

Lesson C:

Healthy and Unhealthy

Listening

A. Look at the picture, then answer the following questions: What do you see in the picture? Do you ever eat that? Is it good for your health?

B. Listen to the conversation and choose the correct answers.

1. For his main course, Andy chooses...

- a) normal cheeseburger
- b) a double cheese burger
- c) a burger with chips

2. For dessert, Andy chooses ...

- a) ice cream
- b) chocolate cake
- c) banana cake

3. To drink, Andy chooses ...

- a) Apple juice
- b) fuzzy water
- c) still water



Reading

Look at the photos. Then read and answer:

- What does Sarah have for breakfast and why does she like that option?



- What is Mike's favorite food and what problems does he have with his diet?

Healthy and Unhealthy diets



Sarah, 25 years old

I am very health-conscious and eat healthy every day. For breakfast, I enjoy oatmeal with fruits and nuts. For lunch, I often have a salad with vegetables and grilled chicken. I drink water and herbal tea instead of soda. I feel great and have a lot of energy. Healthy eating is important for a happy life!



Mike, 19 years old

I don't pay much attention to my diet. I usually eat fast food for lunch—burgers and fries are my favorites. For breakfast, I often skip it or have sugary cereal. I drink soda every day. I know I should eat better, but it's hard to change my habits.



Tom, 28 years old

I love snacks, but I often choose chips and candy. I want to eat healthier, like fruits and nuts. I sometimes feel guilty about my choices. I'm thinking about making small changes to my snacks to feel better.



Lisa, 31 years old

I try to eat a balanced diet. I enjoy fruits and vegetables but also treat myself to pizza on weekends. I think it's important to enjoy food while staying healthy. Finding balance makes me feel good and happy!



- How does Tom feel about his snack choices and what does he want to change?
- Why does Lisa believe it is important to enjoy food while eating healthily?

Read the text and then answer the questions.

The Benefits of a Healthy Diet

Eating healthy is important for everyone. A balanced diet gives your body the energy it needs to work, play, and learn. Healthy foods, like fruits, vegetables, whole grains, and lean proteins, help you stay strong and active.

There are many benefits to a healthy diet. It can improve your mood, give you more energy, and help you concentrate better in school. Eating healthy also helps you stay at a healthy weight, reducing the risk of diseases like heart problems and diabetes.



In some schools, students are encouraged to eat healthy snacks and exercise regularly. By eating well and being active, you can feel your best every day!



1. What does a healthy diet provide your body with?

- a) Junk food
- b) Energy
- c) Water
- d) Sugar

3. What is one benefit of eating healthy?

- a) It makes you sleepy
- b) It helps you stay strong and active
- c) It gives you more sugar
- d) It makes you thirsty

2. Which of the following is NOT a healthy food?

- a) Fruits
- b) Vegetables
- c) Candy
- d) Whole grains

4. How can a healthy diet help you in school?

- a) It helps you concentrate better
- b) It makes you tired
- c) It reduces your homework
- d) It helps you skip classes

5. What can eating healthy reduce the risk of?

- a) Flu
- b) Heart problems
- c) Colds
- d) Headaches

6. What are students encouraged to do in some schools?

- a) Eat junk food
- b) Skip meals
- c) Eat healthy snacks
- d) Sleep more

7. Which of these is a healthy source of protein?

- a) Lean meats
- b) Soda
- c) Chips
- d) Candy

8. What can you do to feel your best every day?

- a) Eat well and be active
- b) Watch TV all day
- c) Drink soda and eat fast food
- d) Sleep late and skip breakfast





Writing

1. Answer the following questions to make a paragraph about your habits

1. How often do you have breakfast at home?
2. What time do you usually have breakfast?
3. What do you usually drink in the morning?
4. How often do you have snacks in the afternoon?
5. How often do you eat fast food?
6. How often do you eat “encebollado”?



Wrap-up

Tell the class about an interesting dish you have tried. Name the ingredients and say when, and where you tried it. How often do you eat it? How healthy is it? Why?

