

# A healthy meal

Pre-listening: Work in pairs. Tick the answer that you think it's correct.

1. A healthy meal is...

A. a delicious meal      B. a meal that includes a lot of food      C. a meal that is good for your health

2. How many food groups are there?

A. 3 groups: fruits, vegetables, and grains      B. 5 groups: fruits, vegetables, meat, protein, and dairy      C. 5 groups: fruits, vegetables, protein, grains, and dairy.

3. Ask your partner what he/ she ate for breakfast and decide if it was a healthy meal based on what you know about food.

While-listening: Watch, listen to the video and fill in the blanks using the vocabulary you learned in Unit 6:

Sometimes, it's hard to know what to eat to be \_\_\_\_\_.

My Plate is the simple guide to help us out notice the

\_\_\_\_\_ food groups: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_. Our plate at

home should look similar to the My Plate Guide, notice how half the plate is full of vegetables and fruits. A smaller portion contains protein like lean \_\_\_\_\_ or \_\_\_\_\_.

There are also grains like whole grain \_\_\_\_\_ or \_\_\_\_\_, and dairy like \_\_\_\_\_, yogurt or \_\_\_\_\_.

Reading skill- scanning: Read the complete text above, then put the foods in the box in the right groups. The first person to complete wins!

fish yogurt meat milk pasta cheese bread

PROTEIN	GRAINS	DAIRY
		

Post-listening: Work in pairs. Put the foods in the box in the right groups:

potatoes	fish	Phở	watermelons	beans
chicken	cucumbers	mangoes	spinach	corn
coconut milk	butter	sticky rice	pineapples	soy milk

Fruits	Vegetables	Grains	Protein	Dairy/ Dairy alternatives

Conclusions:

- Was your partner's breakfast a healthy meal? Yes/ No
- A healthy meal is a meal that is \_\_\_\_\_ . It includes foods from 5 food groups: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ or dairy alternatives, such as \_\_\_\_\_ and \_\_\_\_\_.
- \_\_\_\_\_ are in the fruit group.
- \_\_\_\_\_ are in the vegetable group.
- \_\_\_\_\_ are in the grain group.
- \_\_\_\_\_ are in the protein group.
- \_\_\_\_\_ are in the dairy group.

Thank you! 😊