

Name of activity: Healthy eating

Short description: Students do a quiz on healthy eating

Link to curriculum: Grade 8; Unit 1.33

Difficulty level: medium

Time: 30 minutes

Learning outcomes: Students practice listening for detailed information
(competency 4; vocabulary)

Option 1

Lesson plan with:

- ✓ Worksheet

Option 2

Lesson plan with:

- ✓ Work sheets to project (data projector)

Option 3

Lesson plan with:

- ✓ Activities for a Computer Room

Link to material:

<http://learnenglishkids.britishcouncil.org/en/word-games/multiple-choice/healthy-eating>

Option 1: Worksheet

Preparation: <ul style="list-style-type: none">• Arrange students in small groups (3/4 students per group)	
Stage / Time	Procedure
Introduction/ Warmer 5 mins	<ol style="list-style-type: none">1. Go through the activity and decide if there is any vocabulary that students might need. (i.e. portions, cereals, tofu, spinach)2. Pre-teach these.3. Tell the students that they are going to do a quiz on food and nutrients.
Activity 1 15 mins	<ol style="list-style-type: none">1. Write the six sentences on the board and ask each group to make 1 copy of it. Questions and answers attached below.2. Tell them that you are going to read out 3 possible answers as A, B and C and that they have to discuss and decide which is the best option.3. Read the answers 2/3 times and give students 30 seconds to discuss and select.4. Tell students that they must write A, B or C next to the question.5. Check for the group with the highest score and check answers with the whole class.
Post activity 10 mins	<ol style="list-style-type: none">1. Students remain in groups and write a healthy menu for breakfast, lunch or dinner. Assign each group with a meal time.2. Select some of the best and let students share and write them in their note books.
Variations	<ol style="list-style-type: none">1. If time, let students make individual copies of the questions and answers in their note books.

1. Which foods do we need to eat every day?

Score for this question: 2



some food from each group every day

some fruit and vegetables only

some food from all the groups but not fats and sugar

2. How many portions of fruit and vegetables should we eat every day?

Score for this question: 2

a piece of fruit every day

one piece of fruit, a serving of vegetables and a glass of juice every day



five portions every day

3. How many cereals and grains should we eat every day?

Score for this question: 2

less than half of our food should be cereals and grains



about half of our food should be cereals and grains

more than half of our food should be cereals and grains

4. You should not eat too much food with fat or sugar. Why not?

Score for this question: 2

because too much of this food can make you fat

because too much of this food can be bad for your teeth



both of the above

5. Protein helps us to build bodies. What kind of food gives us protein?

Score for this question: 2



meat, egg, fish and tofu

fruit and vegetables

rice and bread

6. Calcium is important for our bones and teeth. Which foods have calcium?

Score for this question: 2



milk, yoghurt and cheese only

spinach and dried fruit only

milk, yoghurt, cheese, spinach and dried fruit

Option 2: Data Projector

Preparation:

- Arrange students in small groups (3/4 students per group)
- Click on the following link to open the activity:

<http://learnenglishkids.britishcouncil.org/en/word-games/multiple-choice/healthy-eating>

Stage / Time	Procedure
Introduction/ Warmer 5 mins	<ol style="list-style-type: none">1. Go through the activity and decide if there is any vocabulary that students might need. (i.e. portions, cereals, tofu, spinach)2. Pre-teach these.3. Tell the students that they are going to do a quiz on food and nutrients.
Activity 1 15 mins	<ol style="list-style-type: none">1. Open the given link and tell students that they must answer 6 questions by selecting the best option.2. Tell them that they must copy down the question (1 copy per group) and write down the best answer. Students should discuss in groups and write the answers.3. Tell them that you will give them 1.5 mins per question.4. Tell them, that once written, they cannot change their answer (because when moving on to the next question, the answer is highlighted in green.)5. To move onto the next question, click on "see answer" and "next".6. Check for the group with the highest score and check answers with the whole class.
Post activity 10 mins	<ol style="list-style-type: none">1. Students remain in groups and write a healthy menu for breakfast, lunch or dinner. Assign each group with a meal time.2. Select some of the best and let students share and write them in their note books.
Variations	<ol style="list-style-type: none">1. If time, let students make individual copies of the questions and answers in their note books.

Option 3: Computer Lab

Preparation:

- Arrange students in pairs and get them to open the activity:

<http://learnenglishkids.britishcouncil.org/en/word-games/multiple-choice/healthy-eating>

Stage / Time	Procedure
Introduction/ Warmer 5 mins	<ol style="list-style-type: none">1. Go through the activity and decide if there is any vocabulary that students might need. (i.e. portions, cereals, tofu, spinach)2. Pre-teach these.3. Tell the students that they are going to do a quiz on food and nutrients.
Activity 1 15 mins	<ol style="list-style-type: none">1. Tell students that they must answer 6 questions by selecting the best answer.2. Students should work together.3. Check for the pairs with the highest score and check answers with the whole class.
Post activity 10 mins	<ol style="list-style-type: none">1. Students remain in pairs and write a healthy menu for breakfast, lunch or dinner. Assign each pair with a meal time.2. Select some of the best and let students share and write them in their note books.
Variations	<ol style="list-style-type: none">1. If time, let students make individual copies of the questions and answers in their note books.