

Task 1

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





Task 2 - Talk with your partner

- Do you think people in the UK eat a healthy diet?
- What do you think makes a healthy diet?

Task 3 - Reading

• Now read the text called "A Balanced Diet' as quickly as possible to find out more.

http://www.nhs.uk/livewell/goodfood/pages/healthyeating.aspx

Task 4 - Talk with your partner again. Use the information you just read.

- What is a balanced diet?
- Do you eat a balanced diet?
- How could you make your diet more balanced?

Task 5 - Making a poster

 Work with a partner or a small group to design a poster to explain what a balanced diet should include.

Or if you prefer:

•	 Write a short text here about what a balanced diet should include. 			



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Project co-financed by the European fund for the integration of third country nationals.

protein unsaturated fat saturated fat salt fibre sugar carbohydrates

Task 6 - Vocabulary

- Tick the words above that you know $(\sqrt{})$
- Where would you find these words?

g. Chocolate is high in _____

- 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 ______

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 $\sqrt{ }$ 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	Х

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?

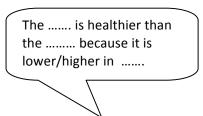
Nutrition: Typical Average Values				
Energy	Per 37.5g serving 568kJ/ 134kcal	Per 100g 1516kJ/ 358kcal		
Protein Carbohydrate	4.3g 25.7g	11.5g 68.6g		
(of which sugars Fat (of which saturates	1.7g 0.8g 0.2g	4.4g) 2.0g 0.6g)		
Fibre Sodium*	3.8g 0.10g	10.0g 0.26g		
*Equivalent as Salt	0.24g	0.65g		

- 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?



- 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.



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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