

# 1

# Food

What's good for you?

Use English to:

- identify healthy and unhealthy foods;
- read food labels;
- talk about different eating habits;
- write a recipe.

Peace  
TALK

Plan a campaign for healthy food at your school.



1 Match the pictures to the words.

☐ beef

☐ fish

☐ fruit

☐ cheeseburger and chips

☐ pizza

☐ rice and beans

☐ salad

☐ vegetables

☐ water

2 Circle the items in activity 1 you think are good for you.

3 In groups, compare your choices in activity 2. Are they similar or different?



L1



4



Do some research.

- a Find out what the phrases **healthy food** and **junk food** mean. Then make notes.

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- b What makes food good or bad for you?

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- c Share your ideas in small groups.

### Did you know?

People usually have three meals a day: breakfast, lunch, and dinner. Doctors recommend healthy snacks between meals.



## Building blocks



Read the dialogue below. Put the lines in the correct order. Then listen and check.



**Savannah**

- ☐ Hmm... **Yes, please.**
- ☒ 1 Olivia, do you take packed lunches to school or do you buy your food at the school canteen?
- ☐ Good idea. I can try that.
- ☐ I have a packed lunch, too, but it isn't always very healthy. I like cold pizza, crisps, and chocolate, and I don't like salad.

**Olivia**

- ☐ Try to include some fruit. Then you can change your lunch **bit by bit.**
- ☐ Let's start now. **Would you like** an apple?
- ☐ I always have a packed lunch. I like to include my favourite healthy foods: cheese sandwich with salad, fruit, and juice. **What about you?**
- ☐ **Here you are!**



Read the dialogue in activity 5 and write T (true) or F (false).

- ☐ Olivia usually buys lunch at the school canteen.
- ☐ Savannah likes junk food.
- ☐ Olivia wants to help Savannah change her school lunch.
- ☐ Savannah loves salad.
- ☐ Savannah thinks she can try to change her eating habits.



Look at the highlighted phrases in the dialogue and write them in the correct spaces below.

- a A phrase that means the same as **little by little**. \_\_\_\_\_
- b A polite way of offering something. \_\_\_\_\_
- c A polite way of accepting an offer. \_\_\_\_\_
- d A phrase that means the same as **And you?** \_\_\_\_\_
- e Something you say when you give or offer something to someone. \_\_\_\_\_



8

**We can put foods in different groups. Do the activities about food groups.**

**a** Match the names of the food groups to the foods.

- 1 fat      2 fruit      3 grains      4 protein      5 vegetables
- ☐ brown rice, cereal, crackers, pasta, wholemeal bread
  - ☐ beans, beef, cheese, chicken, eggs, fish, milk, nuts, yoghurt
  - ☐ butter, canola oil, olive oil
  - ☐ broccoli, carrots, corn, aubergines, lettuce, spinach, sweet potatoes, tomatoes, turnips
  - ☐ apples, bananas, grapes, mangoes, melon, oranges, pears, pineapple, strawberries, watermelon

**b** Label each food group below.



9

**Do the quiz below and check what you know.**

a

Which vitamin are carrots especially rich in?

- ☐ Vitamin A.
- ☐ Vitamin B.
- ☐ Vitamin C.

c

What is the maximum amount of salt you should have every day?

- ☐ 1 teaspoon.
- ☐ 2 teaspoons.
- ☐ 3 teaspoons.

e

Calcium is very important for your bones. Which of these is the richest source of calcium?

- ☐ Milk.
- ☐ Beef.
- ☐ Fruits.

b

What percentage of your daily calories should be starchy foods like bread and potatoes?

- ☐ 25%
- ☐ 33%
- ☐ 47%

d

Bananas help your blood pressure and heart function because they have lots of

- ☐ fibre.
- ☐ potassium.
- ☐ carbohydrates.

#### Scores

**3 – 4 correct answers**

Congrats, you're a nutrition whiz!

**1 – 2 correct answers**

Good! You already think about nutrition.

**0 correct answers**

Well, it's a good idea to start thinking about nutrition.

Usually, what are YOUR food choices for breakfast, lunch, and dinner? And for snacks?

## Explore

- 1 Imagine you are at the supermarket buying some snacks. Choose five of these products to put in your basket.



- 2 In pairs, compare your choices in activity 1. Are they similar?

- 3 Read the text below to find out how healthy your choices are.

Address

**YH YOUR HEALTH** Search YourHealth

HOME | WELCOME | TOPICS | FEATURED ARTICLES | MORE RESOURCES | ABOUT US | NEWSLETTER | DONATE

### NUTRITION

Children and teenagers need the same healthy foods adults eat, along with more vitamins, minerals, and calcium. This means eating wholegrains (wholewheat, oats, rice, quinoa etc.); a wide variety of fresh fruits and vegetables; calcium for growing bones (milk, yoghurt); and healthy proteins (fish, eggs, poultry, lean beef, nuts, and seeds). All of us should avoid fizzy drinks, chicken nuggets, and any other fried food. A good idea is to replace chips, for example, with a bag of mini carrots, grapes, or other fruits and vegetables. This will add vitamins and fibre to the meal.

What are the results of having a healthier diet? Teenagers look healthier, do better in sports, have more energy, and enjoy life more when they decide to give a chance to more balanced meals and snacks. So, why not start now?

- 4 Tick the correct statements. Then read and check.

- |   |   |
|---|---|
| <input type="radio"/> The text is part of a medical magazine.     | <input type="radio"/> Nuts don't have proteins.   |
| <input type="radio"/> The text is on a web page.                  | <input type="radio"/> Chips have lots of fibre and vitamins.                              |
| <input type="radio"/> Adolescents need more vitamins than adults. | <input type="radio"/> Teenagers experience benefits when they change to a healthier diet. |

- 5 Make combinations of healthy snacks using the products in activity 1.



There is a guide to food nutrition labels below. Read it and do the activities that follow.

Address SEARCH

Nutrition centre | Physical activity | Healthier kids | Weight management | Stress management | Quit smoking | Workplace wellness

Here is some advice on how to make the most of the information on the Nutrition facts label:

- 1 Servings**  
This part shows you the size of a single serving and how many servings there are in the pack.
- 2 Portion sizes**  
It's important to notice the number of calories per serving and how many servings there are in a whole pack. If you double the servings you eat, you double the calories and nutrients.  
The next section of information on a nutrition label is about the amounts of specific nutrients in the product.
- 3 Limit nutrients.**  
We recommend limiting nutrients: based on a 2,000-calorie diet, no more than 16 grams of saturated fat, as little trans fat as possible, and no more than 1,500 mg of salt.
- 4 Get enough of the good nutrients.**  
Make sure you get enough of good nutrients such as: dietary fibre, protein, calcium, iron, vitamins, and other nutrients you need every day.
- 5 Quick guide to % Daily Value Reference intake.**  
The % Reference intake (RI) tells you the percentage of each nutrient in a single serving, in terms of the daily recommended amount. As a guide, if you want to have less of a nutrient (such as saturated fat or salt), choose foods with a lower % RI – 5 percent or less. If you want to have more of a nutrient (such as fibre), choose foods with a higher % RI – 20 percent or more.

### Nutrition facts

Serving size 1 slice (47g)  
Servings per pack 6

Amount per serving

Calories 160	Calories from fat 90
	% Reference intake*
Total fat 10g	15%
Saturated fat 2.5g	11%
Trans fat 2g	
Cholesterol 0mg	0%
Salt 300mg	12%
Total carb 15g	5%
Dietary fibre less than 1g	3%
Sugars 1g	
Protein 3g	
Vitamin A 0%	Vitamin C 4%
Calcium 45%	Iron 6%
Thiamin 8%	Riboflavin 6%
Niacin 6%	

\*Reference intake of an average adult is 2,000 calories.

**Learning how to read and understand food labels can help you make healthier choices.**



Complete the sentences using the guide to Nutrition facts labels. The first one is done for you.

- The green part shows the number of calories per serving. To know exactly how many calories you are consuming, you need to think about the number of servings you want to have.
- The \_\_\_\_\_ part shows the nutrients that we should not consume a lot of. They can be bad for our health.
- The \_\_\_\_\_ part shows the nutrients that are good for our health. We should try to get 100% of the fibre, vitamins, and other nutrients we need every day.
- The part in \_\_\_\_\_ tells us the percentage of each nutrient in a single serving, in relation to the daily recommended amount.
- The part in \_\_\_\_\_ shows the size of a single serving and how many servings are in the pack.



Where can you usually find food nutrition labels?

- ☐ Inside medicine boxes. ☐ On industrialized food packets. ☐ On fresh fruit packs.

9

Now read these two bread nutrition labels. Which one is healthier? Why? Discuss it with a classmate.

A

NUTRITION FACTS		
Serving size 1 slice / Servings per pack 22		
Amount per serving		
Calories 50      Calories from fat 10		
% Reference intake		
Total fat	1 g	1%
Saturated fat	0 g	0%
Cholesterol	0 mg	0%
Salt	115 mg	5%
Total carbohydrate	10 g	3%
Dietary fibre	5 g	20%
Sugars	1 g	

B

NUTRITION FACTS		
Serving size 2 slices (50 g) / Servings per container 9		
Amount per serving		
Calories 130      Calories from fat 10		
% Reference intake		
Total fat	1 g	2%
Saturated fat	0 g	0%
Trans fat	0 g	0%
Cholesterol	0 mg	0%
Salt	240 mg	10%
Total carbohydrate	25 g	8%
Dietary fibre	1 g	4%
Sugars	less than 1 g	

10

Look at the two plates in activity 12 on this page. Which one, in your opinion, shows what specialists call a "healthy eating plate"?

11

Listen to the podcast of an interview with diet specialist Dr. Hearts. Tick the option that indicates its purpose.

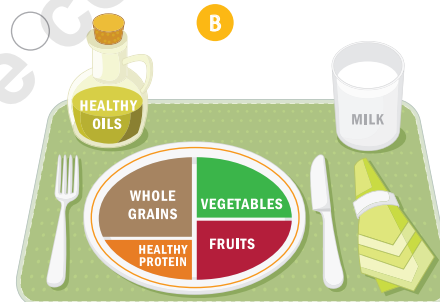
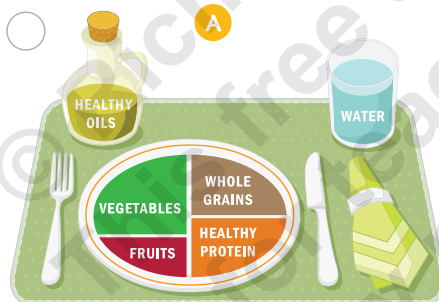
- ☐ To explain that sausages are bad for your health.
- ☐ To describe a healthy eating plate.

#### Did you know?

A **podcast** is an audio file like a radio broadcast, which can be downloaded from a website.

12

Listen to the podcast again and tick the image that is closer to Dr. Hearts's description.



13

Tick the ideas shared by Dr. Hearts in the podcast.

- a ☐ Vegetables and fruit should take up half of your plate.
- b ☐ Brown rice and white rice have the same nutritional value.
- c ☐ Half of your plate should be protein.
- d ☐ Sausages contain lots of fat and salt.
- e ☐ Healthy oils help reduce harmful cholesterol and are good for the heart.

14

Your turn. Discuss the following questions with a classmate.

- a Do you listen to podcasts? If so, what type of podcasts are you interested in?
- b Do you think about what you eat? Which food group is more present in your diet? How do you choose what you eat?



## Sync :))

15

People around the world eat differently. Listen to these interviews and find out what the three people have for breakfast. Match each breakfast to a person.



## Did you know?

**Chutney** is a cold food made with a mixture of vegetables, fruit, and spices.

**A** Name: Fatima  
Nationality: Moroccan



**B** Name: Erich  
Nationality: German



**C** Name: Hassan  
Nationality: Turkish



- ☐ Cold meats, cheese, and bread with coffee.
- ☐ Fresh bread, white cheese, tomatoes, cucumber, olives, and coffee.
- ☐ Chutney, jam, cheese or butter with different types of bread.

16

Read part of the transcript of the first interview in activity 15. Then write the important stages of a street interview.

**Colin** Good morning, London! This is Colin Lewis from Channel 99. Today's programme is about a very important meal: breakfast. We want to know what people eat for breakfast. [...] Excuse me! Can I talk to you?

**Fatima** Oh, sure.

**Colin** I'm Colin Lewis from Channel 99. We are interviewing people to know what they eat for breakfast. Can you tell us your name and where you are from, please?

**Fatima** I'm Fatima, and I'm from Morocco.

**Colin** Fatima, what do you usually have for breakfast?

**Fatima** At home, we frequently have different types of bread with cheese, chutney, jam, or butter. I prefer bread with jam and butter [...].

**Colin** Thanks a lot, Fatima. It sounds delicious!

- a The interviewer approaches Fatima politely. \_\_\_\_\_
- b The interviewer explains to Fatima who he is and what he is doing. \_\_\_\_\_
- c The interviewer asks Fatima to identify herself. \_\_\_\_\_

17



Follow the steps in activity 16 and interview a few classmates.



## Toolbox

- 1 Read what Erich said about breakfast in Germany. Then do the activities.



"Well, a typical German breakfast has lots of cheese, bread, and cold meats. My mother doesn't eat cold meats, but my dad does. He **usually** has a coffee with his breakfast."

- a The text above describes  
☐ habits and routines.  
☐ actions happening at this moment.
- b The verb tense is the  
☐ Present continuous.  
☐ Present simple.

- c Complete the table.

I / you	eat	don't eat
he / she / it		
we / you / they	eat	don't eat

- 2 Read Hassan's comments about breakfast in his country. Complete the sentences below using the verbs in brackets.

- a Hassan and his family **always** \_\_\_\_\_ (have) lots of bread, olives, and cheese for breakfast.
- b Hassan \_\_\_\_\_ (love) olives.
- c He **frequently** \_\_\_\_\_ (drink) fruit juice and **sometimes** coffee.
- d He \_\_\_\_\_ (like) tea.



- 3 What do the words **always**, **frequently**, **usually**, and **sometimes** have in common?

- ☐ They express frequency. ☐ They express place. ☐ They express time.

- 4 Look at the table and answer the questions.

Adverbs of frequency							
Always	✓	✓	✓	✓	✓	✓	✓
Usually	✓	✓	✓	✓	✓		
Frequently	✓	✓	✓	✓			
Sometimes	✓	✓	✓				
Rarely	✓						
Never							

- a How often does Erich's father have coffee with his breakfast? ✓✓✓✓✓

- b How often does Fatima eat bread at breakfast? ✓✓✓✓✓

- c How often does she eat cold meats? (-)

- d How often does Hassan drink coffee? ✓✓✓✓

5

Read this blog presentation page. Then answer the questions.

**Who am I?**

My name's Fatima. I'm a 14-year-old Moroccan girl. I live in Casablanca, Morocco. This blog is about my passion for Moroccan food. I love cooking (and eating!). My grandmother has a few "secret recipes" and I am learning from her. My best friend, Yasmine, helps me with some traditional Moroccan recipes, too. I want to be a chef in the future. We frequently have excellent recipes to share with you. If you enjoy eating, you will enjoy our blog!

**Recipe: Moroccan chicken**



**Ingredients**

4 chicken breast fillets, 1 lemon zest and juice, 2 tbsp of olive oil, 4 tsp of Moroccan spices mix, 300 g of quinoa, 1 chopped onion, handful of green olives, small bunch of chopped parsley

**Method**

- Mix the lemon zest, juice, oil, and spices together. Then pour the mixture over the chicken. Put in the oven for 20 mins.
- Cook the quinoa using the instructions on the packet, then put into a large bowl. Stir through the rest of the ingredients and serve. Take the chicken from the oven and put on top of the quinoa and add the juices.

[P](#) [f](#) [g](#) send message | comments

a Who is the writer of the blog?

b What's the purpose of this blog?

c Who would read her blog?

d Now, tick. What is a recipe?

☐ A list of ingredients and instructions for making a dish.

☐ A part of a blog to post pictures of food.

6

Complete the questions about Fatima and answer them. The first one is done for you.

- a How old is she? She's 14.
- b \_\_\_\_\_ does she live? \_\_\_\_\_
- c \_\_\_\_\_ does she love? \_\_\_\_\_
- d \_\_\_\_\_ is her best friend? \_\_\_\_\_

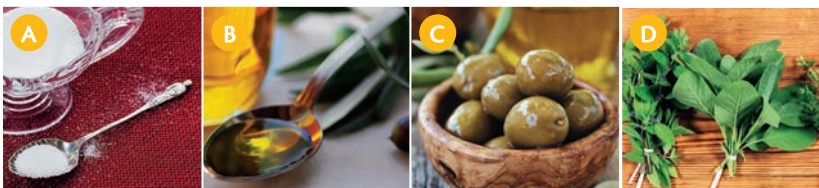
7

Now answer the questions below.

- a Is Fatima from Algeria? \_\_\_\_\_
- b Does her grandmother have secret recipes? \_\_\_\_\_
- c Do Yasmine and Fatima have recipes to share? \_\_\_\_\_

8

Read the recipe on the blog again. Match the phrases to the pictures.



- ☐ small bunch
- ☐ tbsp (tablespoon)
- ☐ handful
- ☐ tsp (teaspoon)



9

**Think about everything you have learnt so far about healthy eating. Tick the advice that can help your diet.**

- ☐ Add salt to your food.
- ☐ Try not to drink lots of sugary drinks.
- ☐ Eat high-fat foods every time you eat fast food.
- ☐ Choose wholemeal bread instead of white bread.
- ☐ Try to eat different coloured fruit and vegetables every day.

10

**Personal challenge! Create your own healthy eating plan.**

- a Write at least five foods for each group.
- b Think about your choices. Can you make these changes happen?

**Healthy foods I already eat.**

**Healthy foods I will try with little or no effort.**

**Healthy foods I can try with some effort.**

11



**Write and share a family recipe. Use a dictionary to help you.**

- First, make a list of all the ingredients needed in the recipe, with the amounts required (teaspoon, tablespoon, cup, handful, bunch etc.).
- Then, give the instructions for the recipe (pour, mix, boil, stir etc.).
- If possible, add an interesting picture of the finished dish, or draw it.
- Publish your recipe on your school website.

1

Look at the image below and answer the questions.

**Middleshire**  
SCHOOL  
FOUNDATION  
making learning  
relevant for every  
Middleshire student

Home Who We Are Initiatives/Sponsors Events Publications How To Give Scholarships Blog Contact

*Annual*  
**FOOD FOR THOUGHT**  
*Campaign*

The Middleshire School District Foundation in partnership with the Food for Famine society has embarked on a mission to help feed Middleshire School District students healthy and nutritious meals every day.

FOOD FOR FAMINE .ORG

Tel: 0414-532-1464 Fax: 0414-532-1468 E-mail: f4t@\*\*\*\*.co.uk

a What kind of text is this?

b What's its purpose?

c Who is it for?

- ☐ All the students of the Middleshire School District
- ☐ Only the girls of the Middleshire School District
- ☐ Only the boys of the Middleshire School District

d The phrase "food for thought" means

- ☐ something not to remember.
- ☐ something that makes you think about food.
- ☐ something to think about, to consider.

2

Let's talk about **YOUR** school canteen.

- a What's your opinion about the food in your school canteen?
- b Check which food groups are served in the school canteen.
  - Take notes of the foods you find.
  - Write which are healthy, which are OK, and which are not healthy at all.
  - Share your notes with the whole class.
- c Plan a campaign for a healthier menu at school.
  - Decide on how the canteen food and products could be improved.
  - Write your suggestions. Which food items should stay, and which should be changed? Be creative!
  - Invite people to join the cause.