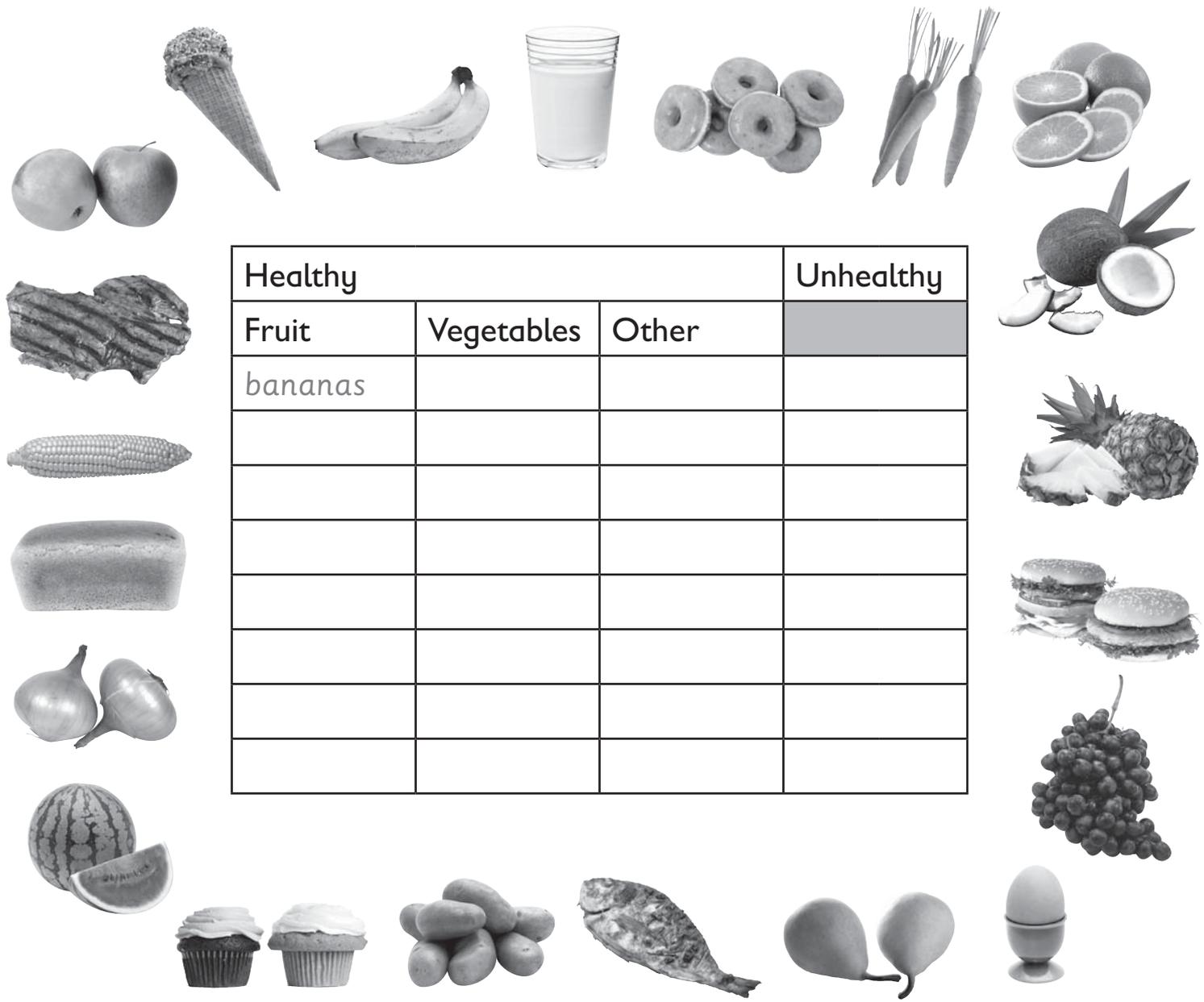


Food technology

Healthy or unhealthy?

1

Put the food in categories.



Healthy			Unhealthy
Fruit	Vegetables	Other	
bananas			

2

Circle the foods you like to eat.

Food technology

Food diary



1 What did you eat yesterday?
Complete the diary.

Day/Date:

.....
.....
.....

Breakfast:

.....
.....
.....

Lunch:

.....
.....
.....

Dinner:

.....
.....
.....

Food technology

LESSON TOPIC

Healthy eating

LESSON TITLE

Healthy or unhealthy?

CONTENT FOCUS

Which foods are healthy or not healthy?

COMMUNICATION FOCUS

Wh- questions:

What's your favourite food?

Who's got the healthiest food diary?

COGNITION FOCUS

Classifying foods

Evaluating a food diary

Level: 2

Age range: 7–8

Time: 45–60 minutes

Materials:

Worksheets 1 and 2

Before class

Photocopy the worksheets, one per pupil.

In class

Warmer

A class survey. 10 minutes

- Conduct a small class survey. Ask: *What's your favourite food?* Pupils think and write the food item down or draw a picture of it. Ask pupils to say or show their favourite foods. Supply the words in English as necessary. Make a tally on the board.



- Ask the following questions referring to the tally chart on the board: *How healthy are we? Do we like the right foods? Is (ice cream) healthy or unhealthy?*

Worksheet 1 – Healthy or unhealthy?

Classifying and recording new information

1 Categorise the foods in the photos. 5–10 minutes

- Distribute worksheet 1. Elicit the names of the foods in the photos. Write the names on the board (alternatively, ask more able pupils to write the names for you).
- Pupils categorise the food items into healthy (fruit, vegetables or other) or unhealthy.
- They check their answers with a partner.

Key:

Healthy			Unhealthy
Fruit	Vegetables	Other	
bananas	carrots	bread	burgers
apples	onions	eggs	cakes
coconuts	potatoes	fish	doughnuts
grapes	sweetcorn	meat/steak	ice cream
oranges		milk	
pears			
pineapples			
watermelons			

Personalisation

2 Circle the foods you like to eat. 10–15 minutes

- Pupils circle the five foods they most like to eat.
- They compare their answers in small groups.
- Ask: *Have you circled more foods in the healthy or the unhealthy column?*
- In their groups, pupils discuss who has got the healthiest eating habits and who has got the least healthy.

Worksheet 2 – Food diary

Personalisation

1 What did you eat yesterday? 20–30 minutes

- Distribute worksheet 2.
- Elicit that this is a diary entry and that it is about food.
- Write: *Breakfast; Lunch; Dinner* on the board. Draw pictures for each meal according to what you ate yesterday. Elicit the vocabulary and write any new or difficult words on the board.
- Ask several pupils: *What did you eat yesterday for breakfast?* Write or draw their responses on the board.

- Pupils complete the diary individually, then they compare with a partner.
- Ask pupils to tell you if they think their partner's food diary is healthy or not. Ask them why this is.

Follow-up (optional)

A class poster. 15–20 minutes

- Food diaries could be illustrated and made into a class display.