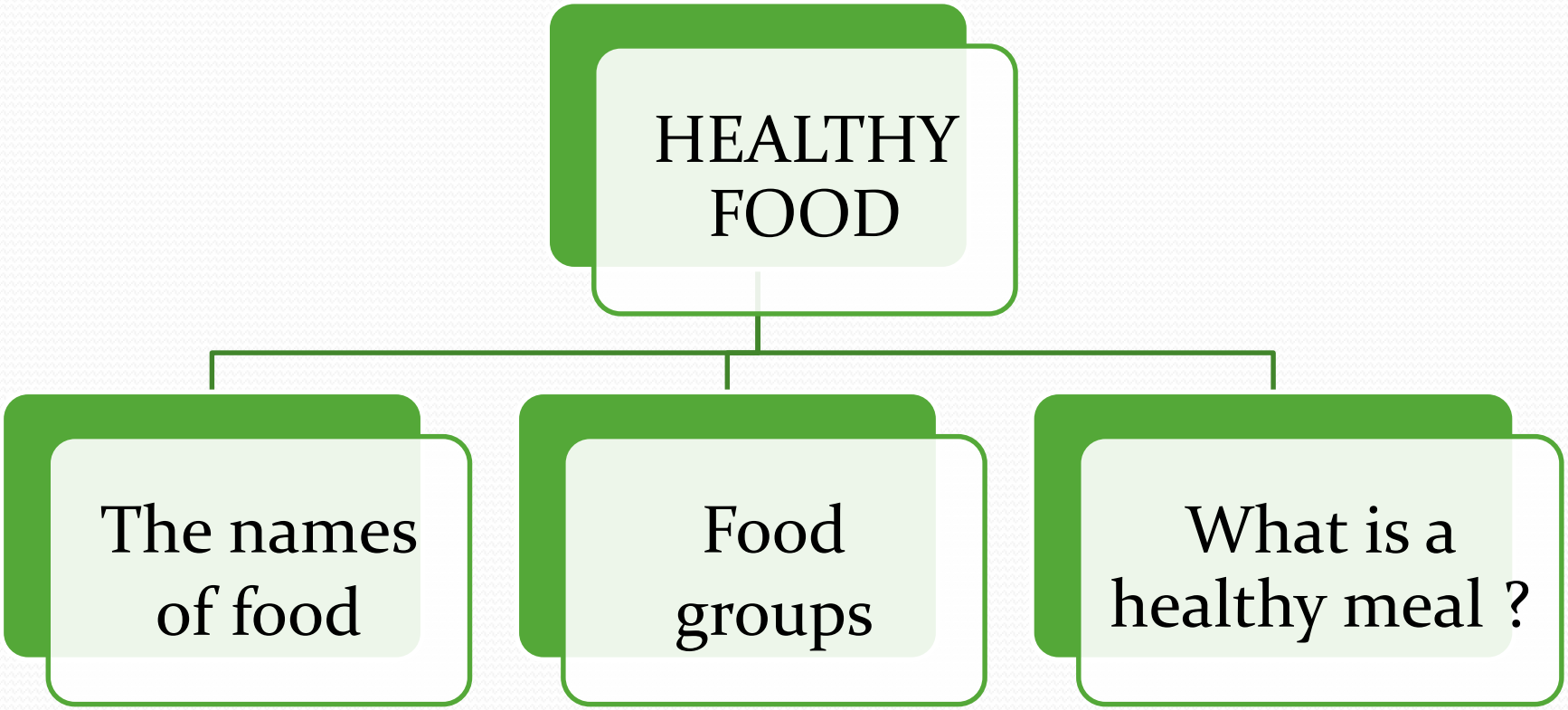
HEALTHY FOOD

CONTENT


HEALTHY FOOD
The names of food
Food groups
What is a healthy meal ?

COMMUNICATION

BICS

- **Food vocabulary** (names of fruits, vegetables, other)

- **Language of preferences**

(I like/I don't like/My favorite…is/I prefer /I hate/I'm fond of)

- **Language of description** (colors/shapes)

CALP

- **Adverbs of frequence** *(often-never-sometimes-always)*
- **Quantitive words** *(a lot of-a few-a little-not too much)*
- **Vocabulary connected with nutrition** *(proteins-fat-salt-mineral-carbohydrates)*
- **Giving advice** *(you should/you shouldn't)*
- **Giving reasons** *(I should eat… because…)*

COGNITION

Linguistic

CREATE

Spatial

- Healthy menus for a week

- Create a card-game

(5 healthy food = one healthy menu)

Interpersonal

EVALUATE

Linguistic

- Students **exchange** their menus and **they make judgments** about the value of their ideas

Intrapersonal

- https://create.kahoot.it/details/healthy-food-and-healthy-habits/726618b0-20f8-438b-b94a-b49f704e7036

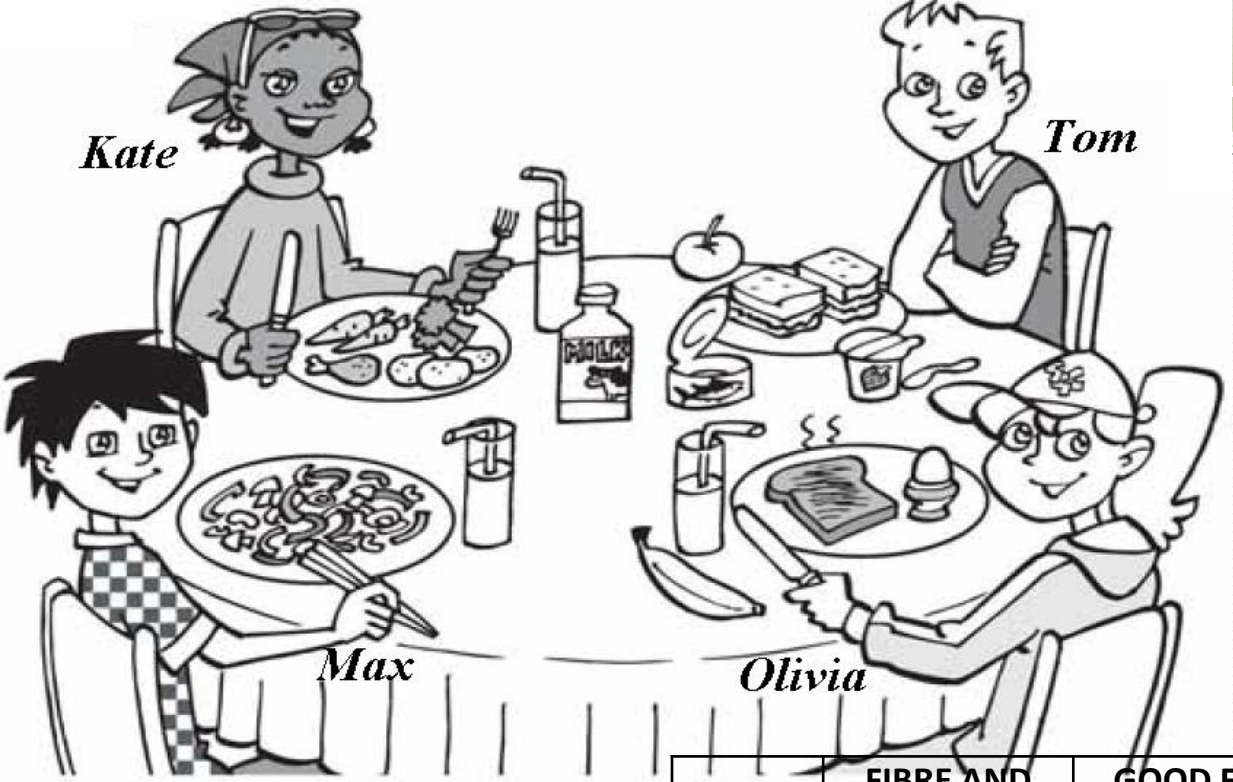
ANALYZE

Linguistic

APPLY

Interpersonal

- **Look at the picture.**
  You are going to draw lots a piece of paper with a name *(Then you are for example Tom)*
- **Describe to the class what your person is eating.**
- **Listen and complete the table.**



	FIBRE AND ENERGY	GOOD FOR MUSCLES	VITAMINS	CALCIUM AND PROTEIN
OLIVIA		Egg,		
TOM	Sandwiches,			Yoghurt,
KATE	Potatoes,		Potatoes,	
MAX	Pasta,			

Naturalist

UNDERSTAND

- https://www.healthyactivekids.com.au/teachers/online-games/whats-plate-kids/

Put the food into different groups (fruits/vegetables/dairy products/sweets…)

REMEMBER

Linguistic

List all the names of food you know in English

Memory game (find the picture and its name)

Spatial

1. **Jeu du beret** – Steal the bacon
2. two (or more) groups, each student has their number, the teacher/student tells the name of a product and the number, the students (from both groups) with that number have to find the picture, there is only one picture, the faster the better.

Bodily-kinesthetic

COMPETENCES

- Take part in discussions
- Complete the table
- Create a food pyramid
- Create a story
- …