



Task 1

- You are going to read a text which contains all these words.
- What is the topic of the text?

calories
sugar
fruit fibre protein
balanced saturated fats
unsaturated fats
healthy body weight
starchy foods
wide variety
salt vegetables diet



protein
unsaturated fat
saturated fat
salt
fibre
sugar
carbohydrates

Task 6 – Vocabulary

- Tick the words above that you know (✓)
- Where would you find these words?
- Use the words to finish the sentences below:
 - a. White bread, white rice and potatoes are high in _____
 - b. Butter and cheese are high in _____
 - c. Oily fish, for example salmon, is high in _____
 - d. Brown rice and wholegrain bread are high in _____
 - e. Salted nuts, cheese and olives are high in _____
 - f. Chicken, beef and lamb are high in _____
 - g. Chocolate is high in _____



Task 7 - Complete the table

- Write a list of food that you often eat and then write what they contain.

For example: *chocolate – sugar, saturated fat*

- Mark ✓ or X if they are healthy or unhealthy.

Food you often eat	It contains a lot of It is high in	Is this a healthy food? ✓ =yes X – no
chocolate	sugar, saturated fat	X

Task 8 - Speaking

- Talk with your partner about some of the food you eat. Explain why you think a food is unhealthy or healthy.

For example:

'I think chocolate is unhealthy because it sugar and saturated fat.'

'I think brown rice is healthy because it fat and fibre.'

- What do we need to eat more of to keep healthy?
- What do we need to eat less of to keep healthy?



Task 9 - Reading

- Look at this photograph. What is it?

Nutrition: Typical Average Values		
	Per 37.5g serving	Per 100g
Energy	568kJ/ 134kcal	1516kJ/ 358kcal
Protein	4.3g	11.5g
Carbohydrate	25.7g	68.6g
(of which sugars	1.7g	4.4g)
Fat	0.8g	2.0g
(of which saturates	0.2g	0.6g)
Fibre	3.8g	10.0g
Sodium*	0.10g	0.26g
*Equivalent as Salt	0.24g	0.65g

- Do you think this food is healthy or unhealthy?
- Read this information as quickly as possible to find out. Start reading from:

"How do I know if a food is high in fat, saturated fat, sugar or salt?"

<http://www.nhs.uk/livewell/goodfood/pages/food-labelling.aspx#Nutrition>

Task 10 - Comparing nutritional information of different foods

- Your teacher will give you some food packaging, like a breakfast cereal box. You can use your own if you brought one to class.
- Find the nutritional information on the back and compare it with your partner's food packaging. Which food is healthier?

The is healthier than the because it is lower/higher in

- Talk to your other classmates and continue to compare food.
- As a whole class, line up all your food packaging, according to how much salt, fat or sugar they contain. Make a group decision about which foods are the healthiest and unhealthiest.

ESOL Nexus

This resource has been developed by our
team of specialists



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**If you enjoyed learning about healthy, balanced diets and food groups, click here to
read more:**

<http://www.nhs.uk/LiveWell/Goodfood/Pages/Goodfoodhome.aspx>