

TOPIC FOOD . LESSON 1. FOOD PRODUCTS

Class 6.

Food groups .

Fruit and vegetables



apple



orange



strawberry



mandarine



grapes



bananas



plum



cherry



pear



kiwi



pineapple



Vegetables



pepper



potato



tomato



cabbage



carrot



corn



pumpkin



mushrooms



radishes



cucumber



eggplant



garlic



olive



turnip



artichoke



lettuce



onion



peas

Protein Group has 2 small sub-groups

Meat, Beans, Nuts



Tuna



Eggs



Hamburger



Nuts



Chicken



Tofu



Beans



Salmon



Pork Chops

Milk, Yogurt, Cheese



Yogurt



Milk



Cheese



Chocolate Milk



String Cheese



Cottage Cheese



Smoothie



Pudding

Carbohydrates

Bread and grains



Cereal



Rice



Bread



Pasta

Bean [bi:n]



Buckwheat ['bʌkwi:t]



Popcorn



Oatmeal



Fats is necessary for your skin.



GOOD FATS
VS.
BAD FATS



Practice. Fill in the words

- ▣ What do you like to eat? I like because it is yummy.
- ▣ I hate because it is yak!
- ▣ I should eat because it is healthy.

Production. . Repeat

1. What do you like to eat?

1. I like bananas because they are tasty.

I like...
I hate ...
I should eat

2. What do you hate to eat?

2. I hate pop corn, because it is yak!

3. What should you eat?

3. I should eat oatmeal because it's healthy.



Production. . Repeat and change underlined words

1. What do you like to eat?

1. I like because they are tasty.

2. What do you hate to eat?

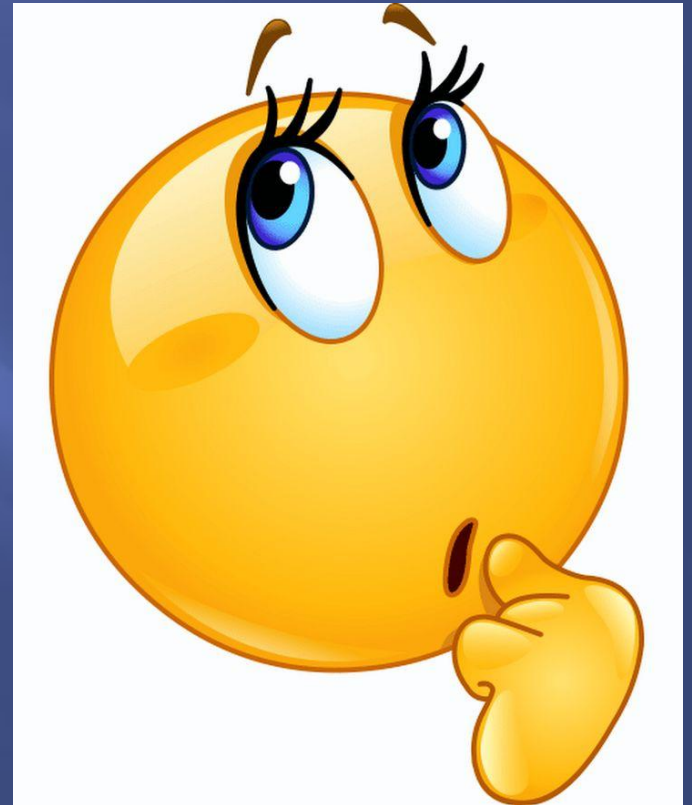
2. I hate because it is yak!

3. What should you eat?

3. I should eat because it's healthy.



Feedback . Evaluation. Homework














Lesson 2. Food for health

- ▣ Sayings about food.
- ▣ Healthy food is for healthy mood.
- ▣ Good health is above wealth .

Revision

Name . What group are they from?

 <p>apple</p>	 <p>orange</p>	 <p>strawberry</p>	 <p>mandarine</p>
 <p>grapes</p>	 <p>bananas</p>	 <p>plum</p>	 <p>cherry</p>
 <p>pear</p>	 <p>kiwi</p>	 <p>pineapple</p>	 <p>peach</p>

Vitamins and minerals group



pepper



potato



tomato



cabbage



carrot



corn



pumpkin



mushrooms



radishes



cucumber



eggplant



garlic



olive



turnip



artichoke



lettuce



onion



peas

Meat, Beans, Nuts



Tuna



Eggs



Hamburger



Nuts



Chicken



Tofu



Beans



Salmon



Pork Chops

Milk, Yogurt, Cheese



Yogurt



Milk



Cheese



Chocolate Milk



String Cheese



Cottage Cheese



Smoothie



Pudding

Name. What food group do they belong?



Cereal



Rice



Bread



Pasta



Bean [bi:n]

Buckwheat ['bʌkwi:t]



Popcorn



Oatmeal



Practice

- ▣ Read the text “Food for Health” p. 94
- ▣ Write New Vocabulary p.96
- ▣ Answer the questions p. 96
- ▣ Fill in p.97



Fats and Sugars

Proteins

Dairy Products

Vitamins and Minerals

Carbohydrates





Cereal



Rice



Bread



Pasta

Bean [bi:n]



Buckwheat ['bʌkwi:t]



Popcorn



Oatmeal



Carbohydrates are in bread and grains. They help give you energy.

You should eat them for breakfast and lunch and you will feel active during the





2. Minerals and vitamins are in fruit and vegetables.

They make you stay healthy and happy.

They are good for eyes , bones and skin.

You should eat them 4- 5 times a day.

Meat, Beans, Nuts



Eggs



Tuna



Hamburger



Nuts



Chicken



Tofu



Beans



Salmon



Pork Chops

3. Proteins are in meat, fish, nuts and dairy products.

All this food helps you grow and be strong. You need eating it twice a day, in the morning and in the evening.





4. Fats are in oil, cheese, fish and butter.

They are good for your skin.



GOOD FATS
vs.
BAD FATS



But you should eat it once a day.

Production

Tell about 4 food groups

Feedback. Evaluation. Homework.

Retell about 4 food groups

Lesson 3

Topic.Healthy habits

■ Outcome:

By the end of the lesson
you will be able to

- make a healthy plate and
- orally describe the choice of food
using food language