Writing

1. In pairs, think of a typical unhealthy food in your city or country and write a recipe to make it healthy. Remember to use the following words.

first - second - next - finally

2. Present your recipe to your classmates and say why it is healthy and when people should eat it (for example, as a snack, for breakfast, lunch or dinner).
3. Define, in your own words, the following concepts. Then, write three examples for each.
   a. Healthy food: _____
   b. Fast food: _____
   c. Junk food: _____

Listening

1. Listen and complete the following sentences. 19
   a. I need to drink more _____. My head hurts all the time!
   b. _____ is bad for your body, you should try to eat more vegetables.
   c. I think _____ is not necessarily that bad, there are healthy restaurants with this type of food too.
   d. My sister eats _____ for lunch all the time. She says she doesn't have time to cook at home.
   e. My mom cooks the best _____ soup. It's delicious and healthy!

LIVEWORKSHEETS

3. Read the sentences and mark them correct or incorrect. Rewrite the incorrect ones in your notebook.

a. _____ I should buy many honey. It's winter time and we always add it to the tea or coffee.

b. _____ My mom bought a lot of empanadas, but they were all vegeterian.

c. _____ Can you bring a little potatoes? We want to cook something special tonight.

Speaking

1. Interview a classmate. Take notes on his/her answers below.

a. How much sugar do you eat everyday?

_____

b. How many glasses of water do you drink everyday?

_____

c. Do you eat potato chips every weekend?

_____

2. Share the information you obtained with a different classmate. Are your classmates healthy? Why? Why not?

Writing

1. Look at the pictures and classify them in the correct food groups.

A 

B 

C 

D 

E 

F 

2. In pairs, think of healthy advice using the foods from the previous activity.

LIVEWORKSHEETS

Final Task

1 Listen and complete the text with the correct words. 20

Obesity in Latin America is an a)_____ problem. More and more children and teens are becoming b)_____ or obese. There are many possible causes for this problem. These include an increase in c)_____ living, dietary changes towards unhealthy US-style d)_____, and a more sedentary lifestyle that involves watching TV and playing video games. In Mexico, Congress passed legislation in 2010 in order to decrease the amount of e)_____ food schools sell to children. Specialists also suggest that schools should f)_____ students with at least thirty minutes of g)_____ per day.



Speaking

1 Get in pairs and write ideas about how people can fight obesity in your city or town.

_____

_____

_____

2 Choose three ideas and make a healthy magazine. Include pictures and drawings.

3 Present your magazines to your class. Remember to justify your choices by saying why and how these would help avoid obesity.

4 While other pairs present their ideas, take notes on what they say.

_____

_____

_____

5 Get in groups and discuss these ideas. Are they good? Are they bad? How would you put into practice these healthy measures?

LIVEWORKSHEETS