

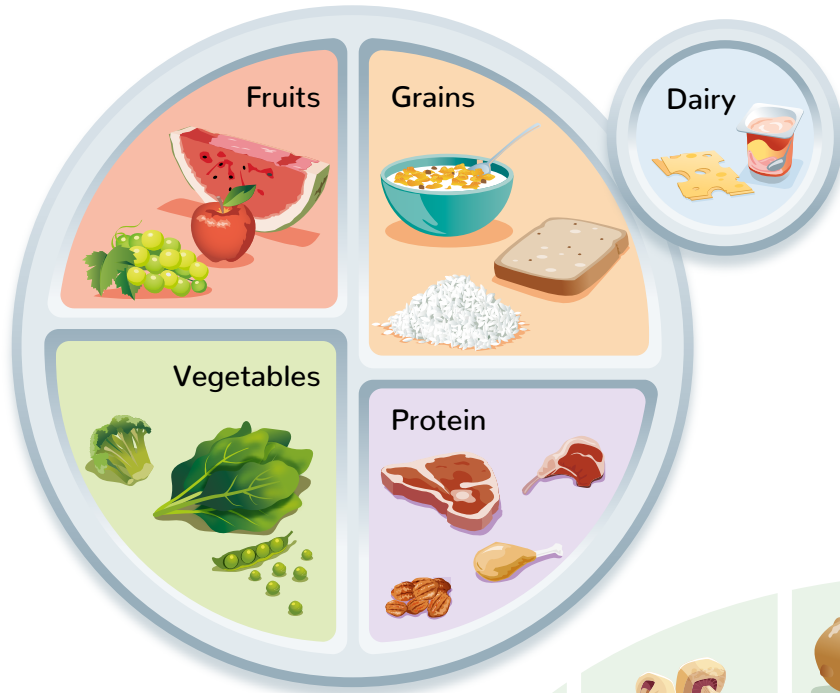


Secondary

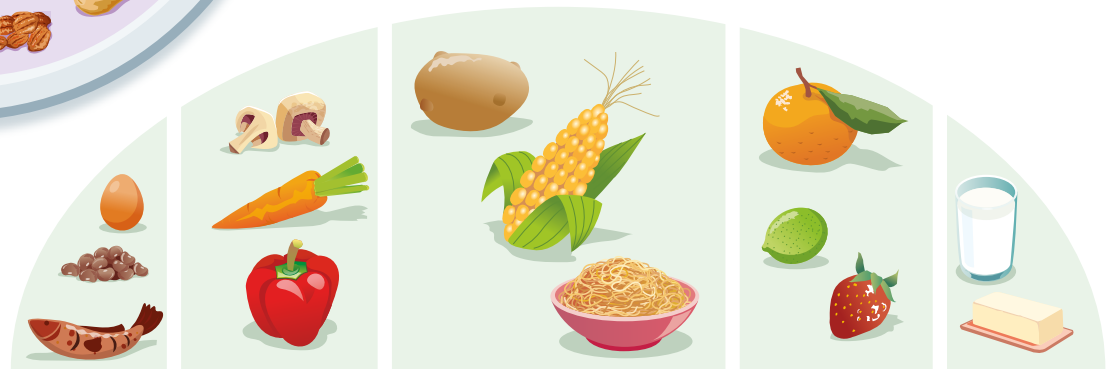
# A Healthy Diet

## Part 1

### My Plate



### Food Dome



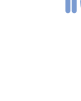
Meat, eggs, and legumes



Vegetables



Cereals and their products



Fruits



Dairy products

### A. Look at the two infographics that show a healthy diet. Choose T (True) or F (False).

- |   |       |
|---|-------|
| 1. The two infographics have the same groups of foods.                          | T / F |
| 2. The Food Dome has some information that My Plate doesn't have.               | T / F |
| 3. According to the infographics, you should eat more vegetables than protein.  | T / F |
| 4. Meat, eggs, and fish are all foods that have protein.                        | T / F |
| 5. Potatoes are in the Vegetables group in the Food Dome.                       | T / F |
| 6. My Plate recommends more grains than the Food Dome.                          | T / F |
| 7. Both infographics show that people should eat a lot of dairy products.       | T / F |
| 8. The Food Dome shows that diet is not the only factor in a healthy lifestyle. | T / F |



Secondary

## Part 2

A. Look at the photo of a casserole. Check (✓) the ingredients that you think are in the casserole.

beef

broccoli

chicken

corn

fish

beans

noodles

potatoes

rice

butter

mushrooms

milk



B. Listen and check the ingredients mentioned. What food groups do the ingredients belong to?

C. Work in groups and answer the questions.

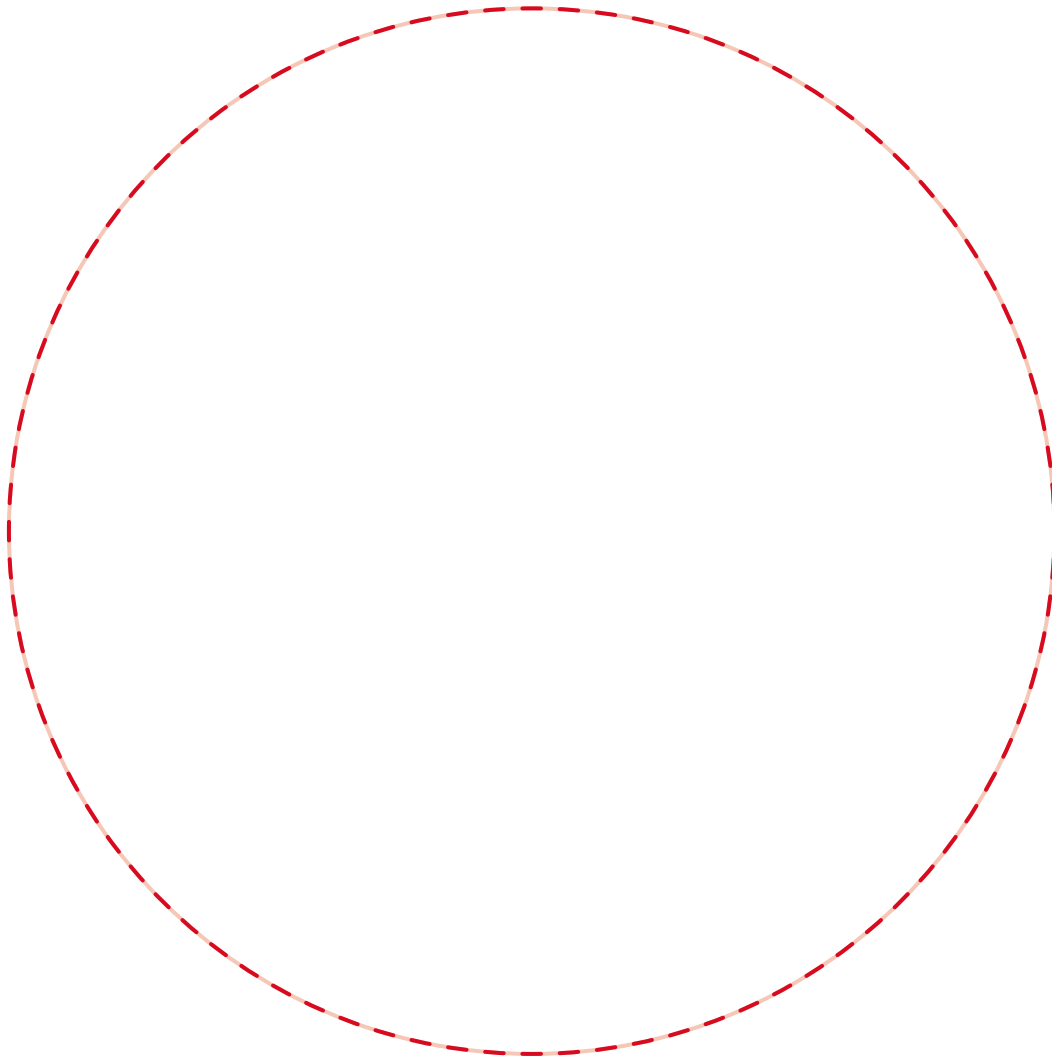
1. The listening says that rice is an important food in a lot of countries. Do you eat rice in your country?
2. What other food is considered important in your country?



### Part 3

#### A. Follow the instructions to create an infographic that shows the typical diet and types of exercise in your country.

1. Use the circle below to make an infographic.
2. Divide the circle into sections to show the amounts of each food group that most people in your country eat. Remember that your infographic should show your country's typical diet, not recommendations for a good diet.
3. Label the sections: *Fruits, Vegetables, Grains, Protein, and Dairy*.
4. Write examples of typical foods in your country in each section.
5. Add the names of sports and activities that are popular in your country around the infographic.



#### B. Answer the questions.

1. How is your infographic similar to the My Plate infographic? How is it different?
2. Do you think most people in your country have a healthy diet? Why or why not?
3. What are your favorite dishes? Are they healthy? Why or why not?
4. A lot of teenagers eat unhealthy snacks like chips, candy, and soft drinks. Can you think of some healthy snacks?
5. What sports and activities did you put on your infographic? What are your favorite sports and activities?



**Extension**

**A. Read and complete the tips with the words *True* or *False*.**



**Internet Information – True or False?**

The internet can help us find information. But how do you know if the information is true or not? There are many websites that tell us how to have a healthy diet, but how many of those sites give true information? Here are some tips to help you.

- Look at the website address. If it ends in .edu (a school or college), .gov (a US government agency), or .org (a non-profit organization), the information probably comes from scientists and is probably (1) \_\_\_\_\_.
- If the website address ends in .com or .net, be careful. These sites are like stores and they want to sell a product, so the information may be (2) \_\_\_\_\_.
- Think about the information. Is it someone’s personal opinion, e.g. a blogger or a celebrity? It may be (3) \_\_\_\_\_.
- Remember, always check information you find on the internet on different websites.



college  
organization  
store



university  
organisation  
shop

**B. Do an internet search for the words “healthy diet and exercise.” Look at the websites that you find and answer the questions.**

1. Which of the websites probably have true information? \_\_\_\_\_
2. Which of the websites are trying to sell you something? \_\_\_\_\_
3. Do any of the websites have the word “Ad” in front of them? What does that mean? \_\_\_\_\_