



Let's talk.

Do you include vegetables in your meals? Why?

Look at the two choices of food below. Brainstorm ideas. Use the notes given. Then debate in front of the class.



Fast food



tasty

affordable

quick to
prepare

many
choices

Healthy home-made food



high
nutritional
value

fresh and
healthy
ingredients

easy to
digest

low in
calories



Fast food is

Home-made food is



Choose your choice of food and give your opinion. (Record your opinion in the space given).