

EVERYDAY LIFE

YOU ARE WHAT YOU EAT

TEACHER'S NOTES

Age: Teenagers

Level: Pre-intermediate (A2)

Time: 30 minutes

Activity: In this lesson, students will:

1. talk about healthy and unhealthy food;
2. answer a food questionnaire.

Language focus: food vocabulary

Materials: one copy of the worksheet per student

PROCEDURE

Hand out the worksheet and ask students to work in pairs and ask and answer the questions in Exercise 1. When they have finished, ask them to present their partner's answers to the rest of the class.

Next, ask the class what they think constitutes a healthy diet. Ask them to look at Exercise 2 and put the foods in the box into the correct column. Depending on the level of your class you might need to pre-teach some of the vocabulary (*raw, organic*). When they have finished, ask them to add more food to each column.

Key:

Good for you	Bad for you
fresh fruit	fast food
nuts	frozen meals
raw vegetables	biscuits
organic food	chocolate

Tell students that next they are going to do a questionnaire about their eating habits. Ask the students to read the instructions in Exercise 3. Working in pairs, one student interviews the other by asking the questions in the questionnaire. Then they swap roles. Finally, they both read their results and decide if they agree.

Finish the class by seeing who has the highest score.

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WORKSHEET

EXERCISE 1: HEALTHY EATING

- What did you eat for breakfast today?
- Do you think it was healthy?
- Do you think you are a healthy eater?

EXERCISE 2: GOOD OR BAD?

- | | | | |
|-------------|--------------|----------------|--------------|
| fast food | frozen meals | nuts | chocolate |
| fresh fruit | biscuits | raw vegetables | organic food |

Look at the foods in the box above. Are they good for you or bad for you? Add them to the correct column in the table below.

Good for you	Bad for you



EXERCISE 3: QUESTIONNAIRE

Complete the questionnaire, making a note of your answers. When you have finished, look at the dietician's verdict.

The Healthy Food Questionnaire

- How much salt do you put on your food?
 - None.
 - A little – it depends.
 - I always put salt on my food.
- How much fresh fruit do you eat?
 - I have fresh fruit or fruit juice at least twice a day.
 - I eat one piece of fruit every day.
 - I don't often eat fruit.
- How much sugar do you take in tea or coffee?
 - None.
 - One or two teaspoons maximum.
 - I take lots of sugar.
- How often do you eat frozen meals?
 - Never.
 - Maybe once a week.
 - More than twice a week.
- How often do you eat fast food?
 - Never, or very rarely.
 - Once a week.
 - More than three times a week.
- How often do you eat vegetables? Which ones?
 - I eat a variety of different vegetables every day. I always try to eat something green every day.
 - I have one or two favourite vegetables and I eat those every day.
 - I hate vegetables except potatoes.
- How do you eat vegetables?
 - Raw, steamed or grilled.
 - Boiled.
 - Fried.
- Do you drink milk or eat yoghurt?
 - Every day – at least two servings.
 - I sometimes have a glass of milk in the morning.
 - I don't drink milk or eat yoghurt.
- Do you have breakfast every morning?
 - I have a balanced breakfast every morning.
 - Yes, but it is small.
 - No, I don't have time.
- Which of the following best describes your breakfast?
 - Fruit, cereal, toast and coffee.
 - Toast and coffee or tea.
 - Coffee or nothing.

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WORKSHEET

11. Do you often have a snack between meals?
 - a. Very rarely.
 - b. Sometimes.
 - c. I'm always snacking.
12. If you do have snacks, which of the following do you eat?
 - a. Nuts or fruit.
 - b. Crackers.
 - c. Chocolate or biscuits.
13. How many cups of coffee do you drink a day?
 - a. None or one.
 - b. Two or three.
 - c. Four or more.
14. It's a hot day and you are thirsty. Which of the following would you like to drink most?
 - a. A glass of water.
 - b. A glass of juice.
 - c. A cola.
15. Do you pay attention to what you eat?
 - a. Yes, I like to balance my diet.
 - b. I try to eat well, but sometimes I eat badly.
 - c. I don't know what I eat.
16. Do you diet?
 - a. No.
 - b. Sometimes.
 - c. I start and stop diets.

The verdict

Mostly As

Congratulations! You are a very healthy eater. Don't become obsessed with healthy eating, though. You can have a treat from time to time.

Mostly Bs

Good job. You know a lot about healthy eating, but sometimes you forget what is good or bad for you. The majority of people are like you.

Mostly Cs

You are not thinking about your health when you eat. Too much junk food and fast food can be bad for you. Try to eat more fresh fruit and vegetables and eat a balance of different foods every day. If you do this, you will feel much better.