



1 Write.

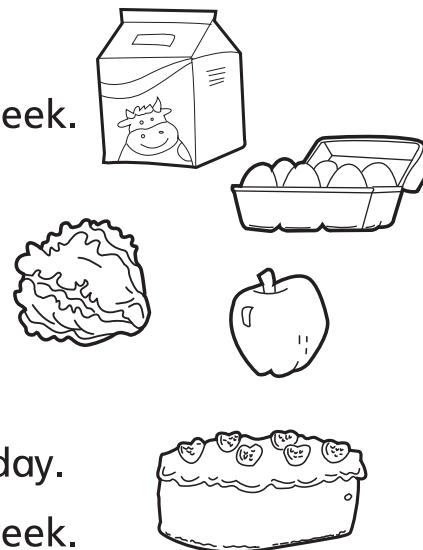


	You	A healthy diet	Is my diet healthy? Yes/No
meat or fish			
vegetables and fruit			
eggs			
milk products			
chocolate and cakes			
water			
pasta or rice			
bread or cereal			

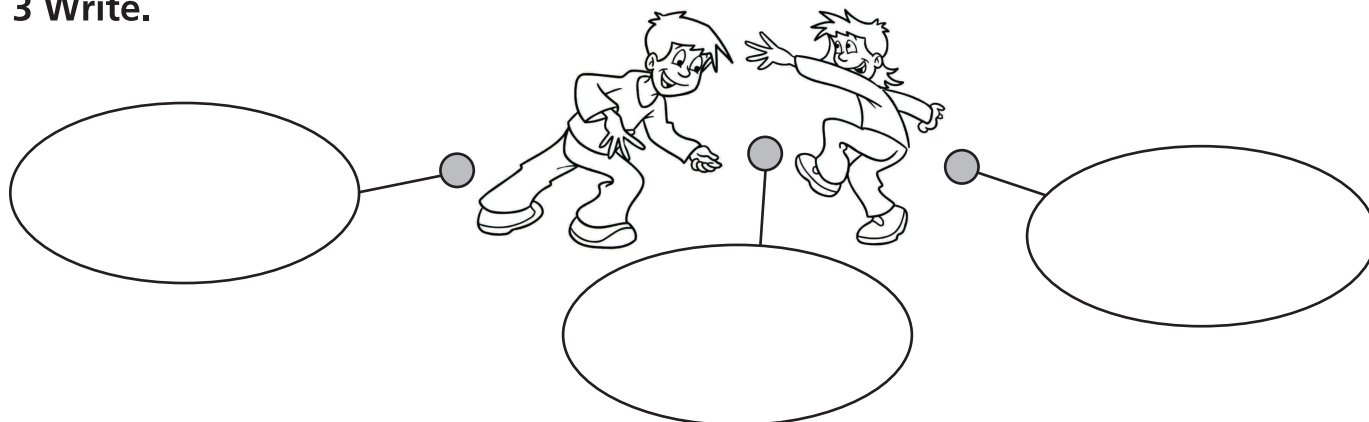
2 Read and write.

It is good for children to eat meat, fish, vegetables, fruit, eggs, milk products, pasta, rice, bread and cereal.

- Children should eat meat or fish seven days a week.
- Children should eat eggs three times a week.
- Children should eat milk products every day.
- Children should eat bread or cereal every day.
- Children should drink water every day.
- Children should eat vegetables and fruit every day.
- Children should eat pasta or rice three days a week.
- Children should only eat chocolate and cakes one or two days a week.



3 Write.



FOOD AND DIET



Aim

- To learn about a healthy, balanced diet.

Materials

- Worksheet.

Duration

30 minutes.

Language focus

- Present simple.
- Should*
- Expressions of frequency.

Cross-curricular content

- Natural science.
- A healthy diet.

Warm-up

- Ask the children to imagine they are in their kitchen. They open the fridge. What can they see? What is in the fridge? The children write the food or drinks in their fridge. Follow the same procedure for the cupboards in their kitchen. Teach them the food you consider important. Include the words on this worksheet: *meat, fish, vegetables, fruit, eggs, milk products, chocolate, water, pasta, rice, cakes, bread* and *cereal*.

Completing the Worksheet

Activity 1

- Elicit the days of the week from the children and write them on the board. Tell them what you eat every week. Use expressions like *three days a week* and *every day*, eg, *I eat bread seven days a week/every day. I eat meat five days a week. I eat pizza two days a week. I eat fruit every day.*
- Write on the board *I eat meat five days a week*. Practise the time expressions by pointing to some days of the week on the board, eg, Teacher: *Monday, Thursday*. Class: *Two days a week*. Teacher: *Tuesday, Friday, Saturday*. Class: *Three days a week*. Then explain *every day* by writing *7 days a week = every day* on the board.
- Encourage the children to tell you what they eat using *I eat _____ days a week/every day*. If necessary you can teach them *I never eat ...*

- The children fill in the *You* column in the table on their worksheet. They write how many days a week they eat the different foods.
- Let the children compare their answers in small groups. You can bring three children to the front of the class to demonstrate the activity, eg, Child 1: *I eat fish one day a week*. Child 2: *I eat fish three days a week*. Child 3: *I eat fish four days a week*.

Extra activity

Tell the children what you eat following the order in Activity 1 and encourage the children to compare. Who eats more fish, meat, etc?

Activity 2

- Read the introduction in Activity 2 with the children (*It is good for children to eat ...*). Say: *Find and underline the different kinds of food in the sentence (meat, fish, vegetables, fruit, eggs, milk products, pasta, rice, bread, cereal). How many kinds of food are there? Ten. How many are there in the table in Activity 1? Thirteen. Find the missing foods (water, chocolate and cakes)*. Explain that water is a drink and that it is not good for you to eat a lot of chocolate and cakes.
- Read sentence 1 with the class and explain its meaning. Ask the children *How many days a week do you eat meat or fish?* When a child says three or four days, for example, say: *You should eat meat or fish every day*. Do one or two more examples. Explain *should* in L1 or L2.
- The children read the sentences in Activity 2 and fill in the *A healthy diet* column in the table in Activity 1.
- The children compare their diet to the healthy diet. In the *Is my diet healthy? Yes/No* column they write *Yes* if their diet is the same or similar (1 day difference) to the balanced diet. If it's different by 2 days or more, they write *No*. Do some examples about your diet on the board, for example:

	You	A healthy diet	Is my diet healthy? Yes/No
meat or fish	6	7	Yes
vegetables and fruit	7	7	Yes
eggs	4	3	Yes
milk products	4	7	No

Answers: meat or fish-7; vegetables and fruit-7; eggs-3; milk products-7; chocolate and cakes-1/2; water-7; pasta or rice-3; bread or cereal-7

Activity 3

- Ask the children to look at the boy and girl in the pictures. They are strong and healthy. Explain in L1 or L2 that to be strong and healthy children need to do three things. Ask the children if they know what they are.

Answers: eat a healthy diet, get enough sleep and exercise.

- The children write *diet*, *exercise*, *sleep* in the circles in Activity 3.

- Explain what they should do. Diet: they should eat a healthy, balanced diet. Sleep: they should sleep eight or nine hours every night. Exercise: they should do some exercise every day (this is better than a lot of exercise one day a week).

Extension activity

The children make more sentences using *I should ...*, eg, *I should sleep more. I should do more exercise.* Help them with the language if necessary.