

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+



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.