

WORKSHEET

PHASE 1: WARMING UP

Task 1

IN GROUPS OF THREE – Think about some American / English films /books you know .

- Watch the videos. In your group share your ideas pointing out what these films/books tell you about people's eating habits.
- Discuss with the other students if/how the video clips confirm your ideas or not.

Task 2

Look at the words below. What do they have in common? Can you foresee the topic of the lesson?



Teacher: today we are going to talk about general healthy eating. We'll be looking at: • The five food groups • The importance of eating fruit and vegetables • What a balanced meal looks like • Why eating a variety of foods is important

PHASE 2: INTRODUCTION AND PRACTISE

Task 1

You are going to read a text “Teens and food”

(<https://www.theguardian.com/lifeandstyle/2011/apr/17/teens-adolescents-food-eating-cooking> . Mark the foods in the list as UNHEALTHY while reading. Check your answers with another student and then with the class.

Gabriel Antoinette

Age: 15

Where: East Finchley, London

Food attitude: Curry, burger and kebab enthusiast

"I'm thinking about food all the time," says Gabriel. He lives in a flat with his mother Maureen, older sister and, sharing his bedroom ("and my limited-edition Snicker bars"), his older brother.

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Gabriel usually finds time for toast, cereal ("Lucky Charms is best") and a drink before school, then at morning break has a £2 beef or chicken burger from the school canteen. "Preferably with Coca-Cola and a Kit Kat," he says. In many schools, such drinks and snacks are brought in by, and sold by, students. At lunch Gabriel finds the canteen food "generally they don't put any effort into it."

After school he'll visit Sainsbury's for sausage rolls and doughnuts, or buy a kebab if he's especially hungry. "I usually eat with family at tea," he says.

"Gabriel's got a very healthy appetite – he likes all foods," says his mother. "I'll make him shepherd's pie and vegetables at 5pm and he'll eat it up, because he's hungry. He's continental and international: he doesn't like my casseroles and traditional food – they get so much of it at school, they get bored."

"Mum is a good cook," he stresses. "But if she makes fish fingers I also go down the road for a Zinger and sides. When a friend stayed over one Friday, I had two curries to myself, then we had a kebab from Muswell Hill and another from down the road, and then a KFC. On top of that we had popcorn and loads of peanut-butter sandwiches."

Gabriel puts his "constant" appetite down to growing but also doing PE daily and sports outside school. It means he is over 12 stone but not plump. Because he loves food, he has a mental map of all the best takeaway outlets within miles of home: "Whetstone is best for chicken burgers, Wood Green for kebabs."

"Every 10 minutes I walk into the kitchen and look for food," he says. "At our neighbour's I'm opening the fridge all the time. I sometimes buy a loaf of bread and make a peanut-butter sandwich every half hour. I made a chicken curry with spinach for everyone for the first time the other day."

School lunches aside, what is Food Hell? "The Cabbage Soup Diet. That's what my dad used to read to me when I was little to punish me. He'd make me lie in bed listening to it."

Homework – Make a short video (not longer than one minute) to show what a HEALTHY/ UNHEALTHY diet is like for you. The video should have a caption. Ex: *Eat healthy!!*

PHASE 3: PRACTISE AND CONSOLIDATION

Task 1: Look at your classmates' videos and grade them according the suggested criteria

1=nothing 2=little 3= fairly 4= very

| | Video 1 | Video 2 | Video 3 | Video 4 | Video 5 | |
|-------------|---------|---------|---------|---------|---------|--|
| captivating | | | | | | |
| Key idea | | | | | | |

Homework: log on to the link https://quizlet.com/_33u1qs and do the following activities :flashcards and spell.

Task 2: Reading and Speaking

| Nutrition: Typical Average Values | | |
|-----------------------------------|-------------------|--------------------|
| | Per 37.5g serving | Per 100g |
| Energy | 568kJ/ 134kcal | 1516kJ/ 358kcal |
| Protein | 4.3g | 11.5g |
| Carbohydrate (of which sugars | 25.7g 1.7g | 68.6g 4.4g) |
| Fat (of which saturates | 0.8g 0.2g | 2.0g 0.6g) |
| Fibre | 3.8g | 10.0g |
| Sodium* | 0.10g | 0.26g |
| *Equivalent as Salt | 0.24g | 0.65g |

- Look at this photograph. What is it?
- Read the text “How to read food labels” and do ex. 6 and 7. (see attachment)
- Check the answers with your partner.
- Pick one label from the box (see attachment)
- Making reference to the label you picked tell if you think this food is healthy or unhealthy.
- Compare your partner's label with yours, following the examples below.

The is healthier than the because it is lower/higher in

Homework: Complete the table, list some foods you often eat and then write what they contain.(read the table)

For example *chocolate – sugar, saturated fat*. Mark ✓ if healthy and X if unhealthy

Complete the table

- list the foods that you often eat and then write what they contain.
For example: chocolate- sugar,saturated fat
- Mark Y or X if they are healthy or unhealthy

| Food you often eat | It contains a lot of..... It is high in..... | Is this a healthy food? Y= yes X= No |
|--------------------|--|---|
| Chocolate | Sugar, saturated fat | X |

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Task 3: Speaking

- a) Tell your classmates what food you usually eat.
- b) Choose your favourite and explain if it is healthy or unhealthy .

PHASE 4: SUMMING UP

Task 1: fill in the gaps

Read the text “Things we need to eat to stay healthy” on your own and complete it with the words in the box. Adapted from Macmillan CXC Science Series, Integrated Science by Tania Chung-Harris pp. 84-91 © Macmillan Caribbean 2005

Things we need to eat to stay healthy

Protein is present in meat, (such as milk), eggs, legumes (peas, beans and pulses) and nuts. We need protein for building and repairing body tissues, particularly muscle tissue, for making enzymes that are needed for most of the reactions in our bodies and for building antibodies that help protect us against disease. Proteins are made from twenty-two kinds of small building blocks called amino acids. A deficiency in one of the essential amino acids can cause serious health problems. include sugars, starch and cellulose. Cellulose is the material which forms plant cell walls. It is very tough and difficult to digest, so most of the carbohydrates we eat come from food containing sugars and . Carbohydrates are mainly found in plant foods, such as root crops (yams, potatoes), fruit, vegetables, peas and beans. Some animal products, such as milk, yoghurt and cheese, also contain significant amounts of carbohydrates. Carbohydrates provide us with energy. Although we can also get energy from protein and fats, carbohydrates are important when we are very active, as they produce energy quickly. A deficiency in carbohydrates can result in a lack of energy. Fats and oils belong the lipids food group. Fats are usually solid at room temperature and oils are usually liquid. Fats are generally found in foods that come from animals, such as cheese, butter, margarine, cream, lard, milk and red meat. Oils are mostly found in foods from plants, especially the and fruits. Some fish also contain high levels of oil. Fats and oils are essential in our diet because they can be digested to provide energy and water. Some fats and oils contain the vitamins, A, D and E, which we need for healthy growth. Fats make the cell walls of all our cells, form body oils and act as . The fat that accumulates under the skin keeps the body warm and protects our internal organs. Fats are needed to make some hormones and are important in brain development in infants. However, a diet rich in animal fats is often associated with heart and circulatory . Water is essential for living organisms. About 70% of the mass of an animal is water. All the chemical reactions that happen in the body occur in water, both inside and outside the cells. In humans, water is needed for transporting nutrients and waste products into and out of cells, for digestion, absorption, circulatory and excretory functions, for the absorption of water-soluble vitamins and to maintain the proper body temperature. Water is constantly lost from the body by breathing and sweating and it must be replaced,

to avoid . Humans need to drink around two litres of water a day to replace what we lose and to stay healthy. Not drinking water for five or more days will result in death. , also called 'roughage', comes for the most part from plant material such as fruit, vegetables and grains. It is not truly a food for humans, because it cannot be digested by the human body. However, it is important, because fibre helps the normal (or easy) elimination of faeces. It helps to constipation and haemorrhoids and is also believed to reduce the risk of colon cancer, because the fibres in the faeces clean the colon as they pass along it.

Starch fat-soluble seeds dehydration fibre prevent disease insulation carbohydrates dairy products

Task 2: Finally log on to the website <https://padlet.com/sinigagliadaniela/gcaythdrq1d3> . We are going to complete the Padlet all together