

SENSE	TITLE	TIMING
	Healthy Eating	 60 minutes

AUTHORS	KEY WORDS	LANGUAGE
Luísa Mantas	Obesity, junk food, fast food, carbs, diet	English

LEVEL	GROUP LEVEL	AGE
B1	Secondary Education (High School)	14 - 15

COMPETENCES			
•	Global	•	Oral Production
•	Oral Comprehension	•	Written Expression
•	Oral Expression	•	Written Comprehension

OBJECTIVES	
COMMUNICATIVE	• learning about health
FUNCTIONAL	• unhealthy eating habits
CULTURAL	• compare eating habits in different countries

METHODOLOGY	• Cooperative Learning
TECHNIQUES	• Cooperative learning, vocabulary matching, listening comprehension, small-group discussion and written reflection.
RESOURCES	• Your English Pal ESL Lesson Plan Healthy Eating • https://drive.google.com/file/d/1Yobmqw-2lOqK0Ttz4OEtvVBpVLjo4JjI/view?usp=drive_link • https://learnenglishteens.britishcouncil.org/study-break/magazine-zone/snack-culture • https://docs.google.com/presentation/d/1KS8GSRHT-AtP1Oz0653J5CNipHMOS22e/e/dit?usp=sharing&ouid=111607604802481630435&rtpof=true&sd=true
ICT TOOL	• Computer • Mobile phone

ASSESSMENT

(formative or sommative)

Students answer to these questions :

1. What are the main causes of obesity?
2. What type of junk food do you like eating?
3. What are the most popular types of fast food in your country?
4. Do you think carbs are healthy or unhealthy?
5. Have you ever been on a diet? How did it go?
6. When were your eyes bigger than your belly?

DESCRIPTION OF ACTIVITIES		
Appetizer	5'	Activity 1
		<i>"Eat your breakfast, share your lunch with a friend, and give your dinner to your enemy."</i> Russian proverb Students discuss the proverb and its meaning.
Salad	10'	Activity 2 - Vocabulary
		Students match words and definitions. With the same words, they complete given sentences
Main Dish	15'	Activity 3
		Based on the video, students do a listening activity on the topic of healthy eating. Students complete tasks like multiple choice questions; completing sentences
Dessert	15'	Activity 4 - Healthy eating discussion in small groups
		Suggested guiding questions : 1. Do you try to eat healthily? If so, how do you do this? 2. Do you think you eat enough fruit and vegetables? Why or why not? 3. It is recommended that carbohydrates (rice, pasta, potatoes, etc.) make up around a third of what we eat in a day. What proportion of carbohydrates do you think you eat per day? 4. What do you think a 'balanced diet' is? 5. Which drinks are healthy? Which are unhealthy? 6. Do you like vegetarian food? What are your favourite vegetarian meals? 7. Do you think vegetarians have a healthier lifestyle? Why or why not? 8. What is the best food to eat if you are trying to lose weight?
Smile	5'	Activity 5- My Healthy Choice"
		Each student names one healthy food choice they will make and explains the reason in one short sentence.



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