



READING

A Read the text.

You are what you eat

Doctors say that we can be healthy only if we eat healthy food. Five meals a day and at least five glasses of water a day is the best way to start your health plan. Do not skip breakfast because you need the energy for the day. Your supper or late dinner should be small because you don't need too much energy at the end of the day. Try to eat fruit and vegetables daily but don't forget about meat and dairy products. Avoid salt and sugar because they are called 'the white deaths'. Don't eat too much in a single meal. Your body needs time to use the food to your benefit.



SPEAKING

B Discuss the pieces of advice in Task A. Do you apply any of them? Do you know any other? What do you think about the title 'You are what you eat'? Discuss in class.

C Talk about eating habits. Discuss the topics below.

- Junk food is unhealthy but tasty. We can have it from time to time.
- People who eat breakfast every day always have more energy.
- Most children don't like vegetables because they eat too many sweets.

D Play the guessing game! Get points for each column answered and guess the final answer.

20 points	A1	B1	C1	D1
15 points	A2	B2	C2	D2
10 points	A3	B3	C3	D3
5 points	A4	B4	C4	D4
25 points	A	B	C	D
30 points	FINAL ANSWER			



WRITING

E Complete the table.

A TO Z OF FOOD AND DRINK

A	_____
B	_____
C	_____
D	_____
E	_____
F	_____
G	_____
H	_____
I	_____
J	_____
K	_____
L	_____
M	_____

N	_____
O	_____
P	_____
Q	quince
R	_____
S	_____
T	_____
U	_____
V	_____
W	_____
X	_____
Y	_____
Z	zucchini



F Write about your eating habits. Use some of the words in Task E.

- I really like _____ and _____.
- I don't like _____ and _____ at all.
- I never eat _____ and _____.
- My mum often makes _____ and _____.
- It's healthy to eat _____ and _____.
- For breakfast I usually have _____ and _____.

HOMEWORK

G Project work on British food.

Prepare a poster on traditional British food: **fish and chips** (which fish it is, how it is made and served), **toad in the hole** (what it is), **Full English breakfast** (what it consists of), **Christmas pudding** (what the ingredients are). Find photos, recipes, interesting facts.



Worksheet	Food and Health																																														
Years	5/6																																														
Topic	Eating habits																																														
Key language	(healthy) eating habits, an A to Z - a guessing game on food and drink																																														
Aims	Reading, speaking, and writing about eating habits, doing a guessing game and completing an A to Z table of food and drink.																																														
Duration	45 minutes																																														
Procedure	<p>A Ss read the text about (un)healthy eating habits.</p> <p>B T discusses the pieces of information from the text with Ss.</p> <p>C Ss talk about eating habits by making comments on the messages.</p> <p>D T plays a guessing game with Ss. The final answer is: Healthy food. Ss open the fields A1-D4 and guess the column answer. T writes down the new words first in every column to make the game last longer. Ss learn a few new words connected to food.</p> <p>E Ss complete an A to Z of food and drinks. They can use the words from Task D. Two words have already been given (quince, zucchini).</p> <p>F Ss write about their eating habits. They need to use the words from the worksheet, and especially from Task E. Then, they read their sentences.</p>																																														
References	None																																														
Correlation	Health Education (Healthy life), Science																																														
Homework	<p>Project: British Food</p> <p>Ss will make a poster about traditional British food: fish and chips, toad in the hole, Full English breakfast, Christmas pudding (recipes, photos, interesting facts).</p>																																														
Answer key	<p>D</p> <table><tr><td>A1 PORK</td><td>B1 FIG</td><td>C1 EGGPLANT</td><td>D1 YOGHURT</td></tr><tr><td>A2 BEEF</td><td>B2 CRANBERRY</td><td>C2 CUCUMBER</td><td>D2 CREAM</td></tr><tr><td>A3 VEAL</td><td>B3 APRICOT</td><td>C3 CABBAGE</td><td>D3 BUTTER</td></tr><tr><td>A4 LAMB</td><td>B4 TANGERINE</td><td>C4 TURNIP</td><td>D4 CHEESE</td></tr><tr><td>A MEAT</td><td>B FRUIT</td><td>C VEGETABLES</td><td>D DAIRY PRODUCTS</td></tr></table> <p>HEALTHY FOOD</p> <p>E</p> <table><tr><td>A APRICOT</td><td>N NUTS</td></tr><tr><td>B BERRIES</td><td>O ORANGES</td></tr><tr><td>C CARROT</td><td>P POTATOES</td></tr><tr><td>D DONUT</td><td>Q QUINCE</td></tr><tr><td>E EGGS</td><td>R RED BEET</td></tr><tr><td>F FIZZY DRINKS</td><td>S SALAMI</td></tr><tr><td>G GRAPES</td><td>T TANGERINE</td></tr><tr><td>H HONEY</td><td>U -</td></tr><tr><td>I ICE CREAM</td><td>V VEAL</td></tr><tr><td>J JUICE</td><td>W WATER</td></tr><tr><td>K KEBAB</td><td>X -</td></tr><tr><td>L LEMON</td><td>Y YOGURT</td></tr><tr><td>M MEAT</td><td>Z ZUCCHINI</td></tr></table> <p>F Students' own answers.</p>	A1 PORK	B1 FIG	C1 EGGPLANT	D1 YOGHURT	A2 BEEF	B2 CRANBERRY	C2 CUCUMBER	D2 CREAM	A3 VEAL	B3 APRICOT	C3 CABBAGE	D3 BUTTER	A4 LAMB	B4 TANGERINE	C4 TURNIP	D4 CHEESE	A MEAT	B FRUIT	C VEGETABLES	D DAIRY PRODUCTS	A APRICOT	N NUTS	B BERRIES	O ORANGES	C CARROT	P POTATOES	D DONUT	Q QUINCE	E EGGS	R RED BEET	F FIZZY DRINKS	S SALAMI	G GRAPES	T TANGERINE	H HONEY	U -	I ICE CREAM	V VEAL	J JUICE	W WATER	K KEBAB	X -	L LEMON	Y YOGURT	M MEAT	Z ZUCCHINI
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