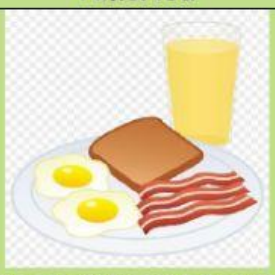
A healthy meal

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.

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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 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! 

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