

Číslo materiálu: VY 32 INOVACE 29/08

Název materiálu: Eating Pyramid

Číslo projektu: CZ.1.07/1.4.00/21.1486

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evropský
sociální
fond v ČR



EVROPSKÁ UNIE



MINISTERSTVO ŠKOLSTVÍ,
MLÁDEŽE A TĚLOVÝCHOVY



OP Vzdělávání
pro konkurenceschopnost

EATING PYRAMID

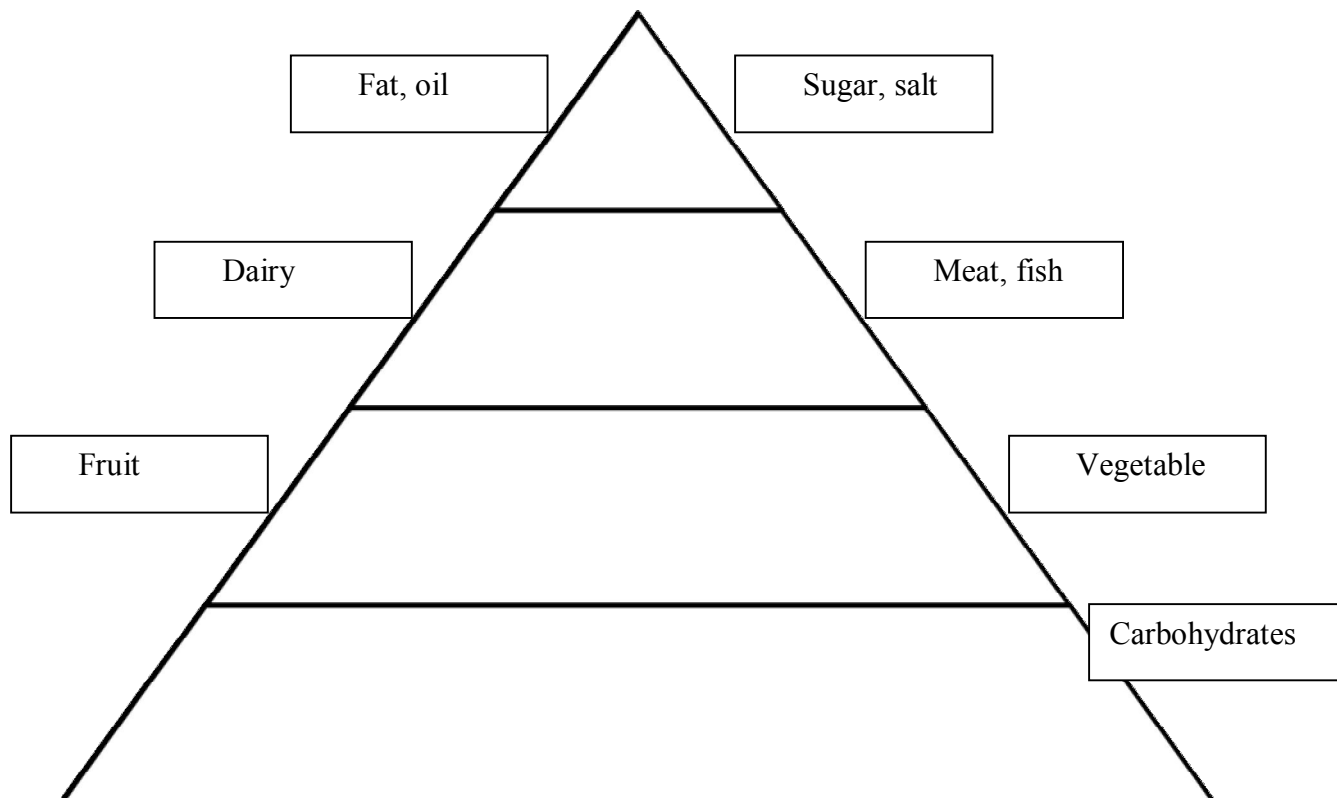
Task 1: Decide whether the kinds of food below are healthy or unhealthy. Work with a partner and write them in the columns.

*butter cola water sausages milk rice chocolate cheese crisps salt hamburger garlic
yoghurt apples bread lemonade carrots sweets pizza tomatoes oranges oil onion*

HEALTHY FOOD	UNHEALTHY FOOD

Try to think about more kinds of food which you could add into the columns.

Task 2: Draw an eating pyramid.



Look at the table above and discuss with your partner which category the foods belong to.

Task 3: Think about what you eat in a week. Are there any kinds of food which you should eat more and which you should eat less? Which ones?

I should eat more _____.

I should eat less _____.

Extra task: Try to think what is a *couch potato* and *junk food*. If you do not have any idea see your textbook p. 20 and write it down.

A couch potato is _____.

Junk food is _____.

Task 4: Find someone in your class who...

Use: **DO YOU ... ?**

NAME

- | | |
|----------------------------------|-------|
| 1. ... likes pizza. | _____ |
| 2. ... eats a lot of vegetables. | _____ |
| 3. ... drinks cola every day. | _____ |
| 4. ... is a vegetarian. | _____ |
| 5. ... never eats fish. | _____ |
| 6. ... has cereal for breakfast. | _____ |
| 7. ... eats chocolate every day. | _____ |
| 8. ... never eats breakfast. | _____ |
| 9. ... likes fruit. | _____ |
| 10. ... goes shopping for food. | _____ |

ŘEŠENÍ

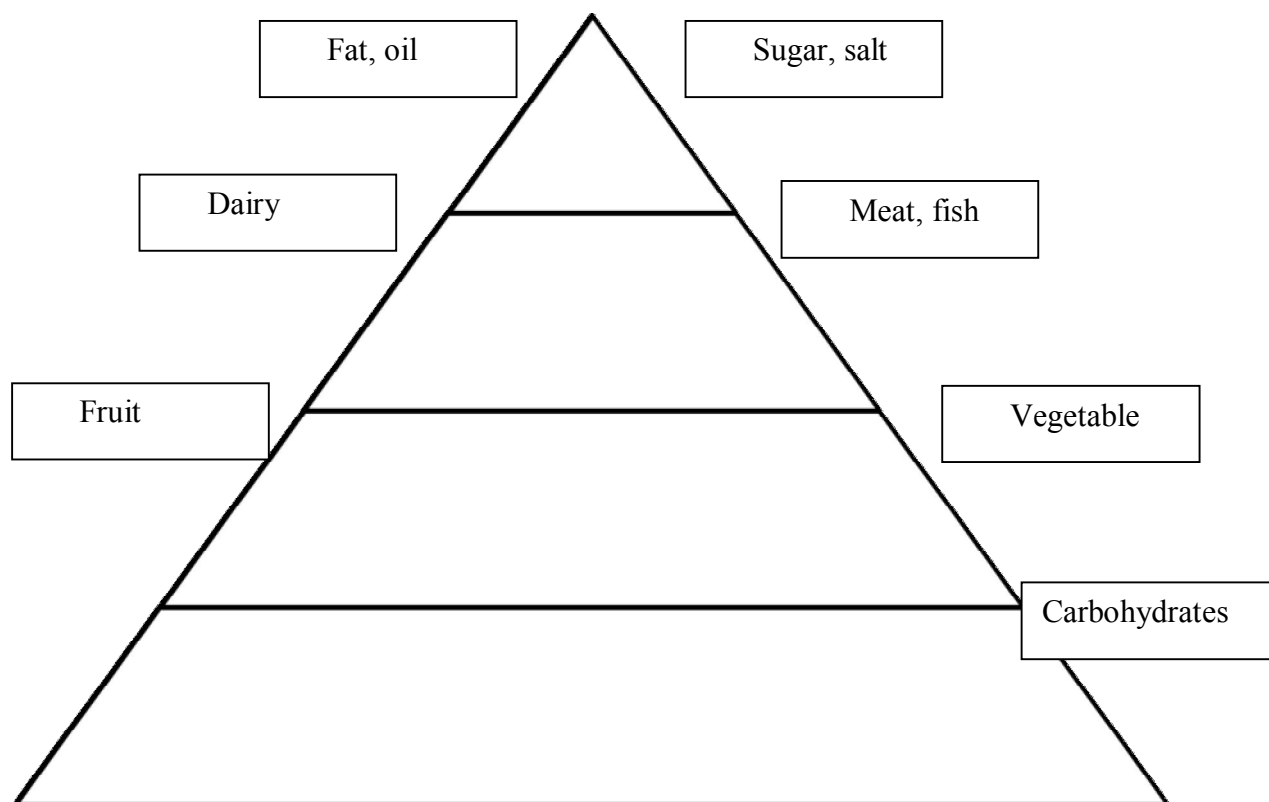
Task 1: Decide whether the kinds of food below are healthy or unhealthy. Work with a partner and write them in the columns.

HEALTHY FOOD	UNHEALTHY FOOD
<i>water milk rice cheese garlic yoghurt</i>	<i>butter cola sausages chocolate crisps salt</i>
<i>apples bread carrots tomatoes oranges</i>	<i>hamburger lemonade sweets pizza oil</i>
<i>onion</i>	

Try to think about more kinds of food which you could add into the columns.

bananas, ketchup, pasta, chips, fried meat, grapes, donuts, ...

Task 2: Draw an eating pyramid. – *Students will draw any kinds of food, which belong to these categories, ex.: carbohydrates – pasta, potatoes, rice, cereals, ...*



Look at the table above and discuss with your partner which category the foods belong to.

Task 3: Think about what you eat in a week. Are there any kinds of food which you should eat more or which you should eat less? Which ones?

I should eat more **fruit and vegetables**.

I should eat less **chocolate and sweets**.

Extra task: Try to think what is a *couch potato* and *junk food*. If you do not have any idea see your textbook p. 20 and write it down.

A couch potato is a person who most of his/her free time slump in front of a television or computer.

Junk food is unhealthy food (crisps, cola, chips, hamburgers, ...).