

Top Notch 1

Unit 4 – Lesson 4 – Discuss Food and Health



In today's lesson, you will learn ...

- *How to talk about healthy and unhealthy food;*
- *Food category;*
- *Adjectives and Verbs related to food.*



Discuss Food and Health:

Conversation:

1. *Do you usually eat healthy food?*
2. *What is your favorite unhealthy dish?*
3. *What is your favorite fatty food?*
4. *Do you like salty food?*
5. *Do you eat sweets every day?*
6. *What is a popular high-calorie dish?*
7. *What is your favorite low-calorie dish?*

**STAYING A HEALTHY
WEIGHT REDUCES YOUR
RISK OF HEART DISEASE**





Vocabulary Practice:

Can you name popular fast-food restaurants?



- 1. Which dish is high-calorie?*
- 2. Which dish is low-calorie?*
- 3. Which dish is sweet?*
- 4. Which dish is salty?*
- 5. Which dish is very unhealthy?*
- 6. Which dish is healthy?*
- 7. Which dish do you like the most? Why?*
- 8. Can you get healthy food at a fast-food restaurant?*



Reading for Gist:

Answer the following questions:



1. Why is sharing a restaurant meal a good idea?

You will eat less. It's less expensive.

2. Why are fries unhealthy?

They are high-calorie, fatty and salty.

3. Which is better for you, grilled fish or fried fish?

Grilled fish.



Reading for Gist:

Answer the following questions:



4. Which is a good idea, eating in front of the TV or eating slowly?

Eating slowly.

5. Why is eating in front of the TV a bad idea?

Because you will eat more.

6. Are there any healthy desserts?

Yes. Low-fat frozen yogurt and fruit.

Speaking Practice:

Conversation:



- 1. Do you eat a small meal in restaurants?***
- 2. Do you order fries when you eat fast food?***
- 3. Do you prefer grilled food or fried food?***
- 4. Do you eat in front of the TV?***
- 5. Do you eat fast or slowly?***
- 6. Do you eat fruit for dessert?***



Vocabulary Practice:

Choose the correct word:



1. One super-sized fast-food meal can have more calories than you should eat in a ...

a. Week

b. day

c. long time

2. Sharing a meal with someone is ... expensive.

a. Less

b. more

c. too

3. When you get fast food, you should skip the ...

a. Veggies

b. yogurt

c. fries

4. Your brain needs ... minutes to know your stomach is full.

a. Thirty

b. twenty

c. ten

5. If you eat ..., you will eat less food.

a. Fat

b. slowly

c. healthy

6. ... is a healthy dessert.

a. Low-fat frozen yogurt

b. Cake

c. A cookie

➤ Speaking Practice:

Critical Thinking:



Check the statements that are probably true according to the Reading. Explain your choices using information from the Reading.

() **1.** Eating fast food every day can be OK.

() **2.** The breading is what makes fried foods have so many calories.

() **3.** Eating more slowly can help you maintain a healthy weight.



Speaking Practice:

Comment the sentences below with a partner:



Olive oil is good for you.

Butter is good for you.

Milk is good for you.

Fruit is very sweet. You don't need to eat other sweets.

Red meat is good for you.

Seafood is good for you.

Tea is good for you.

Speaking Practice:

Find Someone Who:



Do you snack a lot between meals?

How often do you eat dessert?

Question	Name
like spicy food.	
like sweets.	
like salty food.	
like healthy food.	
don't eat a lot of fatty foods.	
snack a lot between meals.	
never eat dessert.	

➤ Check-out Time:

What did you learn in today's lesson?



Write student's answers here:

Credits



Latin American
Language School

Teacher Wagner Junior
TN1 – Unit 4 – Lesson 4
Discuss Food and Health

