

## 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	<b>Introduction – online quiz</b> Students log on to a website given by their teacher ( <a href="http://www.seventeen.com/fun/quizzes/health/too-healthy-quiz">http://www.seventeen.com/fun/quizzes/health/too-healthy-quiz</a> ) 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.	<a href="http://www.seventeen.com/fun/quizzes/health/too-healthy-quiz">http://www.seventeen.com/fun/quizzes/health/too-healthy-quiz</a>	15 min

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