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## 2. DIET

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### WORKSHEET 1

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a) Read the following text

#### DIET

The different kinds of food that you eat make up your diet. The foods that you eat can be put into five groups:

***MILK, MEAT and FISH, GRAIN AND CEREAL, VEGETABLE and FRUIT and OTHERS.***

Foods in the ***milk group*** give you proteins, fats, sugars, and some vitamins and minerals.

A lot of protein is found in foods in the ***meat and fish group***. You should eat some of these foods each day. Beans, peas and nuts contain proteins also.

Foods in the ***grain and cereal group*** give you lots of energy because they contain starch. These foods also have some vitamins in them.

Many vitamins and minerals are found in foods that make up the ***vegetable and fruit group***. Be sure to eat several foods from this group each day.

The foods that you cannot place into any of the above mentioned groups belong to the ***others group***.

b) Understanding the text: In pairs answer the following questions:

1. Why would eating too much of one kind of food not be good for you?
2. Make a meal plan (breakfast, lunch, dinner) that contains foods that you like the most.
3. Plan a healthy breakfast, lunch and dinner.
4. How do your plans in 2 and 3 differ?
5. What kinds of foods would you put into the others group?

c) Food diary

Keep a diary of what you eat during a week. Draw a chart in your notebook or use the one provided for you (glue it in your notebook).



In the comments column you can write about your own feelings (if you liked the food, if it looked/smelled good, if it was healthy/unhealthy etc).

You can write the names of dishes and your comments in your mother tongue or English. When discussing the chart, you can use any language but make sure everybody understands you.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Comments
Breakfast								
Lunch								
Dinner								
Snacks								

After you have kept a food diary for a week, discuss what you ate during your week.

**Suggestions for discussion topics:**

- What was your favourite meal and least favourite, if any?
- How were your meals different?
- Did you eat healthily?
- Did you pay more attention to what snack you ate after you had read about healthy food?



CONTENT BASED TEACHING + PLURILINGUAL/CULTURAL AWARENESS CONBAT

A HEALTHY DIET

Petri Vuorinen

- Did your parents get involved? How?

d) Recipe

What is your favourite dish at home?

Write down the recipe in your mother tongue. You may need to interview your (grand)parents for this assignment.

Try to explain the dish to your classmates without using English. Also take a picture of the dish or try to find one on the net.