Booklet 3

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CEFR Level A2.2	Suggested Curriculum Module 2: Health	Topic: Good Eating Habits

This booklet consolidates some of the student learning objectives indicated in The Suggested English Curriculum in Module 2 for 8th grade, presented below:

Performance indicators:

1. Identifies symptoms, parts of the body, and treatments in a simple short written text.
2. Presents a plan to prevent an eating disorder with clear and simple language.
3. Recognizes negative health practices.

Basic Learning Rights (BLR): Eighth Grade

1. Explains in written form different situations and facts in a coherent and simple manner.

2. Makes recommendations to people in his/her community about what to do, when, and how.

By the end of this booklet, you should be able to:

Describe eating habits and propose strategies for the prevention of eating disorders. Let's get started!

Activities: Learning Healthy Eating Habits

Food is the source of our energy. Our body needs three main nutrients to survive: carbohydrates, protein, and fats that come from food. It is also necessary to drink enough water for our digestive system to work. With this booklet you can learn how to write and talk about this important topic. You can use your dictionary to search for words you do not know! Let's enjoy and learn!

<u>Pre-reading activities:</u> The next exercises help you to learn the vocabulary of the lesson and do the activities proposed. Let´s do them!

Activity 1: Look at the picture and write at least five (5) foods in the corresponding column. Follow the example.

You can use your dictionary to search for words you do not know!

Vegetables	Fruits	Dairy Foods
1. Pumpkin	1. Watermelon	1. Sour cream
2.	2.	2.
3.	3.	3.
4.	4.	4.
5.	5.	5.

HEALTHY EATING PLATE

Vegetables and Fruits

Whole Grains
Bread, rice pasta.

Healthy Protein
Meat, fish, eggs, beans

Foods and drinks hight in fats or sugar

Milk and dairy foods

Water

Let's practice the new vocabulary! Listen to the audio and repeat the words. Your teacher will send the audio to you.

Healthy food.mp4

Activity 2: Now, you will learn what you need to talk about habits.

Adverbs of frequency

There are some activities that we usually do every day and can be routines or habits.

We use adverbs of frequency like *always* or *never* to express '*how often*' we do those activities. These adverbs tell us how frequently something happens.
We usually put these adverbs in mid position, between the subject and main verb. (i.e. I ***always*** drink water.)

This chart is going to help you to identify which adverb to use according to the frequency of the activity you do:

Always	Usually/Normally	Often	Sometimes	Occasionally	Hardly ever	Never
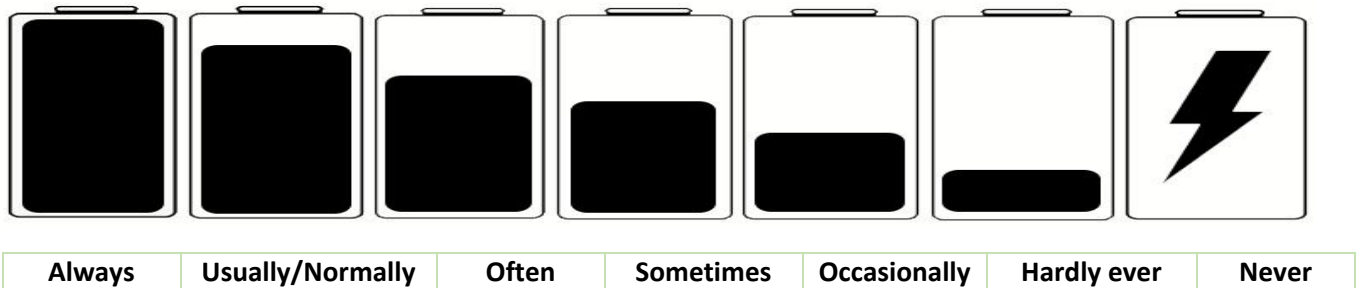
Activity 3: With the previous vocabulary for **food and adverbs**, write four more sentences about <u>food you eat</u> and food you <u>do not eat or eat less often</u>. Follow the example.

👍	👎
1. I always drink water.	1. I occasionally eat fish.
2.	2.
3.	3.
4.	4.
5.	5.

<u>While-reading activities:</u> These activities help you to understand the information from a text when you read it and practice the vocabulary you learned.

Activity 4: *Going to a restaurant:*

Look at the text. What type of text is it? Mark with an X.

a. Poster_____   b. Menu_____   c. Magazine_____

Now read the text:

HANÚ -DOWNTOWN CAFE & RESTAURANT

STARTERS

Tomato Soup $5.000
Cesar Salad $7.000
Chicken Soup $5.000

All starters are served with bread

DRINKS

Mineral water $4.000
Orange Juice $5.000
Soda $3.000
Coffee $2.500

MAIN DISHES

Italian Cheese Pizza $15.000
Grilled Fish & Beens $20.000
Vegetable Pasta $12.000
Big Hamburger CR $10.000

HAPPY HOUR

DESSERTS
50% OFF
Fruit salad and cream

MONDAY - THURSDAY
4PM - 6 PM

Lunch served 12:30 - 3:30 pm **/ Dinner** served 6:00 - 9:00 pm

Activity 5: Read the text in activity 4 again and circle the **food** (not the drinks). Follow the example.

Carbohydrates, Proteins, and Fats

This information is very important because it will help us to understand why it is important to eat different foods.

The food we eat is full of nutrients that are good for our health and necessary to our bodies. **Carbohydrates** are the sugars, starches and fibers found in fruits, grains, vegetables, and milk products. Carbohydrates are the body's main source of energy.

Proteins are essential nutrients to building muscle mass and are found in meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds, among others, that also can contain fats or lipids. **Fats** help to absorb vitamins and store energy. Some foods that contain good fats are avocados, tofu, nuts, seeds, fish, peanut butter, soybeans, flaxseed oil, cheese, and eggs.

Now, read the text 'Carbohydrates, Proteins, and Fats', and classify the food mentioned in the text into these three categories. Follow the example.

CARBOHYDRATES	PROTEINS	FATS
Bread		

Activity 6. You are going to listen to someone in the restaurant who will order some food from the menu you read in activity 4. Please, write in the chart the food you hear. Your teacher will send the audio to you.

Order in a restaurant.mp4

I heard...
1. _____ 2. _____ 3. _____ 4. _____ 5. _____

Activity 7: Read the text about 'Carbohydrates, Proteins, and Fats' again, and decide if the following statements are **True** or **False**:

a) Sugars, starches and fibers are carbohydrates. (TRUE/FALSE)

b) The main source of energy is fats. (TRUE/FALSE)

c) Some foods that contain carbohydrates are poultry, beans, and nuts. (TRUE/FALSE)

d) The nutrients to build muscle mass are in proteins. (TRUE/FALSE)

e) Good fats that help to absorb and store energy are in the meat. (TRUE/FALSE)

Post-reading activities: Now that you read the text and practiced the vocabulary, you will learn how to propose actions to prevent eating disorders and diseases.

Activity 8: *Creating strategies.*

Now that you know how important it is to eat healthy food to have energy and nutrients. With the help of your dictionary and using the vocabulary you learned in the previous activities, answer the following questions using sentences.

a. What do you eat when you go to a restaurant?

_____

_____

b. Which foods are healthy for our bodies?

_____

_____

c. How often does a person need to drink water?

_____

_____

Activity 9: Using the vocabulary about food and the adverbs of frequency, describe a person with good eating habits and a person with bad eating habits. Let's get started.

Good eating habits	Bad eating habits
She/he always eats fruits and vegetables and drinks _____ _____ _____ _____ _____ _____.	She/he never eats fruits. At lunch _____ _____ _____ _____ _____ _____.

Activity 10: Let's complete the following crossword puzzle to review some vocabulary.

Crossword
Read the description and write the word that corresponds
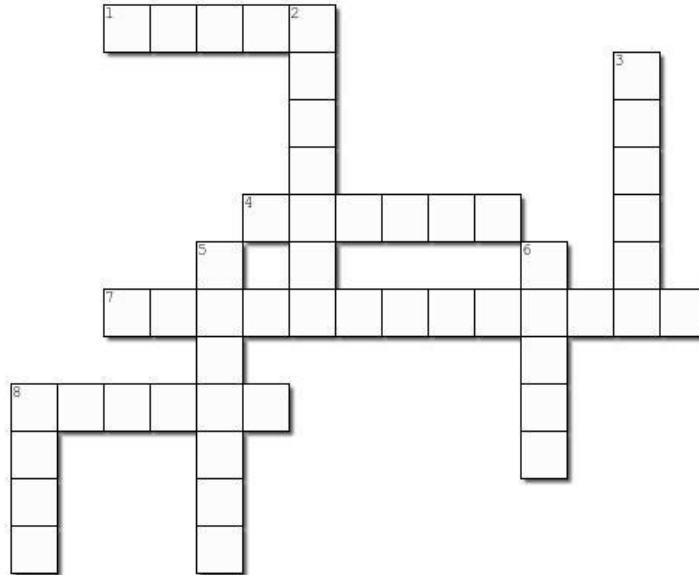
Horizontal
1. Food made of flour, chesse, and tomatoe sauce
4. Fruit full of potassium
7. Are source of energy
8. Are naturally sweet

Vertical
2. Green fruit source of good fat
3. Diary product
5. Builds muscle mass
6. Liquid essential for life
8. We need it to live.

Activity 11: Self-assessment

Put a tick (√) in the category that best describes your performance.

	Low performance (1.0 – 2.9)	Basic performance (3.0 – 3.9)	High performance (4.0 – 4.5)	Superior performance (4.6 – 5.0)
1. I can pronounce and spell the vocabulary of the lesson correctly.				
2. I understood the vocabulary of the lesson (vegetables, fruits, dairy foods).				
3. I can identify food in a poster.				
4. I can identify the vocabulary of the lesson in a short text and answer comprehension questions about the text.				
5. I can write about good eating habits.				

To conclude, let's create a concept map using the information you learned about the habits we need to have in order to have a good eating routine and a healthy life.

Thank you for your hard work! Now you can tell your family, friends, and teachers how we all can have good eating habits!

Activity 1: Look at the picture and write at least five (5) foods in the corresponding column. Follow the example.

You can use your dictionary to search for words you do not know!

Vegetables	Fruits	Dairy Foods
1. Pumpkin	1. Watermelon	1. Sour cream
2. lettuce	2. banana	2. cheese
3. cucumber	3. apple	3. butter
4. carrot	4. orange	4. yogurt
5. peas	5. lemon	5. milk
6. red pepper		6. cream cheese

Activity 2: Now, you will learn what you need to talk about habits.

<u>While-reading activities:</u> These activities help you to understand the information from a text when you read it and practice the vocabulary you learned.

Activity 4: *Going to a restaurant:*

Look at the text. What type of text is it? Mark with an X.

a. Poster_____   b. Menu <u>X</u>   c. Magazine_____

Now read the text:

Activity 5: Read the text in activity 4 again and circle the **food** (not the drinks). Follow the example.

SOUP–SALAD–BREAD–PIZZA–BEANS–FISH–PASTA–HAMBURGER–DESSERTS

Now, read the text 'Carbohydrates, Proteins, and Fats', and classify the food mentioned in the text into these three categories. Follow the example.

CARBOHYDRATES	PROTEINS	FATS
fruits grains vegetables milk products	meat poultry seafood beans peas eggs processed soy products nuts seeds	avocados tofu nuts seeds fish peanut butter soybeans flaxseed oil cheese eggs

Activity 6. You are going to listen to someone in the restaurant who will order some food from the menu you read in activity 4. Please, write in the chart the food you hear.

Order in a restaurant.mp4

I heard...
Tomato soup (no) bread Italian cheese pizza Water (No) dessert

Activity 7: Read the text about 'Carbohydrates, Proteins, and Fats' again, and decide if the following statements are **True** or **False**:

a) Sugars, starches and fibers are carbohydrates. (__TRUE__/FALSE)

b) The main source of energy is fats. (TRUE/__FALSE__)

c) Some foods that contain carbohydrates are poultry, beans, and nuts. (TRUE/__FALSE__)

d) The nutrients to build muscle mass are in proteins. (__TRUE__/FALSE)

e) Good fats that help to absorb and store energy are in the meat. (TRUE/__FALSE__)

Post-reading activities: Now that you read the text and practiced the vocabulary, you will learn how to propose actions to prevent eating disorders and diseases.

Activity 10: Let's complete the following crossword puzzle to review some vocabulary.

HORIZONTAL	VERTICAL
1. PIZZA 4. BANANA 7.CARBOHYDRATES 8.FRUITS	2.AVOCADO 3.CHEESE 5.PROTEIN 6.WATER 8.FOOD