Food at the Right Time

M12-G-Unit 1

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Introduction-Preview

Main point #1
Eating Healthy on a Budget
Overcoming Challenges
Nutritional Control
Practical Tips

Main point #2

What are the consequences of skipping breakfast and eating fast food to save time?

Main point #1

1.Eating Healthy on a Budget

prepare in advance > eating out

2.Overcoming Challenges

due to Limited funds and kitchen equipment
⇒Prepare meals at home

Main point #1

3.Nutritional Control

Able to choose
sizes and ingredients
calorie and nutrient

4.Practical Tips

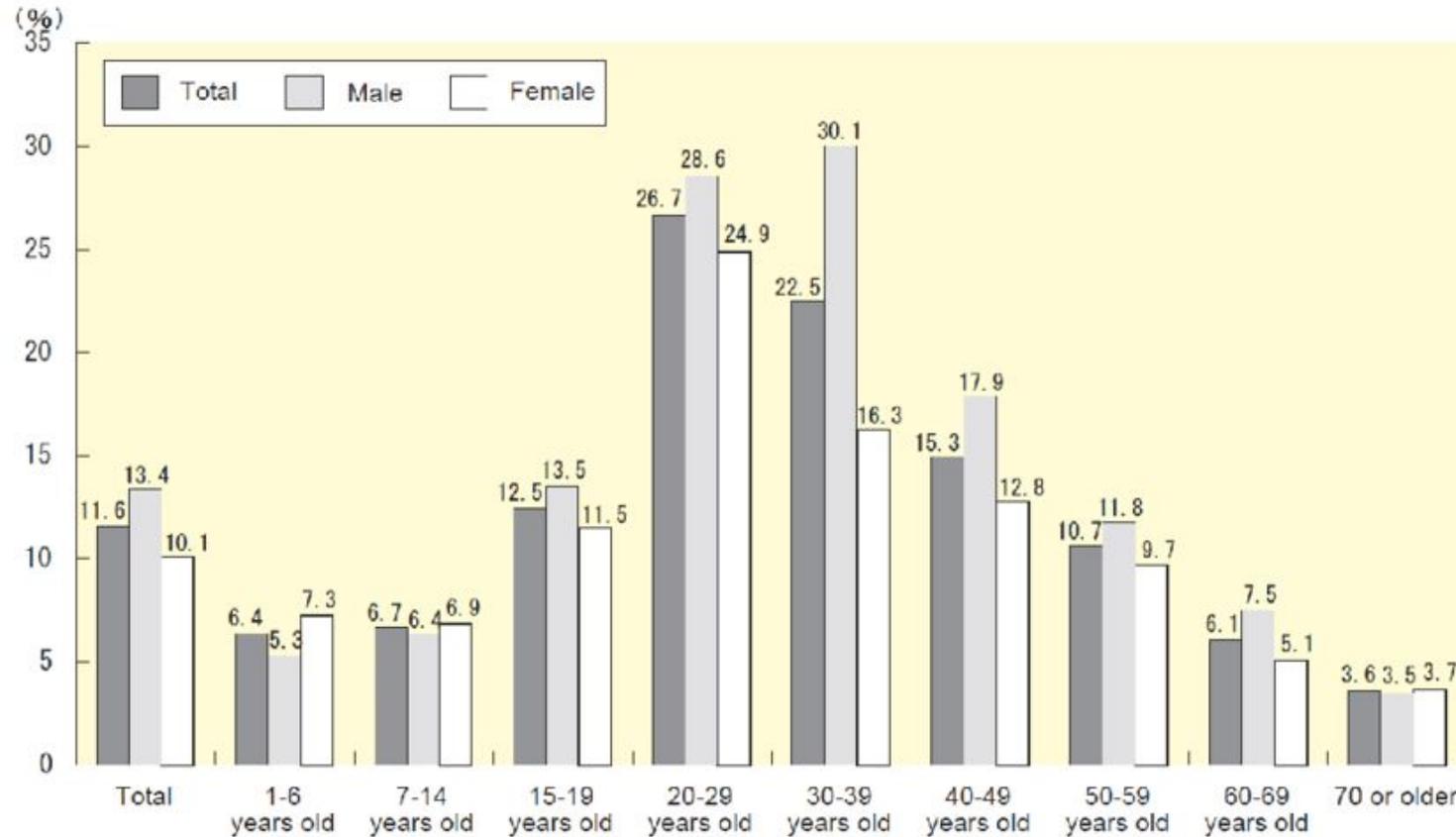bulk,simple cooking,plan meals

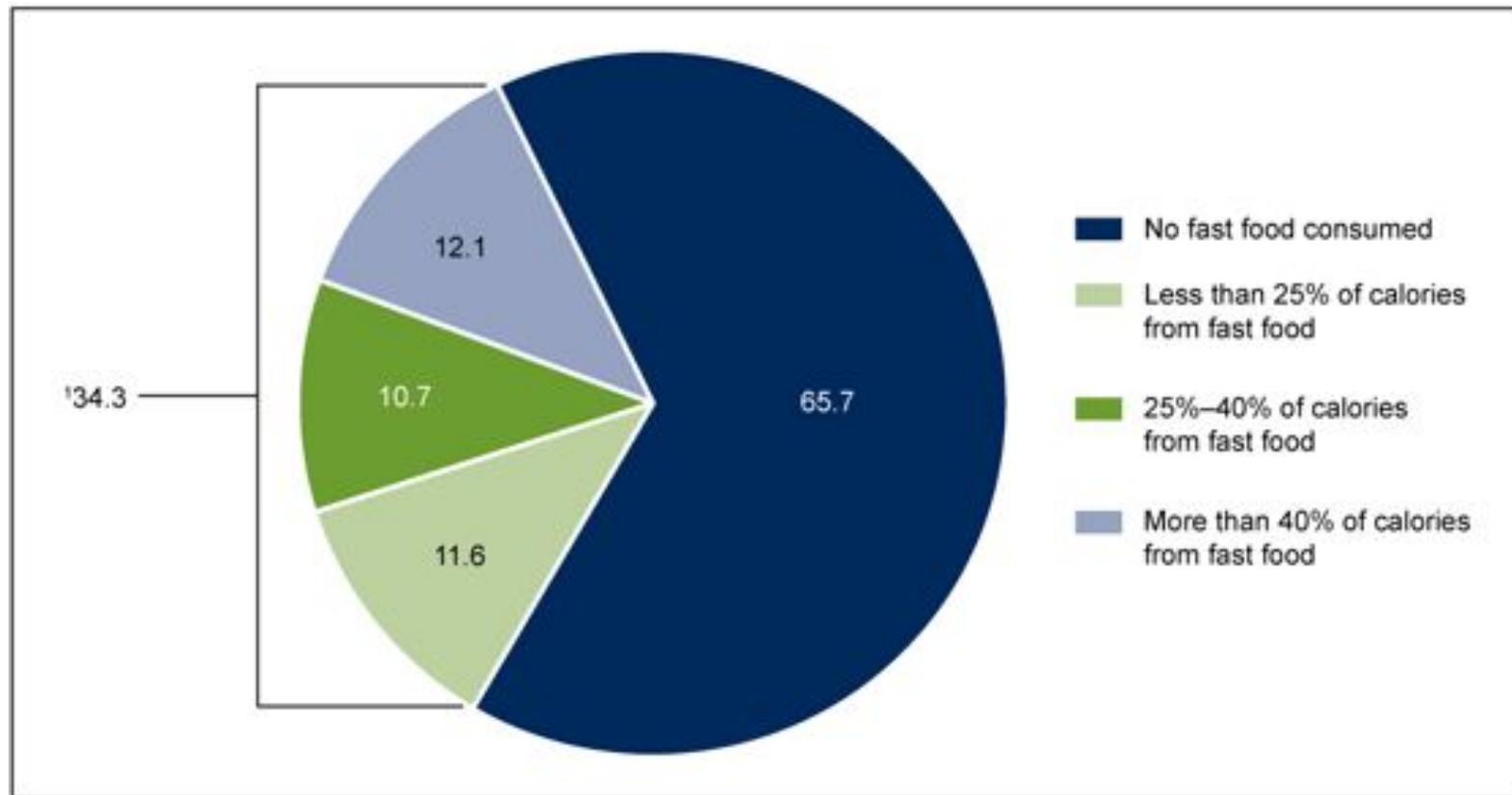"I don't know where my money be going"

Me with money:

Main point #2

- **skip breakfast**

oversleep , Eating too much late-night snacks

- **eat fast food**

high calories, unhealthy fats, sugar, salt

Legend:
- No fast food consumed — 65.7
- Less than 25% of calories from fast food — 11.6
- 25%–40% of calories from fast food — 10.7
- More than 40% of calories from fast food — 12.1

'34.3

These habits affect our future

- **physical health**

weight , energy , tired

- **Mental health**

mood , concentration , stress

Conclusion-Review

- **Main point #1 in different words**

- strategic planning

- basic cooking skills

- enjoy nutritious meals without overspending.

- **Main point #2 in different words**

- low energy

- poor concentration.

- fuel！！
- wake up earlier
- choose quick healthy options.

Q&A Session

- Q1: Which is better, prepare in advance or eating out ?

- Q2: What methods will students use to save time ?

- Q3: Are there any disadvantages of fast food?

Answer

- A1:prepare in advance

- A2:skip breakfast or eat fast food

- A3: high calories, unhealthy fats, sugar, salt

Works Cited

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