

## 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!

- 3.** Read the sentences and mark them correct or incorrect. Rewrite the incorrect ones in your notebook.
- \_\_\_\_\_ I should buy many honey. It's winter time and we always add it to the tea or coffee.
  - \_\_\_\_\_ My mom bought a lot of empanadas, but they were all vegetarian.
  - \_\_\_\_\_ Can you bring a little potatoes? We want to cook something special tonight.

## Speaking

- Interview a classmate. Take notes on his/her answers below.
  - How much sugar do you eat everyday?  
\_\_\_\_\_
  - How many glasses of water do you drink everyday?  
\_\_\_\_\_
  - Do you eat potato chips every weekend?  
\_\_\_\_\_
- Share the information you obtained with a different classmate. Are your classmates healthy? Why? Why not?

## Writing

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

<p><b>A</b></p>  <p>_____</p>	<p><b>B</b></p>  <p>_____</p>	<p><b>C</b></p>  <p>_____</p>
<p><b>D</b></p>  <p>_____</p>	<p><b>E</b></p>  <p>_____</p>	<p><b>F</b></p>  <p>_____</p>

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

## Final Task

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

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.

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- 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.

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