



## Let's talk.

Do you include vegetables in your meals? Why?

Look at the two choices of food below. Brainstorm ideas. Use the notes given. Then debate in front of the class.



Fast food



Healthy home-made food



tasty

affordable

quick to  
prepare

many  
choices

high  
nutritional  
value

fresh and  
healthy  
ingredients

easy to  
digest

low in  
calories



Fast food is .....

Home-made food is .....



Choose your choice of food and give your opinion. (Record your opinion in the space given).