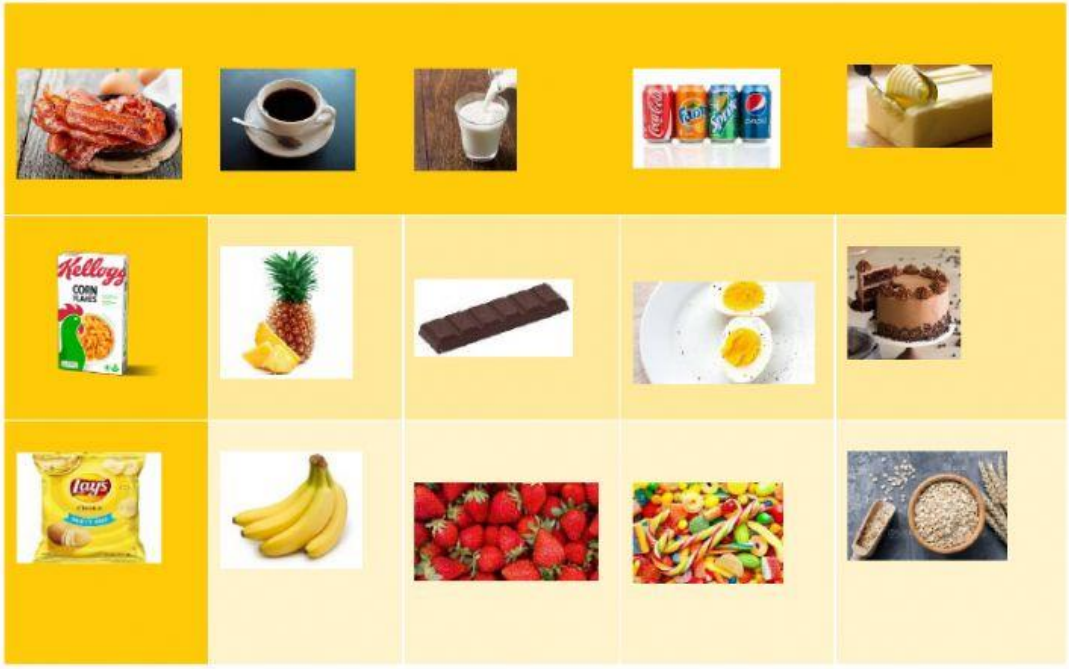
Food items

Look at the following food items and decide if they are healthy or unhealthy.

Activity: drop the names in the corresponding picture.

Piece of cake	Oats	Hard-boiled	Strawberries	Butter
A bar of chocolate	Pineapple	Milk	A bag of potato chips	Candies
Kellogg's	Soft-drinks	Coffee	Bacon	Bananas



2. Classify the following food item between healthy and unhealthy and explain. Then, compare in pairs.

1. piece of cake	2. bacon	3. hard-boiled	4. oats	5. pineapple
6. chips	7. strawberries	8. candies	9. a bar of chocolate	10. coffee

Healthy	My reason	Unhealthy	My reason	
1.		1		A
2.		2		B
3.		3		C

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4.		4	D
5.		5	E

3. Task: Spot the difference

Look at the following picture and decide which breakfast is healthier and which is unhealthier and give reasons. Join with a partner and compare and expand your answers.

Breakfast A.	Breakfast B
	

Breakfast A is _____

Because it _____

Breakfast B is _____

Because it _____

My classmate answers:

_____

_____

Our conclusion:

_____

_____

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4. Reading

Giving advice. Read the following paragraph and give some advice. Then, compare with your partner and complement your advice.

I DON'T LIKE THE WAY I LOOK. I'M A CHUBBY GIRL.
Kelly: I have put on a lot of weight lately and now I do not feel comfortable with my body; I am just too fat. I was on a diet, but it didn't work for me because after a while I regained lots of pounds. Can anyone give me some advice on what I should do to get slim again? Thanks.

My advice would be

_____

_____

My partners' advice

_____

_____

Final advice

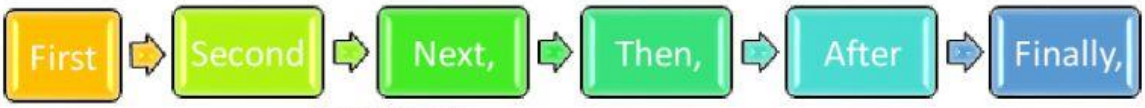
_____

_____

5. Listening activity: Watch the following video and list some items you need to come up with your healthy recipe, compare with your partner and decide with recipe is healthier and easier to prepare. Keep in mind the benefits of the food items.

https://www.youtube.com/watch?v=DtZ1EjVoEEw

6. Share your recipe with the class, list the ingredients and explain the benefits. Write the connectors of sequence and the sentences below to describe the order in which the process occurs. **Making a cup of tea.**



Sentences:

a. _____, add few cups of ice.

b. _____, we boil some water in a pot.

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c. _____, add a little sugar.

d. _____, put a teabag in the glass.

e. _____, Serve a little water in a glass.

f. _____, enjoy it with some biscuits.

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a. _____, add **few** cups of ice.

b. _____, we boil **some** water in a pot.

c. _____, add **a little** sugar.

d. _____, put **a** teabag in the glass.

e. _____, Serve **a little** water in a glass.

f. _____, enjoy it with **some** biscuits.

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