

## Looking after yourself Healthy eating habits!

### Reading

1 a  2.6 Read and listen to the text. Who:

- 1 doesn't eat meat?
- 2 has toast for breakfast?
- 3 doesn't eat anything for breakfast?
- 4 drinks tea?
- 5 eats chocolate bars?
- 6 doesn't eat fruit?
- 7 doesn't like fish?
- 8 eats a lot of crisps?
- 9 likes chicken?

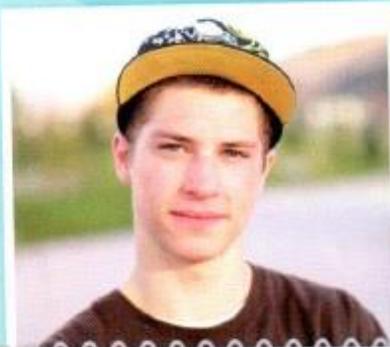
b What do you think of the three diets?

2 Describe your diet for a typical day.

Are you a

## HEALTHY EATER?

What do you eat in a typical day?



### Johnny Smith

**Breakfast** two slices of toast with butter and marmalade  
**Lunch** two cheese and ham sandwiches  
**Dinner** a burger with chips  
**Snacks** crisps  
**Drinks** coffee, milk and lemonade

I don't like vegetables very much and I never eat fruit or salads. I usually eat two or three packets of crisps a day. You hear a lot about healthy eating, but I just eat the things that I like.



### Emma Wright

**Breakfast** a cup of black coffee  
**Lunch** a bowl of vegetable soup and a bread roll  
**Dinner** pasta or rice with tomatoes and a small salad  
**Snacks** yoghurt, nuts and fruit  
**Drinks** mineral water

I'm a vegetarian, so I don't eat meat and I don't eat fish either, because I don't like it. There are people who say that I don't eat enough, but I don't think about food very much.



### Gabi Malone

**Breakfast** a bowl of cereal with sugar and milk  
**Lunch** tuna and a salad; a chocolate bar  
**Dinner** chicken or fish with a jacket potato and vegetables  
**Snacks** cakes, biscuits and sweets  
**Drinks** tea, orange juice and milk

I don't eat a lot of meat, except chicken. I prefer fish. I try to avoid things that are bad for you, like crisps and chips, but I sometimes have a pizza.

### Listening and speaking

3 a  2.7 Listen to a nutrition expert talking about the three diets. Which of these things does she mention?

a balanced diet carbohydrates  
 vitamins and minerals meals sugar  
 protein fat and salt fizzy drinks

b Match them to the correct names.

Johnny Emma Gabi

c  2.7 Listen again. What advice does she give the three people?

He / She should / shouldn't ...

He / She eats too much ... / doesn't eat enough ...

d Look at your partner's diet from exercise 2. Give him / her some advice.



Erasmus+



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## LESSON PLAN

**SPEAKING:** Students answer the question: *“Are you a healthy eater? Why? WHY NOT?”*

**LISTENING / READING:** Students read and listen to the text. They **do exercise 1a**.

Correction is done orally.

**SPEAKING:** Students say what they think of the 3 diets. (**exercise 1b**).

**WRITING:** Students write a short paragraph describing their diets for a typical day (**exercise 2**).

Correction is done orally

**LISTENING:** Students listen to a nutrition expert talking about the 3 diets and match them to the correct names. (**exercises 3a and 3b**). Correction is done orally

### GRAMMAR - GIVING ADVICE: SHOULD / SHOULDN'T

**LISTENING:** Students listen again and tell what advice the expert gives to the 3 people (**exercise 3b**). Correction is done orally.

**WRITING:** Students read the classmates' diet and give them advice (**exercise 3d**).

Correction is done orally.