

## Calories and food

*Class:* Middle school/high school

*Level:* Upper-intermediate.

*Time:* 45 minutes

*Aims:*

- To learn about food groups like fats, carbohydrates, protein
- To learn about importance of vitamins and minerals
- To learn about importance of balanced diet
- To learn about the food pyramid
- To learn what a calorie is
- To know your basal metabolic rate
- To look for specific information on the internet
- To read for specific information
- To transfer the information.
- To use web pages

*CLIL:* biology, physics, mathematics

*Materials:* included photocopies, access to the internet and personal computer, speakers.

STAGE	AIMS	PROCEDURE	CLASSROOM LANGUAGE	TIME	MATERIALS
Introduction	To start the lesson	Check the register /check homework		1/6 min	
Warm-up activity	To provide students with introduction to the topic	Brainstorming, ask the students what their favourite food is. Write down their ideas on the board.	What is your favourite food? What is your guilty pleasure? What cuisine do you like?	5 min	board
The main part of the lesson	To learn about fats, carbohydrates, protein, mineral and vitamins.	Put the students into six groups. Ask each group to find information about each group, where it can be found and why it is important for our bodies. Give time to do the task, then check the answers as a class.	What nutrients do we get from our food? Look at the chart and try to complete the information.	10 min	Worksheet 1  Internet
	To learn what a balanced diet and food pyramid is.	Ask the students to work in pairs and draw a food pyramid. Check the answers as a class.	<i>names of food groups and products</i>	7 min	
	To learn what a calorie is calorific value of food and basal metabolic rate.	Ask the students to go online and look for a definition of a calorie, then check the calorific value of food.  Ask the students to calculate the calories of a cup of eggs.	Apart from nutrients we also get energy from the food we eat. What is a calorie?  What are the calorific values of the three main components of the food we eat?  What are "empty calories"?	10 min	

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	To calculate how many calories each of us needs	Ask the students to work individually and to calculate the amount of calories they need a day. Share the answers with a class.	Do you know how many calories do you need? What does the number depend on?	7 min	
Wrap-up	To follow up the topic of calories	Ask the students to keep a food diary for a day and try to calculate the calories they have delivered.		3 min	

### Sources:

<http://www.becomehealthynow.com/category/foodbasics/>

<http://healthyeating.sfgate.com/reasons-carbohydrates-proteins-fats-vitamins-minerals-necessary-good-nutrition-3170.html>

<http://www.healthpages.org/basics-healthy-eating/need-food/>

[http://www.bbc.co.uk/schools/gcsebitesize/pe/performance/0\\_performance\\_nutrition\\_rev1.shtml](http://www.bbc.co.uk/schools/gcsebitesize/pe/performance/0_performance_nutrition_rev1.shtml)

<http://nutrition.about.com/od/changeyourdiet/a/calguide.html>