

Nutrients

1 True or false?

Your opinion		The text
	1. Babies drink milk.	
	2. Old people eat a lot.	
	3. Meat and fish have got a lot of proteins.	
	4. Fruit and vegetables have got a lot of fat.	

2 Read and check.

People need energy to play football, run and think. This energy comes from the food we eat. People eat different kinds of food.



Babies drink milk.



Old people don't eat a lot.

Different kinds of food have got different nutrients:

Glucose or sugar - beans, cakes and bread

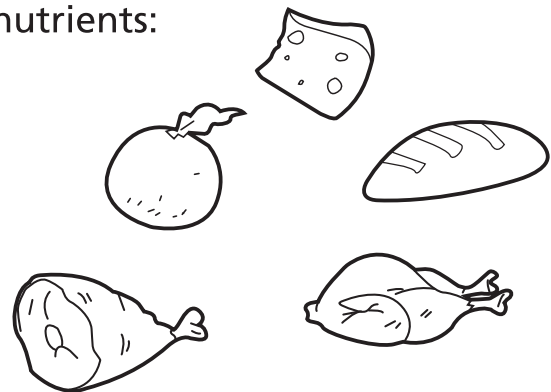
Fat - oil and butter

Proteins - meat, fish, eggs and milk

Vitamins - fruit, vegetables, milk and eggs

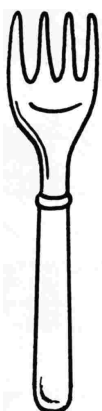
Minerals - milk, beans and eggs

Water - fruit and vegetables



3 Write.

~~bread~~ eggs butter oil meat fish milk cakes fruit vegetables beans



Vitamins

Glucose or sugar

bread

Fat

Minerals

Water

Proteins



FOOD AND DIET



Aim

- To study the main nutrients in food.

Materials

- Food flashcards.
- Supermarket catalogues with pictures of food.
- Worksheet.

Duration

30 minutes.

Language focus

- Present simple.

Cross-curricular content

- Natural science.
- Main nutrients in food.

Warm-up

- Write *b* _____ on the board. Encourage the children to call out words beginning with *b*, eg, *blue, black, big, boy, basketball*. Continue adding letters until they guess the word you are looking for (breakfast): *br* _____, *bre* _____, ... *breakfa* _ ... *breakfast*.
- Write what you eat for breakfast on the board, eg, *coffee, cereal and fruit*. Explain in L1 or L2 that breakfast is the first meal of the day and a very important one. Ask the children: *What do you have for breakfast?* If the children don't know how to answer in L2, they can tell you in L1 and you can then teach them how to say it in English.
- Continue with *lunch* and *dinner*.
- What about snacks? *Do you eat anything between breakfast and lunch? And between lunch and dinner?*

Completing the Worksheet

Activity 1

- Introduce the idea of energy. Draw a car on the board and ask the children *Do cars eat cereal, fruit or milk? No. What do cars 'eat'? Petrol!* (Explain what petrol is in L1 if necessary.) Point to your body and say *Do we drink petrol? No. We eat food. Food gives us energy.* Write on the board *food=energy=run, walk, jump, swim, play football ...*

- Ask the children to read the sentences in Activity 1. Explain the meaning with pictures or simple explanations in L1 or L2. Are the sentences true or false?
- Ask the children to write *True* or *False* in the *Your opinion* column in the table. If they don't know the answers, encourage them to guess. Don't give them the answers yet.

Activity 2

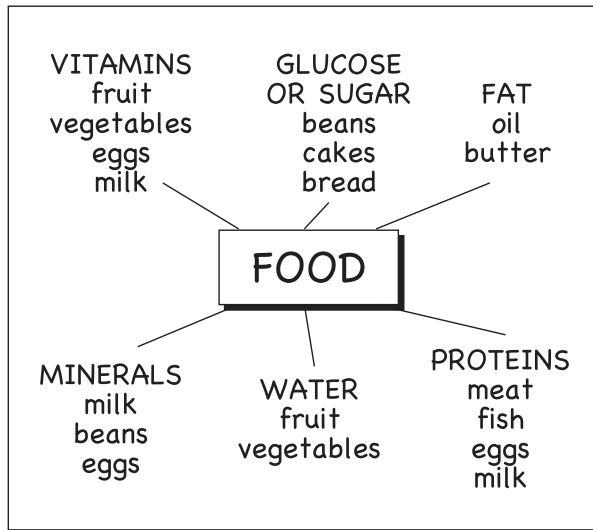
- Ask the children to read the text in Activity 2 and find out whether the sentences in Activity 1 are in fact true or false. They write the correct answers in the *The text* column in the table in Activity 1. Ask them to compare these to their own answers and get some feedback about what they have learnt. Help the children with the vocabulary as necessary. Note that words like *glucose, proteins, vitamins* and *minerals* are probably similar to the corresponding words in their L1.
- Ask the children some questions about the reading text, eg, *Do babies eat pizza or fish? No. They drink milk. Do old people eat a lot? No, they don't usually eat a lot. What food has got a lot of vitamins?* etc.

Answers: 1-true; 2-false; 3-true; 4-false

Activity 3

- Elicit examples of different kinds of food which contain the different nutrients, eg, *What food has got a lot of (fat)?*
- Go through the words in the box with the children and get them to repeat them after you.
- Ask the children to turn their worksheets over. Ask them the same questions again: *What food has got a lot of (fat)?* etc.
- The children take turns to ask each other questions in pairs or small groups. The children can look at their worksheets when asking questions, but not when it's their turn to answer: Child 1: *What food has got proteins?* (or simply *Proteins?*) Child 2: *Meat, fish, eggs and milk. Vitamins?* Child 1: *Vegetables, fruit, milk and eggs.*
- Ask the children to do Activity 3. They write the words in the right boxes.
- The children can then draw pictures of some of the foods.

Answers:



Extra activity

The children cut out pictures of food from supermarket food catalogues and make a collage or poster showing the nutrients in different kinds of food.