

## FOOD PYRAMID

*TOPIC* : food pyramid, health, minerals, proteins, fat, water

*LEVEL* : intermediate/ upper intermediate

*Time* : 45 minutes

*Objectives:*

- to learn or revise vocabulary connected with food and eating
- to learn about the food pyramid
- to develop reading, speaking and listening comprehension skills
- to enable students use the Internet to gather specific information

*Language functions:*

- to exchange ideas about nutrition
- to understand listening material and a written text
- to communicate in English

*CLIL:* Biology, IT Technology

*MATERIALS:* web sites, worksheets,

For this lesson, you will need:

- Computer with Internet access

STAGE	AIMS	PROCEDURE	MATERIALS/ RESOURCES	TIME
<b>WARM UP</b>	-to get students interested in the topic -to encourage them to work in pairs	<b>PAIR WORK</b>  Sts work in pairs. They receive worksheet 1 with a number of conversation questions on nutrition. They take turns to ask each other questions. They don't have to ask all of them but choose the most interesting ones.	Worksheet 1	5 min
	-to revise vocabulary - to revise basic knowledge about nutrition	<b>ONLINE QUIZ</b>  Sts are asked to go to the following web site <a href="http://web.utk.edu/~fnh/new_page_6.htm">http://web.utk.edu/~fnh/new_page_6.htm</a> and check out how much they know about the Food Guide Pyramid. There are 15 fifteen questions. after completing the task. They are asked to and check their score to determine who is the nutrition expertise!	<a href="http://web.utk.edu/~fnh/new_page_6.htm">http://web.utk.edu/~fnh/new_page_6.htm</a>	10 min

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	<ul style="list-style-type: none"> <li>- to develop reading comprehension, vocabulary, and summarizing skills</li> <li>- to enable sts use the Internet to gather information on the given topic</li> </ul>	<b>WEBQUEST</b>  Each student receives a handout (worksheet 2) with a number of questions they have to complete and a list of websites they can visit to answer them. They are told that they can visit different websites as well. After accomplishing the task, students present their findings to the rest of their classmates.	worksheet 2	20 min
<b>WRAP - UP/ CLOSURE</b>	<ul style="list-style-type: none"> <li>-to revise vocabulary which sts came across during the lesson</li> </ul>	<b>CROSSWORD PUZZLE</b>  Students get worksheet 3 with a crossword featuring words related to nutrition. If time does not allow to do it in the classroom, they will do it as their homework.	Worksheet 3  <a href="http://www.nutrition411.com/specials-centers/toddler-and-kid/ck209-for-healthcare-professionals/ck224-education-and-counseling/item/29383-crossword-puzzle-basic-nutrition-3/">http://www.nutrition411.com/specials-centers/toddler-and-kid/ck209-for-healthcare-professionals/ck224-education-and-counseling/item/29383-crossword-puzzle-basic-nutrition-3/</a>	10 min

## SOURCES

[http://web.utk.edu/~fnh/new\\_page\\_6.htm](http://web.utk.edu/~fnh/new_page_6.htm)

[http://cgmsfacs.home.comcast.net/~cgmsfacs/wq\\_nutrition.htm](http://cgmsfacs.home.comcast.net/~cgmsfacs/wq_nutrition.htm)

<http://iteslj.org/questions/food.html>

<http://www.nutrition411.com/specials-centers/toddler-and-kid/ck209-for-healthcare-professionals/ck224-education-and-counseling/item/29383-crossword-puzzle-basic-nutrition-3/>