HEALTHY EATING

"Eat your breakfast, share your lunch with a friend, and give your dinner to your enemy."

Russian proverb

1. Healthy Eating Discussion

1. Do you try to eat healthily? If so, how do you do this?
2. Do you think you eat enough fruit and vegetables? Why or why not?
3. It is recommended that carbohydrates (rice, pasta, potatoes, etc.) make up around a third of what we eat in a day. What proportion of carbohydrates do you think you eat per day?
4. What do you think a 'balanced diet' is?
5. Which drinks are healthy? Which are unhealthy?
6. Do you like vegetarian food? What are your favourite vegetarian meals?
7. Do you think vegetarians have a healthier lifestyle? Why or why not?
8. What is the best food to eat if you are trying to lose weight?

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2. Healthy Eating Vocabulary

- **obesity** (noun), **obese** (adjective) – *the medical condition of being unhealthily overweight.*
- **junk food** (noun) – *unhealthy food, typically with high levels of salt or sugar.*
- **fast food** (noun) – *food that is prepared and served in a short amount of time.*
- **carbs** (noun) – *informal contraction of carbohydrates.*
- **diet** (noun) – *the food that is typically eaten by a person or animal; an eating programme or regime designed to assist with weight loss.*
- **your eyes are bigger than your belly** (saying) – *when people want more food than they can eat.*

Using the vocabulary words above, complete the following sentences (remember to use the correct form of the word, e.g. verb conjugation or plural noun)

1. People simply do not have time after they finish work to spend two hours preparing a meal for their family. No wonder **fast food** is so popular.
2. You shouldn't have ordered so much food; **your eyes are bigger than your belly**.
3. **Obesity** is the greatest health problem in the modern world.
4. Can I have mine without rice please? I'm trying to cut down on my **carbs**.
5. I'm worried about her. She's lost so much weight since she started that **diet**.
6. To protect the health of our children, they should never eat **junk food**.

Healthy Eating vocabulary comprehension questions

1. What are the main causes of obesity?
2. What type of junk food do you like eating?
3. What are the most popular types of fast food in your country?
4. Do you think carbs are healthy or unhealthy?
5. Have you ever been on a diet? How did it go?
6. When were your eyes bigger than your belly?

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3. Video: Fad Diets

You are going to watch a TED Ed video called "How To Spot A Fad Diet". A fad is a trend or an extreme enthusiasm for something that only lasts for a short amount of time.

Watch the video here: https://yourenglishpal.com/blog/esl-conversation-lesson-plan-healthy-eating/

While you watch the video, answer the following questions:

Multiple choice

1. How would you describe government health advice over diets?
   a) consistent ***b) inconsistent*** *c) wrong*
2. Who has an interest in making us think something is good for us even if it is not?
   a) governments *b) health advisors* ***c) advertisers***
3. What does marketing take advantage of for fad diets?
   a) desires *b) fears* *c) regrets*
4. When did the first fad diets appear?
   a) in caveman times *b) in Roman times* ***c) in the Victorian era***

Sentence completion

5. In the **short term**, fad diets often show positive results.
6. High protein diets show initial weight loss because the overall **calory intake** is reduced.
7. If a diet recommends a dramatic reduction in calories, or cutting out entire **food groups**, it is probably a fad diet.
8. There is no easy solution to weight loss in the **long run**.

Short answer

9. Marketing highlights products associated with which cultures? **Ancient and remote**
10. Superfoods can be a healthy addition to what? **A balanced diet**
11. Although the benefits of cleansers may be exaggerated, they can help increase the consumption of what? **Fresh fruits and vegetables**
12. Who should we seek advice from about what to eat? **Doctors and nutritionists**

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4. Healthy Eating Conversation Questions

1. What diets have you heard about?
2. Many diets nowadays recommend cutting carbs out of your diet completely. Why is this? Would you be able to cut carbs from your diet?
3. Why do people eat unhealthy food if they know it is bad for them?
4. Which countries do you think have the biggest problems with obesity? Why do you think that is?
5. Is obesity a problem in your country?
6. Do you think there should be a tax on unhealthy food? Why or why not?
7. What other ways can governments promote healthier lifestyles?
8. Will humans be more or less obese in the future? Why?

5. Healthy Eating Writing Task

Write about your opinion of healthy eating. Try to use some of the vocabulary you learned earlier in this lesson. In your answer, you could include some of the following topics:

- The best food to eat for a healthy lifestyle.
- The causes of obesity.
- Solutions for the problem of obesity.

Alternative exam practice question:

More and more children are being diagnosed as being obese. What are the causes of obesity in children and what solutions for this problem can you think of?

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