

HEALTHY FOOD

Level: intermediate/ upper-intermediate (B1/B2)

Time: 45 minutes

Aims:

- To learn some facts about healthy diet
- To learn new vocabulary connected with this topic
- To recognize some words connected with diet
- To do an online quiz and tutorial on healthy diet
- To read for detailed information
- To look for specific information in the internet (by means of WebQuest)

Language functions:

- To describe our diet,
- To talk about healthy and unhealthy diet
- To read about maintaining healthy diet.

CLIL: Biology/ Chemistry

Materials: Web pages

Introduction:

The lessons consist of a series of activities to help students discuss the idea of healthy diet, maintaining healthy diet, our daily routines connected with food. The material used during the lessons covers the issues connected with biology.

STAGE	AIMS	PROCEDURE	TIME	MATERIALS
Warm – up activity	The aim of this task is to get students interested in the topic and to get them to talk about their dietary habits and routines.	Teacher divides students into groups of 3-4 students and ask them to talk about their diets for 2 minutes. Next teacher asks one or two persons from each group to tell the others what they have just learned about other students.	4-5 min	
Main part of the lesson	The aim of this task is to find out if students know what a healthy diet is. To learn some new words connected with healthy food. To learn some facts about healthy food. To read for specific information.	1.Brainstorming task Teacher puts students into pairs or small groups and asks them to write down their ideas about healthy diet. Then groups/pairs compare their own ideas. Students may also write their own ideas on the board.	5 min	Web pages

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		<p>2.Vocabulary exercise – introduction</p> <p>Teacher asks students to go to page : http://www.brightredbooks.net/subjects/tests/tests?sortBy=n5hft02_04 And click on the activities: Try the 8 things for eating well tutorial and do the first quiz. The quiz consists of 5 easy questions on healthy diet. After doing the quiz, teacher asks students if they have all correct answers. Any new vocabulary that appears in this task should be clarified.</p> <p>3. Tutorial</p> <p>Next students will have a look at the tutorial on healthy diet. http://www.foodafactoflife.org.uk/CreatorActivity.aspx?siteId=19&sectionId=75&contentId=246 On this page students can read some facts about healthy diet. There are short reading activities and after each 4 reading part there is an interactive task, which requires students to remember and use the information that they have just read. After the tutorial, the students may have a final test to see what they remember about healthy diet.</p> <p>4.Reading task – summary</p> <p>The task should help to develop students' reading comprehension skills and provide students with some more information about tips for healthy diet.</p> <p>http://www.eatwellscotland.org/healthydiet/eighttipsection/8tips/index.html Students go to this page and read 8 tips for eating well.</p>	<p>5min</p> <p>20min</p> <p>5-8min</p>	<p>http://www.brightredbooks.net/subjects/tests/tests?sortBy=n5hft02_04</p> <p>http://www.foodafactoflife.org.uk/CreatorActivity.aspx?siteId=19&sectionId=75&contentId=246</p> <p>http://www.eatwellscotland.org/healthydiet/eighttipsection/8tips/index.html</p>
Wrap-up	To summarize the material covered during the lesson. To prepare students for the project – WebQuest on healthy food.	Teacher asks students about some words which were used during the class and checks if students remember some facts from the lesson. If there is any time left, students should compare their ideas from the beginning of the lesson with what they have learned during the lesson. The material covered during the lessons can be an introduction to a project done by means of WebQuest – 'My healthy diet'.		

Useful links:

<http://www.eatwellscotland.org/healthydiet/eighttipsection/8tips/index.html>
<http://www.foodafactoflife.org.uk/CreatorActivity.aspx?siteId=19§ionId=75&contentId=246>
http://www.brightredbooks.net/subjects/tests/tests?sortBy=n5hft02_04
www.brightredpublishing.co.uk

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