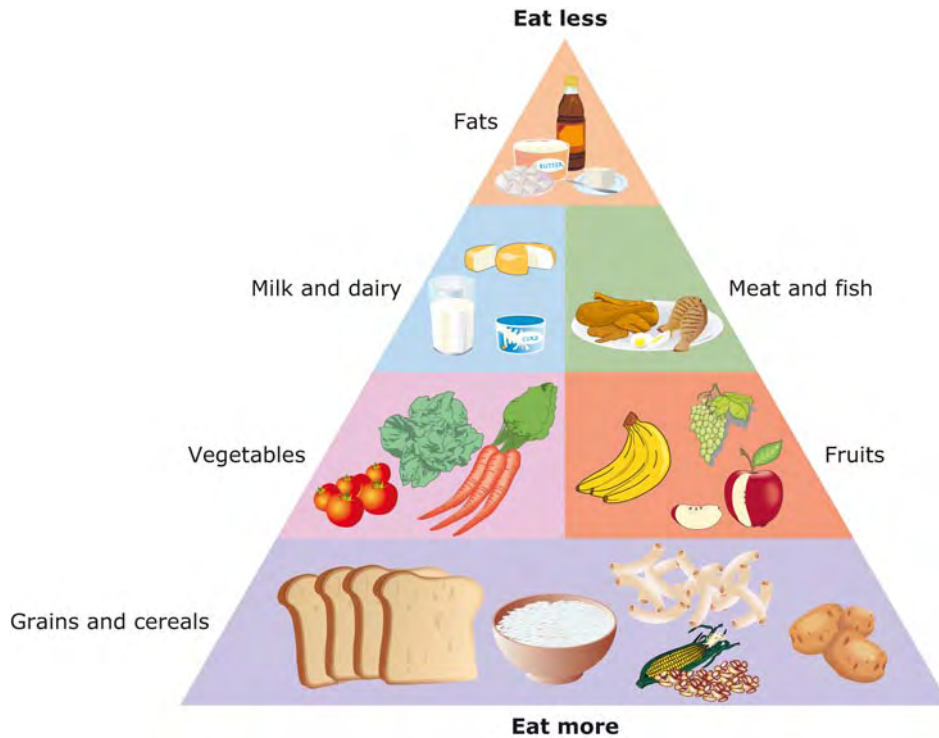


1 The nutrition pyramid

Reading, Speaking

Read the text and look at the diagram.

Work in groups. Discuss your diet – how healthy is it?



This diagram is known as a “nutrition pyramid”. The food you should have the greatest amount of in your diet makes up the broad base of the pyramid. Food you should eat less often makes up the small point of the pyramid.

Have a look at your own diet. Distribute your own food on the food pyramid. Do you eat healthily? If not – what should you change in order to improve it?

Talk in groups using the useful language in the box below.

Useful language

Sentence starters	Key words/phrases	Key verbs
<i>In terms of ... intake,</i>	<i>On average</i>	<i>Contain</i>
<i>As for ...,</i>	<i>Around</i>	<i>Provide</i>
<i>As far as ... is/are concerned,</i>	<i>About</i>	<i>Produce</i>
<i>With ...,</i>	<i>Approximately</i>	<i>Consist of</i>
	<i>Low in ...</i>	
	<i>High in ...</i>	

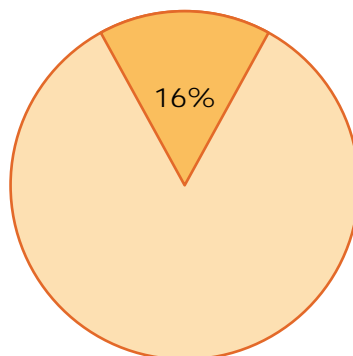
Which sport or exercise could you do to keep fit?

How does exercise or sport help your health?

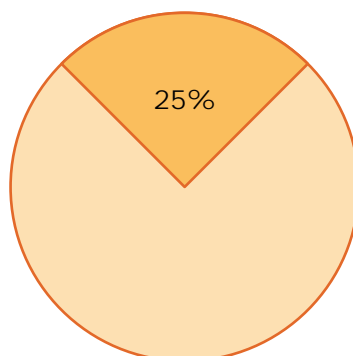
How much do you need to do?

Listen to your teacher give you some information about healthy living and match the diagrams with the labels.

1



2



- 1 British children over 10 who are obese now.
- 2 British children who will be obese by 2015.

Now listen again and fill the gaps.

People eat (1) _____ fatty foods and sweets, and (2) _____ fruit and vegetables.

We all (3) _____ sitting down.

It's well worth making (4) _____.

It's also (5) _____ meet people and spend time with friends.

Taking up a sport provides a (6) _____ of challenges.

Young people should be doing (7) _____ physical activity every day.

At least (8) _____ you should be running or doing a sport like tennis or football.

Teacher's Notes and Answer Key

This worksheet will take 45-60 minutes to complete. It is suitable for lower secondary school students and provides a general introduction to nutrition and fitness.

1 The nutrition pyramid
Reading, Speaking
Aims:

- to consider the relative health benefits of diet options
- to read and discuss a very short text
- to interpret a diagram and speak about it

Students work in groups. Draw their attention to the useful language box, and encourage them to describe their diets in detail. This activity can be allowed more time if they have not already done the first worksheet.

2 Keeping fit
Listening
Aims:

- to learn some recommendations about exercise
- to understand some statistics
- to understand a spoken passage on a relevant topic
- to practise language for giving advice

Students work individually. The first time they listen all the information they need for the activity is in the first paragraph, but read the whole passage so that they can be prepared for the second activity.

Take feedback after one listening. Make sure they understand the simple percentages, and get them to describe the UK problem in their own words.

Allow the students to read the gap fill exercise before you read the passage again. Explain that most of the gaps represent several words. Tell them to take notes as they listen.

After listening, students work in pairs to complete the sentences from their notes. If they still have some gaps unaccounted for, read the passage again and let them complete them before giving feedback.

Teacher's script:

People, and young people in particular, seem to be finding it more and more difficult to stay healthy. It's a big problem, and it's getting worse. A recent official survey in the UK found that over 16% of British children over 10 are obese. That means they are already so overweight that it's a danger to their health. By 2015, if current trends continue, one British child in 4 will be obese.

A part of the problem is diet: people eat too many fatty foods and sweets, and not enough fruits, vegetables and carbohydrates rich in minerals and complex starches. But a more difficult problem is lifestyle. We all spend too much time sitting down with TVs or computers, and we don't get enough exercise.

It's well worth making the effort to exercise. Apart from the health benefit, it's also an opportunity to meet people and to spend time with friends. It can provide a fun break from schoolwork and from sitting in front of a screen, and it can also be very rewarding – taking up a sport provides a constant supply of challenges and goals to pursue.

In order to stay fit, young people should be doing at least an hour's physical activity every day. You need to be at least active enough to start to sweat and get a little out of breath for that length of time. At least twice a week you should be running or playing a sport where your feet are taking your weight like tennis or football – otherwise your bones will not develop as strongly as they could.

Key:

Diagram 1 goes with label a, and diagram 2 with label b.

- 1 too many
- 2 not enough
- 3 spend too much time
- 4 the effort to exercise
- 5 an opportunity to
- 6 constant supply
- 7 at least an hour's
- 8 twice a week