



CONTENT BASED TEACHING + PLURILINGUAL/CULTURAL AWARENESS
CONBAT

A HEALTHY DIET

Petri Vuorinen

1. WHAT WE EAT

WORKSHEET 1

a) Introduction: grammar and structures

Discuss the theme (healthy food) using questions in the present and past tense:

What do you like **best**?

Do you ...

When **did** you...

Did you...

Have something for breakfast/lunch/dinner...

Better than, as good as, I like ... best, I like... more than...

What would you like to have for...

b) Content and writing

Read the following text:



FOOD

We, like all living things, must have food to make us grow, to keep healthy, and to stay alive. All food that we eat comes from plants or animals. Everything that we do takes some energy. We get the energy that we need from the food that we eat. Some foods give you more energy than others. Muscles use energy and the brain uses it. Even when resting we use energy

Your body uses food in many ways. It gives you energy and material for growth, repair of wounds and staying healthy. Foods contain useful nutrients and other things which the body cannot use. There are five types of nutrients:

CARBOHYDRATES, FATS, PROTEINS, VITAMINS, and MINERALS.

Carbohydrates are found in sugary foods such as sweets, honey, jam and in starchy foods such as bread, potatoes and rice. Carbohydrates are our main source of energy.

Fatty foods contain butter and cream which come from animals, and oils such as olive, sunflower and maize seed oil which come from plants. Fatty foods supply (=give) twice as much energy as carbohydrates. The body can store this energy.

Meat, cheese, eggs, milk, beans and peas are **protein** foods. You need proteins for growing, for recovering from illnesses. Even healthy adults need protein for rebuilding their bodies.

Vitamins and **minerals** are important for good health but they do not give you energy as fats, sugars and starches do. Some minerals and vitamins are needed to make your bones and teeth strong. Others are needed for blood, healthy skin, gums and to make your muscles and nerves work properly.

- The teacher reads & explains difficult words.
- In pairs choose eight new words from the text. Write a dialogue/story using these new words.
- Explain/ retell the text in your own words to your partner.

c) Chart



Draw a chart in your notebook. You can use the given model. In the chart, add translations in your mother tongue and in another foreign language that is spoken in your classroom. Ask your classmates. Add translations in a third language you know.



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	Mother tongue _____	Language 2 _____	Language 3 _____
Nutrient			
Carbohydrate			
Fat			
Protein			
Vitamin			
Mineral			
Starch(y)			
Rice			
Source			
Energy			
Fatty			
Maize			
Oil			
Seed			
Beans			
Peas			
Potatoes			
Rice			
Gums			
Muscle(s)			
Nerve(s)			



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d) Recipe



In small groups look for a traditional recipe to present to the class. Every group looks for a recipe on a different continent. Make a neat wall poster of your recipe. Draw or find a picture from the internet to go with it. Try to explain it to your classmates using words in the language of the people who prepare this dish. Look for these words on the Internet. Explain them to your classmates.

Assessment:

- Charts