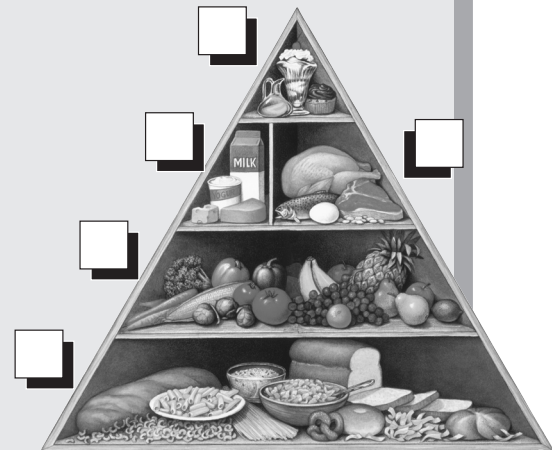


YOU ARE WHAT YOU EAT

- The food pyramid is a guide for planning a healthy diet. If you eat the recommended portions of each food group every day you will get all the nutrients you need and you will have enough calories to keep you healthy. It is also important to vary the food you eat as much as possible within each food group, because different foods contain different kinds of nutrients.
- Carbohydrates make up the biggest part of the pyramid. Nutritionists recommend that 60-65% of the food we eat every day should be made up of carbohydrates. They provide vitamin B, minerals and fibre. Foods in this group include bread, cereal, rice and pasta. Nutritionists recommend we eat 6-7 portions of these foods per day.
- Fruits and vegetables also contain carbohydrates and are also a good source of vitamins, minerals and fibre. We should eat between 3-5 portions of fruit and of vegetables each day.
- Protein is important but should be eaten in moderation. We can find it in dairy products such as milk, cheese, and yoghurt. These foods also contain calcium and vitamins. We should choose dairy products with lower levels of fat and only eat 1-2 portions per day.
- Meat, fish, beans and eggs contain the most protein. Beans are very healthy as they contain high levels of protein and fibre, but do not contain much fat. Proteins which come from animals are called 'complete proteins' as they contain essential amino acids. But our cholesterol level can rise if we eat too much red meat.
- Fats, oils and sweets are at the top of the pyramid: this means that we should not eat them too much. Remember that fats are also contained in other food groups too. But not all fats are bad. Saturated fats like butter should not be eaten too often, but unsaturated fats like olive oil are good for us in moderation.



The food pyramid

READING

Before you read

- Look at *Effective reading*.

EFFECTIVE
READING

Cognates and context

There are often words in a text you do not know. Sometimes the English word and the word in your language are similar. Be careful though. Not all words which look the same have the same meaning.

- Write the translation of the English words.

- a amino acids _____ b calcium _____
 c carbohydrates _____
 d dairy products _____
 e harmful _____ f portion _____

- g protein _____ h saturated fats _____
 i source _____ j sparingly _____
 k unsaturated fats _____

While you read

- Look at the diagram. Match the paragraph to the correct part of the pyramid.

After you read

- Write *True or False*.

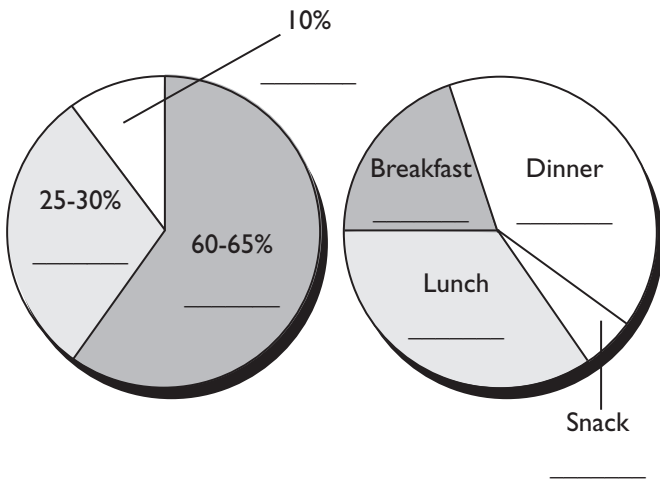
- It is important to eat a variety of foods.
- The food group you should eat the most of is carbohydrates.
- Bread contains vitamins and minerals.
- Cheese contains a lot of carbohydrates.
- All fatty foods are bad for us.

LISTENING

LOOK!

We don't use the article with percentages.
 forty-two percent the forty-two percent

5 Listen and fill in the diagrams.



WRITING

6 Look at *Effective writing*.

EFFECTIVE WRITING

Checking your spelling

Spelling is difficult in English. Always check your spelling, especially new words. If you write on a computer you can do a spell check, which is faster and easier than using a dictionary.

7 Look at the menu. Find and correct the spelling mistakes.

| Menu | |
|----------------------------------|---------------------|
| Starters | Vegetables |
| Vegetable soap | Potatos |
| Smoked salman | Mixed salad |
| Homemade pasta with tomato sause | Seasonal vegetables |
| Main courses | Deserts |
| Kitchen with spinach | Ice cream |
| Roast beef | Choclatte cake |
| Grilled fish | Fruit salad |

8 Now write a lunch menu. Use the menu in 7 as a model.

SPEAKING

9 Complete the dialogue with the words in the box.

some water like vegetables
 ready to order certainly

Waiter Are you (1) _____?
Man Yes. What's the soup of the day?
Waiter It's tomato.
Man That sounds nice. I'll have the soup to start. And then I'd like roast beef, please.
Waiter Would you (2) _____ with that?
Man Oh, yes, please.
Woman Can I have ham and melon to start?
Waiter (3) _____.
Woman And then I'll have the salmon.
Waiter Would you like potatoes with that?
Woman No, thank you.
Waiter What would you like to drink?
Man (4) _____ and can you bring us the wine list, please?

Listen and check.

USEFUL PHRASES ▼▼▼

Ordering in a restaurant

I'll have the ... to start.
 Then I'd like the ...
 Would you like ... with that?
 What would you like to drink?
 Can you bring us the wine list, please?

10 Look at the words in grey. Write two more words or phrases for each one.

11 Write the dialogue for new people with your ideas.
 Practise the dialogue in your class.

VOCABULARY BUILDER

1 Put the foods into the correct category in the table.

chicken biscuits olive oil eggs bread
 beef fish pasta strawberries beans
 butter cake cereal potatoes rice
 spinach salad crackers

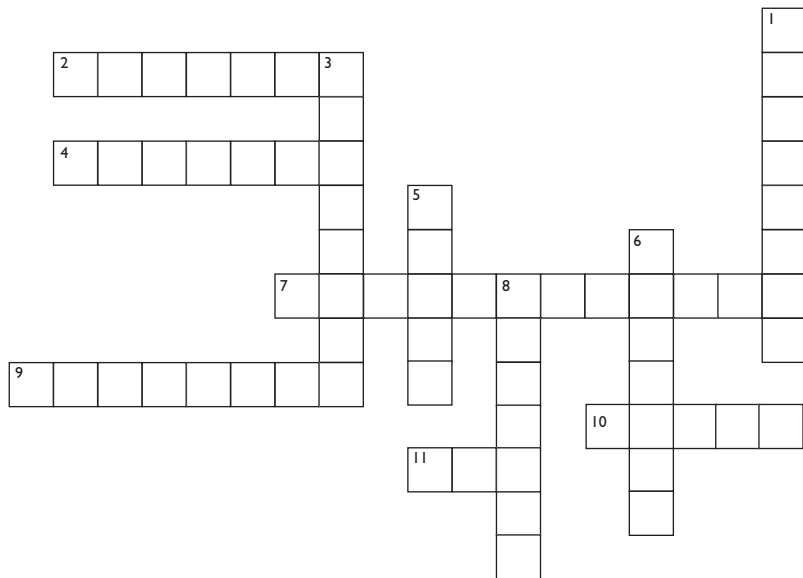
| Protein | Carbohydrate | Fat |
|---------|--------------|-----------|
| chicken | bread | olive oil |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |

2 Can you add the names of any other foods to the table?

3 Read the clues and complete the crossword.

Across

- 2 You can find this in milk and cheese. It's good for your bones and teeth.
- 4 This is an amount of food we eat.
- 7 You can find this in bread, pasta and rice.
- 9 A, B, C, D, E and K are all types of these.
- 10 These are a kind of vegetable with a lot of protein.
- 11 Butter has got lots of this.



Down

- 1 This is a unit of measurement telling us how much energy we get from food. Cakes and sweets contain a lot of these.
- 3 You can find these, with vitamins, in fruit and vegetables. Iron is an example.
- 5 This is the part of fruit and vegetable that our bodies cannot digest. It helps to keep our intestine healthy.
- 6 This can be found in meat, fish and eggs.
- 8 When you are strong and not ill you are this.

COLLABORATIVE PROJECTS

1 Work in small groups. Describe what you eat on a typical day for breakfast, lunch, snacks and dinner. Discuss the following with your group:

- i) Are the calories contained in your diet distributed correctly between the different meals according to the ideal? (see the diagrams in exercise 5.)
- ii) Does your diet contain the ideal distribution of nutrients? If not, how can you improve your diet? Draw a pie chart to illustrate how much carbohydrate, protein and fat you eat.

2 Write a menu for each meal in a single day. Make sure all the correct nutrients are provided and there is enough variety. Present your menu to the class and explain why it is a healthy menu.

CONSOLIDATION

1 Complete the sentences with the correct alternative A, B or C.

- 1 It is important _____ a good breakfast.
A have **B** having **C** to have
- 2 You mustn't eat _____ salt.
A a lot **B** too much **C** many
- 3 Beans contain more protein _____ milk.
A than **B** of **C** as
- 4 We should _____ at least 500g of fruit and vegetables each day.
A to eat **B** eating **C** eat
- 5 Potatoes, pasta and rice _____ complex carbohydrates.
A is **B** is called **C** are called
- 6 Pork contains _____ fat than beef.
A the most **B** the more **C** more

2 Read the sentences and write questions for the underlined parts as in the example.

If you want to be healthy it is important to take regular exercise.

What is it important to do if you want to be healthy?

1 You should eat 1-2 portions of dairy products each day.

2 Proteins which come from animals are called 'complete proteins' as they contain essential amino acids.

3 We can eat between 25-30% of fats each day.

4 Lunch should be the biggest meal of the day.

5 Nutritionists recommend that 60-65% of the food we eat every day should be carbohydrates.

3 Write True or False.

- 1 It is important to vary the food you eat as much as possible.
- 2 Protein makes up the biggest part of the food pyramid.
- 3 Rice and pasta are types of carbohydrate.
- 4 Beans contain a lot of fat.
- 5 Not all fat is bad.

Answer Key

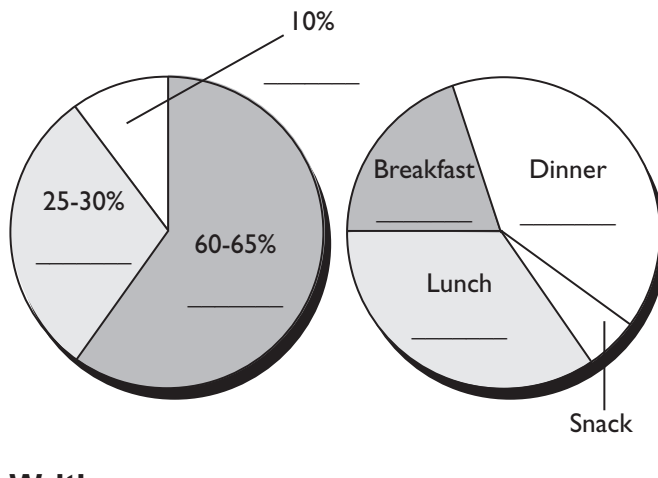
Reading

3 2nd paragraph – bottom section; 3rd paragraph sections above it; 4th paragraph second row, left; 5th paragraph second row, right; 6th paragraph – top.
 4 1 true; 2 true; 3 true; 4 false; 5 false.

Listening

5 If you want to be healthy it is important to take regular exercise, and also to have a balanced diet. This means eating the right proportion of different foods each day. So how much of each of the different foods should we eat? Nutritionists recommend that 60-65% of the food we eat every day should be carbohydrates. We can eat between 25-30% of fats each day, but should remember that fats are also contained in many of the other food groups. Protein should only make up 10% of our diets. It is also important that we vary the foods that we eat from each food group from day to day.

It is important to eat the right food at the right time: our bodies should get the energy source they need at the right time of day. Breakfast should contain 20% of our daily calorie intake to give us the energy we need through the morning. Lunch should be the biggest meal of the day containing 40% of our daily calorie intake. An afternoon snack should only contain 5% of our daily calorie intake. We don't need as much food in the evening, so dinner should contain 35% of our daily calorie intake.



25-30% fats; 10% protein;
 60-65% carbohydrates;
 Breakfast 20%;
 Dinner 35%; Snack 5%; Lunch 40%

Writing

7

| <u>Menu</u> | |
|--|--------------------------|
| Starters | Vegetables |
| Vegetable soup | Potatos Potatoes |
| Smoked salmon | Mixed salad |
| Homemade pasta with tomato sause sauce | Seasonal vegetables |
| Main courses | Deserts Desserts |
| Kitchen Chicken with spinach | Ice cream |
| Roast beef | Choclatte Chocolate cake |
| Grilled fish | Fruit salad |

Speaking

9 (1) ready to order; (2) like vegetables; (3) Certainly; (4) Some water.

Vocabulary

1

| Protein | Carbohydrate | Fat |
|---------|--------------|-----------|
| chicken | bread | olive oil |
| eggs | biscuits | butter |
| beef | pasta | |
| fish | strawberries | |
| beans | cake | |
| | cereal | |
| | potatoes | |
| | rice | |
| | spinach | |
| | salad | |
| | crackers | |

3

A crossword puzzle grid with the following words filled in:

- Across 2: CALCIUM
- Across 4: PORTION
- Across 7: CARBOHYDRATE
- Across 9: VITAMINS
- Across 10: BEANS
- Across 11: FIBRE
- Down 1: CALCIUM
- Down 5: FAT

Consolidation

- 1 1 C; 2 B; 3 A; 4 C; 5 C; 6 C
- 2 1 How many portions of dairy products should you eat each day?
2 Why are proteins which come from animals called 'complete proteins'?
3 What percentage of our daily food intake can be fats?
4 Which [meal] should be the biggest meal of the day?
5 What percentage of the food we eat every day do nutritionists recommend should be carbohydrates?
- 3 1 true; 2 false; 3 true; 4 false; 5 true

Collaborative Projects

- In groups students record the nutritional habits of each person for each meal.
- Students work together to decide which foods have a high calorie content and to identify foods which are high in protein, carbohydrate and fat. A total value of calories, protein, carbohydrate and fat content is given for each meal.
- Each student (with the help of the group) creates a pie chart to illustrate his or her own dietary habits.
- The group work together to create an ideal daily menu (using the values assigned to the foods in the first part of the project).
- The groups then present their menus to the rest of the class.