



## Lesson 04: Nutrition

### Warm-up questions:

What kind of food do you like to eat?  
Do you think you have a healthy diet?  
Have you ever tried a fad diet? What was it?  
What did you eat today? Yesterday? Last weekend?  
What do you want to eat tonight?

### Vocabulary/Expressions:

Calories	Carbohydrate(Carb)	Protein
Fat	Vitamins	Whole food
Carbonated drink	Preservatives	Serving
Fasting	Portion	Metabolism

### Patterns:

(something) is good/bad for (something).	Carrots are good for your eyes. Milk is good for your bones. Sugar is bad for your teeth.
Too much (something) is not good for you.	Too much sugar is not good for you. Too much fat is not good for you. Too much of anything is bad for you.
You should eat...servings of... a day.	You should eat 2 servings of fruits a day. You should eat 3 servings of veggies a day

### Patterns(Frequency): How often.... Review

*Always, Often, Usually, Sometimes, Rarely, Never*

How often do you eat something?	I <b>always</b> eat something. I <b>sometimes</b> eat something. I <b>never</b> eat something.
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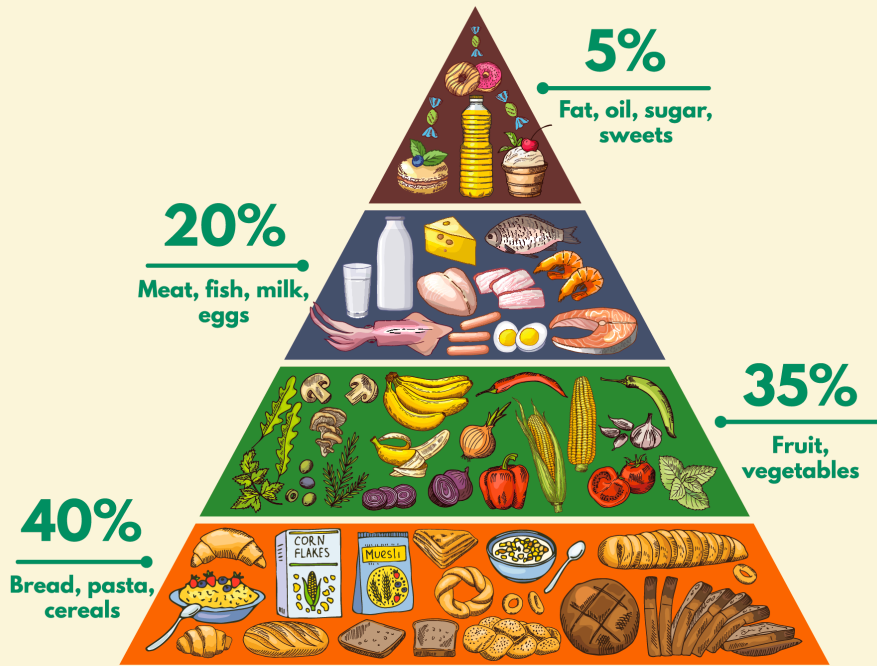
I eat something (once/twice a day/a week/a month).  
I eat something (three/four/five times a day/a week/a month).

### Practice:

Describe your daily eating habit.  
What food is good/bad for you?  
What activities or hobbies are good/bad for you?  
What is your guilty pleasure?



# HEALTHY FOOD PYRAMID



## Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy (kcal)	3.5g	1.2g	34g	0.9g
13%	LOW	LOW	HIGH	LOW

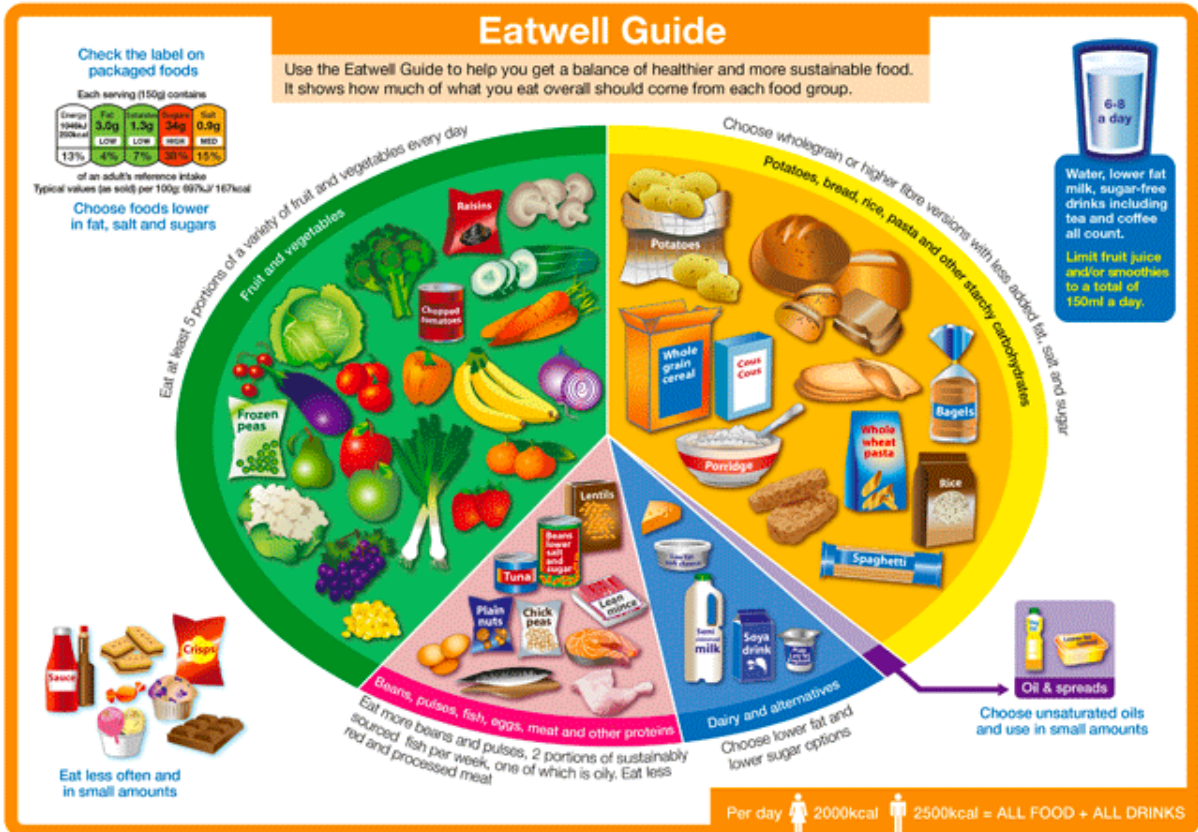
of an adult's reference intake  
Typical values (in solid) per 100g: 897kJ/167kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



6-8 a day  
Water, lower fat milk, sugar-free drinks including tea and coffee all count.  
Limit fruit juice and/or smoothies to a total of 150ml a day.



Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Source: Public Health England in association with the Welsh government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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<b>Weekly Meal Planner: Create a healthy meal plan</b>					
<b>Days</b>	<b>Breakfast</b>	<b>Snack</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

<b>Weekly Exercise/Activity: Create an effective exercise routine</b>			
<b>Days</b>	<b>Morning</b>	<b>Afternoon</b>	<b>Night</b>
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			