



## 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).