

A healthy meal

Activity 1: Look at the pictures and read the information about the morning meal in 3 different countries.

Vietnam	China	America
		
Vietnamese soup made with bone-beef broth, rice noodles, herbs, onions, and beef.	Bread sticks, rice porridge served with soy milk.	Toast (sliced bread), eggs, bacon served with orange juice.

a. **Work in pairs.** Based on what you've learned about a healthy meal, discuss, and complete the following paragraphs:

The Vietnamese morning meal includes bone-beef broth and beef (from the _____ group), herbs and onions (from the _____ group), rice noodles (from the _____ group. It lacks foods from the _____ group and the _____ group.

The Chinese morning meal includes bread sticks and rice porridge (from the _____ group), soy milk (from the _____ group). It lacks foods from the _____ group, the _____ group, and the _____ group.

The American morning meal includes toast (from the _____ group), eggs and bacon (from the _____ group), orange juice (from the _____ group). It lacks foods from the _____ group and the _____ group.

b. Discuss with your partner what foods need to be added to make the meals healthy.

Activity 2:

- a. Complete the following table by writing 3 different foods in each food group:

Fruits 	Vegetables 	Protein 	Grains 	Dairy/ Dairy alternatives 
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

- b. Read and answer the following questions about **the healthy meal you build for your family** using the foods in the table above:

- What's your name? What class are you in? What are you going to talk about?

- What does the healthy meal you build for your family include? Which food group does each food belong to?

- Is it a healthy meal? Why?

- c. Review the answers above. Record your presentation about the healthy meal you build your family by clicking here _____. Click on  to record. When you're finished, click . Then click "Save and share", copy the link and paste here _____.

Thank you! 