

SENSE		TITLE		TIMING	
		An Apple a Day, Keeps the Doctor Way		 50 minutes	
AUTHORS		KEY WORDS		LANGUAGE	
Ana I. Varela Giménez		Food, eating, taste, healthy lifestyle		English	
LEVEL		TARGET GROUP		AGE	
B1+		Secondary Students		14 - 16	
COMPETENCES					
☐	Global	☒	Oral Production		
☐	Oral comprehension	☐	Written Expression		
☒	Oral expression	☐	Written Comprehension		
OBJECTIVES					
COMMUNICATIVE		• Discuss food preferences and eating habits. • Express opinions about food and justify personal preferences. • Ask and answer questions about eating habits through pair and group interaction. • Participate actively in discussions using newly acquired vocabulary.			
FUNCTIONAL		• Learn and use vocabulary related to food, flavours, cooking methods and eating habits. • Use food idioms and expressions appropriately in conversations and sentences. • Ask follow-up questions to obtain more information during communicative tasks.			
CULTURAL		• Become aware of food-related expressions and idioms used in different English-speaking countries. • Share and compare traditional recipes and eating customs from different cultures. • Reflect on the role of food as part of cultural identity and everyday life. • Raise awareness of healthy eating through the lesson theme and its connection to Sustainable Development Goal 2.			
METHODOLOGY		• Communicative Language Teaching. • Task-Based Learning. • Student-centred approach. • Cooperative learning. • Experiential and multisensory learning.			
TECHNIQUES		• Pair and group discussions. • Follow-up questioning. • Open Class Feedback.			
RESOURCES		• Food vocabulary worksheet and picture-matching activity. • <i>Find Someone Who</i> worksheet. • Quizlet flashcards. • Power Point Presentation: https://drive.google.com/file/d/1Cln3AIWknn8OTrEVTsf-oG3vay5w-4D/view?usp=drive_link			
ICT TOOL		• https://quizlet.com/es/1103252231/an-apple-a-day-keeps-the-doctor-away-flash-cards/?i=6549q7&x=1jqt			

DESCRIPTION OF ACTIVITIES		
Salad	5'	Activity 1
		Students match the vocabulary to the pictures. Teacher checks. Students answer the questions in pairs or groups of 3.
Main Dish	15'	Activity 2 - Vocabulary Presentation
		Students play Quizlet to learn new vocabulary and expressions.
	15'	Activity 3 - Vocabulary Practice
		Students play Find Someone Who
	10'	Activity 4 - Speaking Discussion
		Students discuss the questions in pairs or groups of 3, applying new words they learnt during the session.
Dessert	5'	Activity 5 - Exit Ticket
		Students tell their partners 1 thing they have learnt in the lesson.

ASSESSMENT

Students will be assessed by direct observation

Teachers can include a survey in (Additio or Idoceo) for the students to assess their performance.



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ANNEXES

ANNEX 1

FIND SOMEONE WHO

Find a classmate for each statement. If they are affirmatively, write their names in the "Name" column. Ask a follow-up question about the topic and take notes in the "Extra Information" column.

	Name	Extra Information
Prefers baking over cooking.		
Loves boiled eggs.		
Has got a sweet tooth.		
Eats like a horse.		
Eats a balanced diet.		
Doesn't like home-cooked food.		
Has eaten raw food.		
Is into bitter food.		
Hates spicy food.		
Is crazy about vegetables.		
Often eats junk food.		
Can't live without chocolate.		
Is a picky eater.		