



Which photos show people eating in a healthy / less healthy way? Why?



The topic of the lesson:



Use the words correctly:



FOOD

Something that people and animals eat, or plants absorb, to keep them alive.



DISH

Food prepared in a particular way as part of meal.



MEAL

An occasion when food is eaten, or the food which is eaten on such an occasion.



Write the correct word in each space in the correct form.

□ A good part of the (1)...*food*...grown here is used in the school's daily (2)...*meals*...

□ The (3)...*food*...cooked here includes a range of (4)...*dishes*...from pasta to stuffed leaves and delicious Italian omelettes filled with herbs and vegetables.

meal

□ Today's midday (5).....consists of homemade pesto and tomato sandwiches.

Each of the sentences below contains a word which is often used wrongly. Cross out the wrong word and write the

1. I'm quite surprised but I'm really enjoying English ~~meal~~ **food**.
2. Moussaka is one of the most delicious ~~meals~~ **dishes** you can eat in my country.
3. The beef ~~food~~ **dish** is really tasty and looks quite healthy.
4. The ~~meal~~ **food** in my country is delicious.
5. Too many people eat ready ~~foods~~ **meals** which they buy from supermarkets.
6. When I visit you I could cook a ~~food~~ **dish** that is from my country.
7. The cost of your holiday includes two ~~dishes~~ **meals** a day: breakfast and dinner.

How do you understand “Healthy Eating”? Do you know anything about “The Food Pyramid”?

Put these food groups onto the correct levels.

Whole Grains



Refined Grains



Nuts, Seeds, Beans, and Tofu



Healthy Fats and Oils



Fish, Poultry, and Eggs



Vegetables and Fruits



Dairy





USE SPARINGLY:
 RED MEAT, PROCESSED MEAT & BUTTER
 REFINED GRAINS: WHITE RICE, BREAD & PASTA
 POTATOES
 SUGARY DRINKS & SWEETS
 SALT

OPTIONAL: ALCOHOL IN MODERATION
 (Not for everyone)



DAILY MULTIVITAMIN
 PLUS EXTRA VITAMIN D
 (For most people)



DAIRY (1-2 servings a day) OR
 VITAMIN D/CALCIUM SUPPLEMENTS



NUTS, SEEDS, BEANS & TOFU



FISH, POULTRY & EGGS

HEALTHY FATS/OILS:
 OLIVE, CANOLA, SOY, CORN,
 SUNFLOWER, PEANUT
 & OTHER VEGETABLE OILS;
 TRANS-FREE MARGARINE



VEGETABLES & FRUITS



HEALTHY FATS/OILS



WHOLE GRAINS

WHOLE GRAINS:
 BROWN RICE,
 WHOLE WHEAT PASTA,
 OATS, ETC.



DAILY EXERCISE & WEIGHT CONTROL



Where can you find this? (your ideas)

Sugar

Minerals

Fat

Carbohydrates

Vitamins

Protein

Fibre

Now do ex.2 on p.44 (WB).

Cooking methods

Match the pictures with the words.

Grilled

Raw

Toasted

Roasted

Steamed

Fried

Baked

Boiled



How do you prefer the following foods?



How do you think colour of food can influence people?



Happiness

Creativity

Activity

Calmness

Brain

Relax

Now listen to the text, check your ideas and answer the questions.

Which colour food should you eat

1. you have a difficult exam to study for? **orange**
2. you are feeling very nervous about meeting someone? **green**
3. you are worried about getting lines and wrinkles? **purple**
4. you've been feeling a bit sad lately? **yellow**
5. you are taking part in a championship swimming match? **red**

List all the foods you ate yesterday. What colour were they? How healthy were they?



RICH IN	HIGH AMOUNTS FOUND IN
Vitamins, minerals, fibre	
Protein	
Carbohydrates	

List all the foods you ate yesterday. What colour were they? How healthy were they?



RICH IN	HIGH AMOUNTS FOUND IN
Sugar, fat	

Prepare a two-minute talk about improving eating habits using The Food Pyramid. In your speech:

- ✓ say why we should have healthy eating habits*
- ✓ mention ways the levels of the pyramid can help us*
- ✓ recommend the diet*