

SLOW FOOD

TOPIC: eating habits, healthy food, healthy lifestyle

LEVEL: intermediate

Time: 45 minutes

Objectives:

- to learn or revise vocabulary connected with healthy food and eating habits
- to learn about the slow food movement
- to develop reading, speaking and listening comprehension skills

Language functions:

- to exchange ideas about eating habits
- to understand a written text

CLIL: Biology

MATERIALS:

For this lesson, you will need:

- Computer with Internet access

STAGE	AIMS	PROCEDURE	MATERIALS/ RESOURCES	TIME
Warm up	-to make them interested in the topic of healthy eating	Students are divided into groups of 3 and then given a set of questions (worksheet 1) on their eating habits. They are supposed to spend 5 minutes asking and answering them.	- worksheet 1	5 min
Main part of the lesson	-to make students aware of the importance of eating healthily	Introduction – online quiz Students log on to a website given by their teacher (http://www.seventeen.com/fun/quizzes/health/too-healthy-quiz) and complete a quiz called -"Do you have a healthy relationship with food?" After completing the quiz they share their results with a person sitting next to them.	http://www.seventeen.com/fun/quizzes/health/too-healthy-quiz	15 min

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	<p>-to revise vocabulary</p> <p>- to develop listening skills</p> <p>-to develop sts's reading comprehension skills</p>	<p>Listening comprehension</p> <p>Teacher gives sts a list of vocabulary (worksheet 2) that would be needed to better understand the text.</p> <p>Students watch a short video "What is the Slow Food Movement?" on YouTube channel- https://www.youtube.com/watch?v=pHVUX13G1h0. They have to answer a number of questions (worksheet 3):</p> <ol style="list-style-type: none"> 1. Why is there a need to improve our eating habits?; 2. Why do we have such problems as obesity and diabetes nowadays?; 3. What happens when we eat out more often?; 4. What is the concept of the slow food movement?; 5. What are the three things the slow food programme is focusing on?; 6. What is understood by 'just food'?; 7. Explain how the slow food movement helps to build community life; 8. How does the community garden work? In what way is it different?; 9. Who gets free bags of food and why?; 10. How can we elevate people's appreciation of food? <p>Reading comprehension</p> <p>Students go to a website given by their teacher - http://www.britishcouncil.org/professionals-crossculture-slow-food-1.htm. Before reading a text about the slow food movement, they should do an online exercise in order to check if they know vocabulary which will appear in this text.</p> <p>-after reading sts answer some online comprehension test in order to see if they understood the text.</p>	<p>-worksheet 2</p> <p>https://www.youtube.com/watch?v=pHVUX13G1h0</p> <p>- worksheet 3</p> <p>http://www.britishcouncil.org/professionals-crossculture-slow-food-1.htm</p>	<p>10 min</p> <p>10 min</p>
<p>Wrap – up/ closure</p>	<p>- to develop writing skills</p>	<p>Homework</p> <p>Teacher explains what they have to do as their homework:</p> <p>Students have to write an email to a friend and invite to a slow food event. They have to include:</p> <ul style="list-style-type: none"> - the date of the event - what activities will be organized for the participants - what you can do afterwards. 		<p>2 min</p>