

**Thematic Unit:** Knowing my Body

**Topic:** Eating for living

**Target Group:** Auditory – verbal learners

**1. Checking understanding.** After listening the audio “Balance diet- Best food for health”, answer this question.

1. What food type helps bones?

An example is



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2. What food type helps muscles?

An example is



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3. What food type helps teeth?

An example is



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4. What food type gives energy?

An example is



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5. What food type helps eyes?

An example is



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2. Tick the foods you usually take at these mealtimes.

| Meal   | My groups in my diet  |            |       |                  |             |                       |
|--|-----------------------|------------|-------|------------------|-------------|-----------------------|
|  | Food Groups           |            |       |                  |             |                       |
|  | Bread, rice and pasta | Vegetables | Fruit | Meat and chicken | Dairy foods | Sugary or fatty foods |
| <br>Breakfast |                       |            |       |                  |             |                       |
| <br>Lunch     |                       |            |       |                  |             |                       |
| <br>Dinner    |                       |            |       |                  |             |                       |
| <br>Snacks    |                       |            |       |                  |             |                       |

Oral expression:

According to this table, I need eat more....

And eat less...