

15. Healthy Foods

- Objectives** Learners will be able to:
- Name five fruits and five vegetables, and three meat products.
 - Name foods that they eat from each of the categories.
 - Talk about food preferences

- Materials Needed** Board or chart paper
Markers
Foods flashcards
Produce flashcards
Blank index cards
Picture dictionaries
Computers with Internet access (*optional*)
Handouts: 15a (Listening), 15b (Food Preferences), 15c (Food Diary)

Activity 1 Exercise Review

This is a variation on the game Fruit Salad. If possible, arrange chairs in a circle, with one fewer than the number of participants, including the teacher (i.e., if there are 25 students in class, then set up 25 chairs).

The teacher stands in center to start and gives a statement about exercise that is true for him/her. (e.g., “I dance for exercise,” “I swim every day,” etc.). Whoever this statement is true for needs to get up and change to another chair. The one who has no chair goes to the center, and makes a statement about exercise that is true for that person (“I don’t exercise,” “I walk to work,” etc.).

If you cannot make a circle or move easily around the tables, this can be done by having everyone stand up in their places. The teacher makes the first statement. Those for whom it is true stand up. The teacher selects one person, moves to the chair and takes that learner’s place. That participant makes the next statement, then chooses the next, etc.

If you want to simplify this activity, use it as a review of exercise words by writing on the board: “I like [to]_____,” and asking all the learners for statements to fill in that form.

Activity 2 Vegetables

1. Using the Foods flashcards, show the picture of a vegetable. Elicit the name/spelling. Write it on board (e.g., broccoli). Ask learners to repeat the word.
2. Ask about the vegetable (e.g., “Who likes broccoli? Who cooks broccoli? Who ate broccoli today?” etc.). Ask them to raise hands.
3. Ask learners to write the name of the vegetable on an index card.
4. Repeat for a number of vegetables. (Choose ones that you think will be familiar/relevant to your learners.)
5. After the learners have written all the vegetables (just those you selected — there are 40 in total!) on index cards, show one picture at random, ask learners to raise the card with that word.
6. Check that learners know the word “vegetables.”

Activity 3 Repeat the activity above for fruits.
Fruits



Activity 4
Listening

1. Tell the learners that Tom and Linda are in the supermarket. Ask them to listen to the conversation and with a partner or in small groups, write the names of the fruits and vegetables they hear. Tell the learners you will play the listening *only once!* See which group comes up with the longest list. [Note: If your group generally finds listening challenging, you may wish to let them hear it twice, and tell them so.] For a challenge, you may want to ask them *not* to write until the dialogue is over.
2. Hand out worksheet 15a, Listening. Read the questions together. Ask learners to listen again and answer the questions.
3. Check as a class.
4. Ask learners to work alone to correct the paragraph. Check as a class.

Activity 5
Produce Bingo

Pass out Produce flashcards and markers. Play Produce Bingo. [Note: You will probably come to some words you have not covered. Hold up the large card from the picture set, if necessary.]

Activity 6
Partner
Interview on
Food
Preferences

1. As a class, review the questions on worksheet 15b-1, “Ask your partner” (Food Preferences). If necessary, use picture dictionaries to go over some of the words (white rice, brown rice, pasta, cereal, bread).
2. Ask learners to work with a partner to complete the questionnaire on food likes and dislikes.
3. Ask for volunteers to tell one thing about their partner (e.g., “My partner likes white rice.”).

Activity 7
Meats

1. Using the Foods flashcards or picture dictionaries, show pictures of meats. OR, ask learners to tell you the names of meats that they eat or know. Write a list of meats on the board for learners to copy. Show pictures of each.
2. Hand out the second food questionnaire (15b-2), “Answer these questions.” [Note: It may be on the reverse of 15b-1.] Then ask five classmates.
3. Using the picture dictionaries, go over the worksheets. Ask learners to ask five classmates.

Resources

Food and produce photo bingo sets and flashcards are available from PCI Education: www.pcicatalog.com.

Technology

If you have a computer, these websites have some games to play:

- www.umass.edu/nibble/director.html
- www.quia.com/jg/781532.html (vegetable matching)
- www.thewclc.ca/edge/issue1/veg/menandvegetables-pw.html (Men Don’t Eat Enough Vegetables)

Homework Ask learners to complete the food/activity diary (worksheet 15c) for two days.
Food Diary [Note: If they don't know the words in English, they can write the words in their native language and, later, use picture dictionaries or food cards to translate in class.] If they choose a dish with a particular name, they can just list the ingredients.

Ask learners to listen once and write the names of the fruits and vegetables they hear.

Tom and Linda are in the supermarket.

Tom: What should we buy?

Linda: No.

Linda: How about broccoli?

Tom: Do you like pears?

Tom: Broccoli? I hate broccoli!

Linda: No.

Linda: How about spinach?

Tom: Do you like apples?

Tom: Okay, I like spinach.

Linda: No.

Linda: Okay, we'll get some. Do we need fruit?

Tom: Do you like kiwi?

Tom: Yes, let's get some bananas.

Linda: No.

Linda: Oh no — not bananas! I hate bananas.

Tom: What fruit do you you like?

Tom: Do you like oranges?

Linda: I like strawberries.

Tom: Okay, we'll buy some strawberries.

Answer these questions:

1. Do Tom and Linda buy broccoli? *No, they don't.*
2. Do Tom and Linda buy onions? *No, they don't.*
3. Do Tom and Linda buy spinach? *Yes, they do.*
4. Do Tom and Linda buy bananas? *No, they don't.*
5. Do Tom and Linda buy apples? *No, they don't.*
6. Do Tom and Linda buy watermelon? *No, they don't.*
7. Do Tom and Linda buy strawberries. *Yes, they do.*

Read and correct the sentences:

Tom and Linda are in the **shoe store**. They are talking about vegetables. Tom
supermarket

likes broccoli. Tom doesn't like **string beans**. They want some **meat**. They
doesn't like *broccoli* *fruit*

buy **oranges and apples**.
strawberries

Name _____

Date _____

Ask your partner. Write your partner's answers.

Do you like fruit?

What fruits do you like?

Do you like vegetables?

What vegetables do you like?

Do you like pasta?

Do you like bread?

Do you like whole wheat bread or white bread?

Do you like rice?

Do you like white rice or brown rice?

Do you like cereal?

What cereal do you like?

Name _____ Date _____

Answer these questions. Then ask five classmates.

How often do you eat meat? (*Circle your answer*)

Never Once a week A few times a week Every day Two times a day

How often do you eat fish? (*Write your answer*) _____

How often do you eat beans? _____

How often do you drink milk? _____

How often do you eat cheese? _____

How often do you use butter? _____

<i>Classmate</i>	Meat	Fish	Beans	Milk	Cheese	Butter

Food Diary

What did you eat and drink? Write your food and drink for two days.

Date: _____	Date: _____
Breakfast	Breakfast
Lunch	Lunch
Snack	Snack
Dinner	Dinner