**Unit Six-3 2023-2024**

**Eating Well ///Pages 25,26,27**

**Healthy Eating Pyramids**

Healthy=wholesome rarely=seldom **opposite** always

Meals=food different **opposite** same rarely=seldom

Diet =a [limited](https://www.macmillandictionary.com/dictionary/british/limited) [range](https://www.macmillandictionary.com/dictionary/british/range_1) of [foods](https://www.macmillandictionary.com/dictionary/british/food) that someone [eats](https://www.macmillandictionary.com/dictionary/british/eats) to [improve](https://www.macmillandictionary.com/dictionary/british/improve_1)  his [health](https://www.macmillandictionary.com/dictionary/british/health)

Glossary=words list avoid= escape from , prevent

Resist =to [oppose](https://www.macmillandictionary.com/dictionary/british/oppose) or [fight](https://www.macmillandictionary.com/dictionary/british/fight_1) against someone or something

Craving =a very [strong](https://www.macmillandictionary.com/dictionary/british/strong) [feeling](https://www.macmillandictionary.com/dictionary/british/feeling_1) of [wanting](https://www.macmillandictionary.com/dictionary/british/wanting) something / longing believe=think

Consume= to [eat](https://www.macmillandictionary.com/dictionary/british/eat) or [drink](https://www.macmillandictionary.com/dictionary/british/drink_1) something. protein =meat/fish, etc

include = contain include **opposite** exclude Limit(v)=to [reduce](https://www.macmillandictionary.com/dictionary/british/reduce) or [control](https://www.macmillandictionary.com/dictionary/british/control_1)  Products=goods/items

Large=huge  **opposite** small /tiny passion= a strong emotion or feeling

Admit **opposite** deny pretty=cute/ much say no=turn down

**\*\*\*\*\*\*\*\*Page 27 talk about food passions**

Can’t stand =di[slikes](https://www.macmillandictionary.com/dictionary/british/dislike_1) someone or something very much

Crazy- mad / likes something very much

Addict = [unable](https://www.macmillandictionary.com/dictionary/british/unable) to [stop](https://www.macmillandictionary.com/dictionary/british/stop_1) [taking](https://www.macmillandictionary.com/dictionary/british/take_1) /eating/doing something