

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
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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! 😊