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 _____

2. What food type helps muscles? _____
An example is _____

3. What food type helps teeth? _____
An example is _____

4. What food type gives energy? _____
An example is _____

5. What food type helps eyes? _____
An example is _____

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

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

Oral expression:
According to this table, I need eat more….
And eat less…

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