



**Which photos show people eating in a s 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~~ <sup>food</sup>.
2. Moussaka is one of the most delicious ~~meals~~ <sup>dishes</sup> you can eat in my country.
3. The beef ~~food~~ <sup>dish</sup> is really tasty and looks quite healthy.
4. The ~~meal~~ <sup>food</sup> in my country is delicious.
5. Too many people eat ready ~~foods~~ <sup>meals</sup> which they buy from supermarkets.
6. When I visit you I could cook a ~~food~~ <sup>dish</sup> that is from my country.
7. The cost of your holiday includes two ~~dishes~~ <sup>meals</sup> 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**



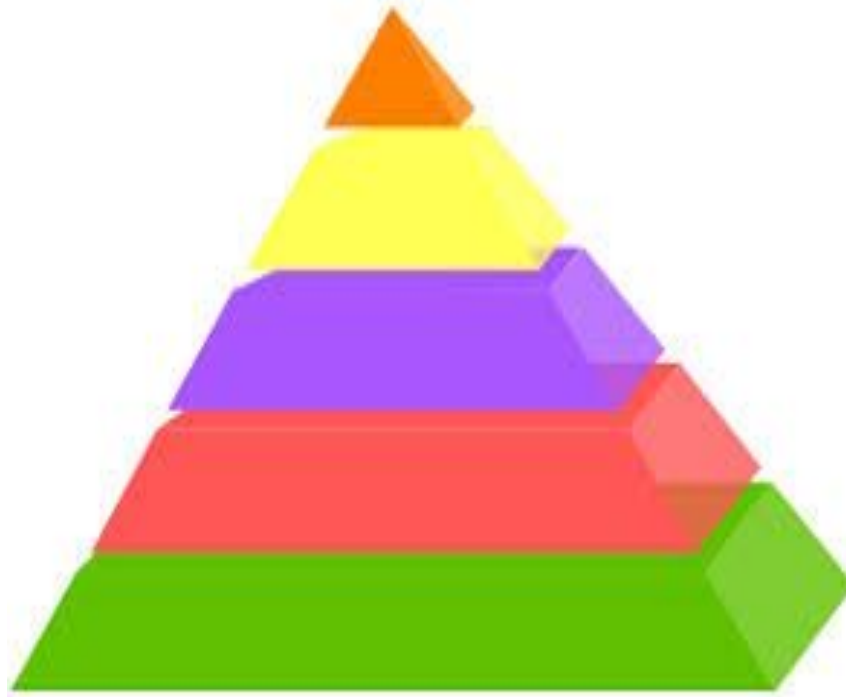
**Fish, Poultry, and Eggs**



**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?*



<b>RICH IN</b>	<b>HIGH AMOUNTS FOUND IN</b>
Vitamins, minerals, fibre	
Protein	
Carbohydrates	

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



<b>RICH IN</b>	<b>HIGH AMOUNTS FOUND IN</b>
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*