you decide to (2) _____. When you (3) _____, you exercise more, you don't eat sweets and fast food. You (4) _____ and you are healthy again.

6 Dopasuj wyrazy do rysunków. Następnie obejrzyj fragment filmu i przetłumacz wyrazy.

frozen food instant food
home-made food fresh food



1 _____



2 _____



3 _____



4 _____

7 Z rozsypanych wyrazów ułóż zdania.

1 important / a / very / meal / is / Breakfast /.

2 and / weight / Start / lose / a / diet /.

3 big / I / lunch / school / have / at / a /.

4 Susan / diet / on / is / a /.

5 portions / not / healthy / Big / are /.
