

# LESSON A

Student worksheet

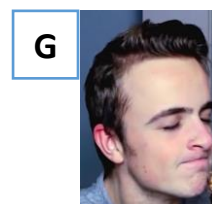
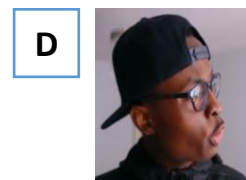
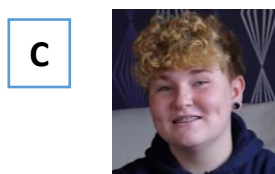
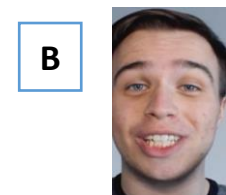


## Food Vocabulary



### Task 1: What snacks do they like?

Watch the video and connect the people to the snacks  
Some words can be used twice:



- 1 apples
- 2 fruit
- 3 oranges
- 4 bananas
- 5 melon
- a chips
- b doughnut
- c pizza
- d chocolate biscuits
- e sour gummy worms
- f chocolate cake
- g cookies

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### Task 2: Answer the True / False questions

1. Food doesn't have an impact on our lives. **T / F**
2. Food can affect how we feel. **T / F**
3. Food gives us energy. **T / F**
4. It matters what size and age you are. **T / F**
5. Eating crisps is healthier than an apple. **T / F**



### Task 3: Complete the sentences

1. With the right \_\_\_\_\_, eating can be one of life's greatest joys.
2. Food is the \_\_\_\_\_ that keeps us going.
3. We're bombarded with choices from sugary drinks and junk food to \_\_\_\_\_.
4. We have to listen to our body so we know when we are \_\_\_\_\_ and when we are not.
5. I know we should eat \_\_\_\_\_ but I just don't do it sometimes.

**balance   healthier   hungry   fuel   superfoods**

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### Task 4: Listen to the rap and complete the gap!

People say you are what you \_\_\_\_\_  
and it's hard not to be a little charmed by the \_\_\_\_\_,  
but your body's \_\_\_\_\_,  
you only really get \_\_\_\_\_,  
so be \_\_\_\_\_,  
eat \_\_\_\_\_,  
show appreciation to yourself  
and to others when they gather around,  
break \_\_\_\_\_,  
make friends in the yard of their \_\_\_\_\_,  
so we don't always need sweets to have a sweet \_\_\_\_\_.  
A lot of time to eat \_\_\_\_\_, so let's try to eat right!

eat left unique right  
sweets kind bread  
life one house



### Task 5: Eating Habits Survey

Ask another class around the world about their Eating Habits.  
Make notes on what you hear.

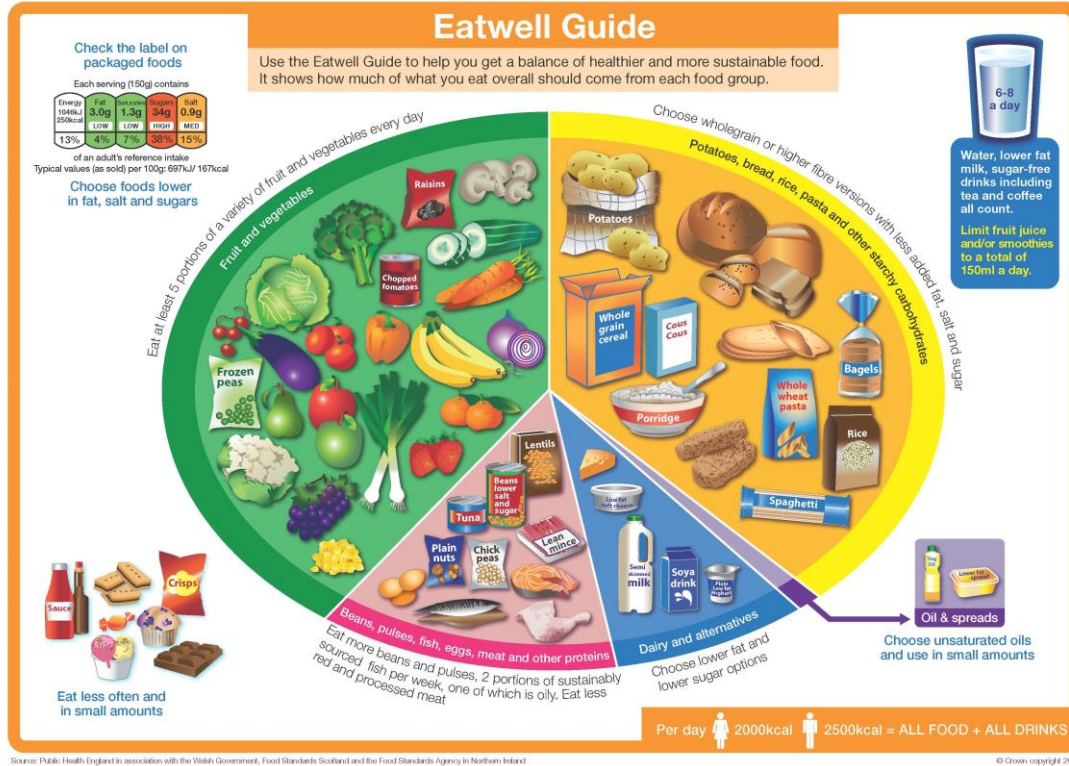
Question?	Your Answer	Other Class's Answer
What's your favourite food?		
What's your favourite drink?		
What is the most important meal of the day for you?		
What's your favourite traditional dish?		
Your question?		

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## Task 6: Healthy Food Healthy Mood!



You should...

You shouldn't...

### Speaking Prompts

a lot of...  
less of...  
more of...  
a few...  
a little...  
too much...  
too many...

## Post lesson challenge

a video about your eating habits or a poster about healthy eating.



### Do a survey about eating habits.

- 1 Decide what information you want to find out from your class.
- 2 Write some questions you can ask.
- 3 Ask your questions and write down your findings.
- 4 Prepare and present the information to the class.

or



### Write advice about healthy eating.

- 1 Find information about healthy foods and unhealthy foods, and how people can make healthy choices.
- 2 Find or draw pictures that show the most important information.
- 3 Write notes to explain the pictures.
- 4 Make a poster for the class.