

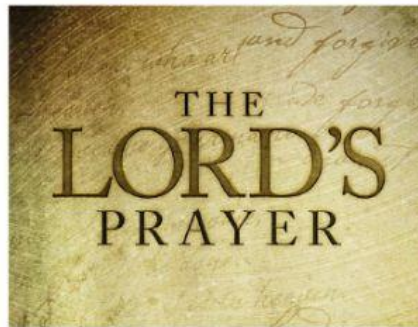
Recipes for healthy food



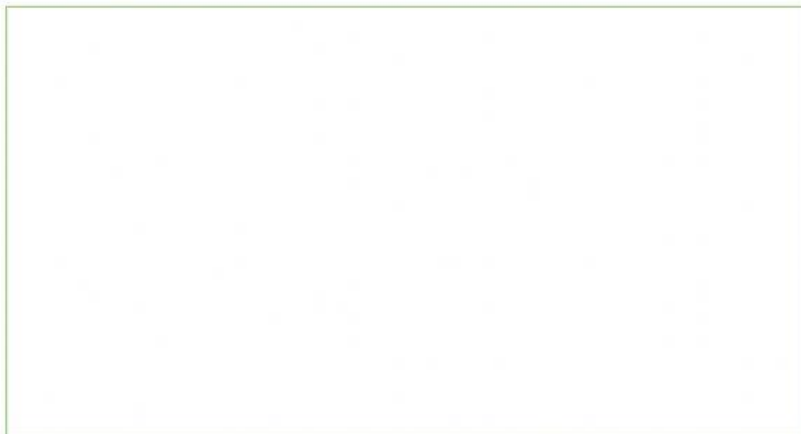
- ✓ Synchronous Activity
- A. Opening
- Pray the Lord Prayer

TRADITIONAL

Our Father, who art in heaven,
hallowed be thy name.
thy kingdom come.
thy will be done.
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those who trespass
against us.
And lead us not into temptation.
but deliver us from evil.



SING THIS OPENING SONG THAT SHOWS US THE FOOD:



B. Development:

1. Do you know any good recipes to prepare healthy foods?



2. Listen to the teacher 's explanation about healthy foods

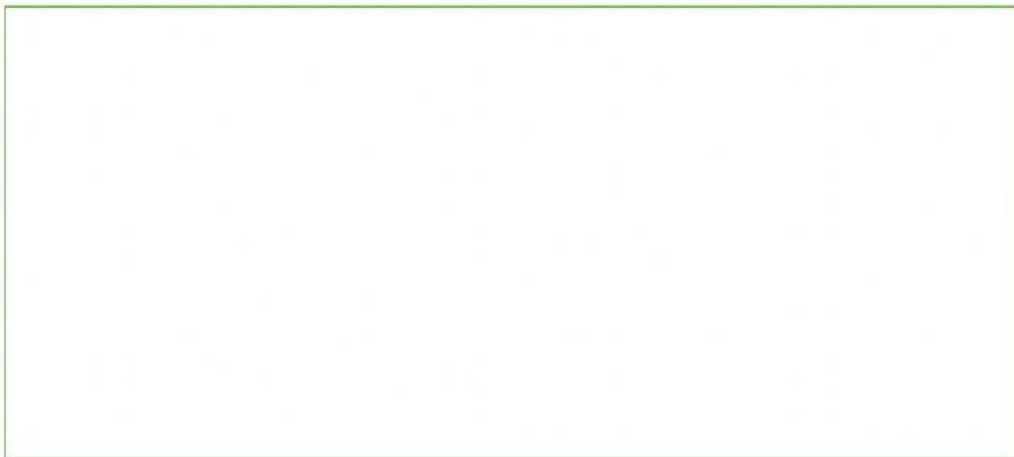
Healthy food recipes

Maintaining a healthful diet free from processed foods can help a person to stay healthy or in good shape. Fiber is one element of a healthful diet that is particularly important for controlling weight. Vegetables contain plenty of dietary fiber.

If you eat healthy food, you will lose weight. If you lose weight you can help reduce the risk of chronic diseases like: heart disease, diabetes and osteoporosis, high blood pressure, etc.



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3. Review 10 vocabulary words for pronunciation



VOCABULARY

Review 10 vocabulary words for pronunciation



Vocabulary

Recipe (récipi) _____ risk (risk) _____
In good shape (ingúd shéip) _____ fiber (faiber) _____
Lose weight (luzweit) _____ processed foods (prózesd fud) _____
Adds up (adzap) _____ enjoyable (enyoibal) _____
Growth (grouz) _____ development (divevelopment) _____

4. Read a text for comprehension



_____ diet can lead to obesity which may increase a person's risk of developing _____. However, diets rich in fruits and vegetables may help to protect against cancer. In a separate study from 2014, researchers found that a diet rich in fruits reduced the risk of cancers of the upper gastrointestinal tract. They also found that a diet rich in _____, _____ and _____ lowered the risk of colorectal cancer and that a diet rich in fiber reduced the risk of liver cancer.


According to the Heart and Stroke _____ up to 80 percent of cases of premature heart disease and stroke can be prevented by making lifestyle changes, such as increasing levels of physical activity and eating _____

Watch this video



C. Closing

Asynchronous Activity

 Read the text again and write (T) for the true and (F) for false statements.

Write (T) for the true and (F) for the false statements.

1. ____ Obesity may increase a person's risk of developing cancer
2. ____ Heart disease and strokes can be prevented by increasing physical activities
3. ____ Diets rich in fruits and vegetables may help to protect against cancer.
4. ____ Unhealthy recipes keep you in good shape.



Follow the instructions to make this Project.



Write about your favorite healthy recipe. (include the ingredients and procedures).



Ingredients

procedure