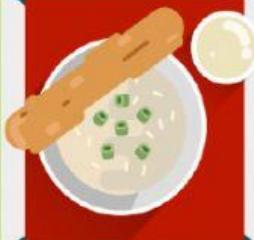
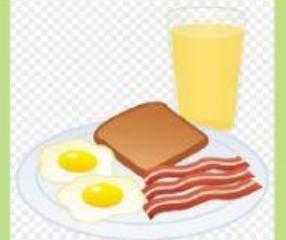


A healthy meal

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 for 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! 