

Thematic Unit: Knowing my Body

Topic: Eating for living

Target Group: Auditory – verbal learners

1. Checking understanding. After listening the audio “Balance diet- Best food for health”, answer this question.

1. What food type helps bones? An example is	 _____ _____
2. What food type helps muscles? An example is	 _____ _____
3. What food type helps teeth? An example is	 _____ _____
4. What food type gives energy? An example is	 _____ _____
5. What food type helps eyes? An example is	 _____ _____

2. Tick the foods you usually take at these mealtimes.

My groups in my diet						
Meal	Food Groups					
	 Bread, rice and pasta	 Vegetables	 Fruit	 Meat and chicken	 Dairy foods	 Sugary or fatty foods
 Breakfast						
 Lunch						
 Dinner						
 Snacks						

Oral expression:

According to this table, I need eat more....

And eat less...