

Topic: 'Healthy Eating'

Objectives: to revise the vocabulary on the topic, to deep students' knowledge, to improve reading skills, to develop speaking skills, to develop communicative competence, to promote interest in eating healthy food and keeping healthy lifestyle.

Equipment: whiteboard, handouts, article, dictionaries

Time: 45 minutes

Conducting the Lesson

1. Greeting

2. Presentation of the topic and the objectives of the lesson.

3. Hometask revision

4. Warming-Up:

Discuss the following questions:

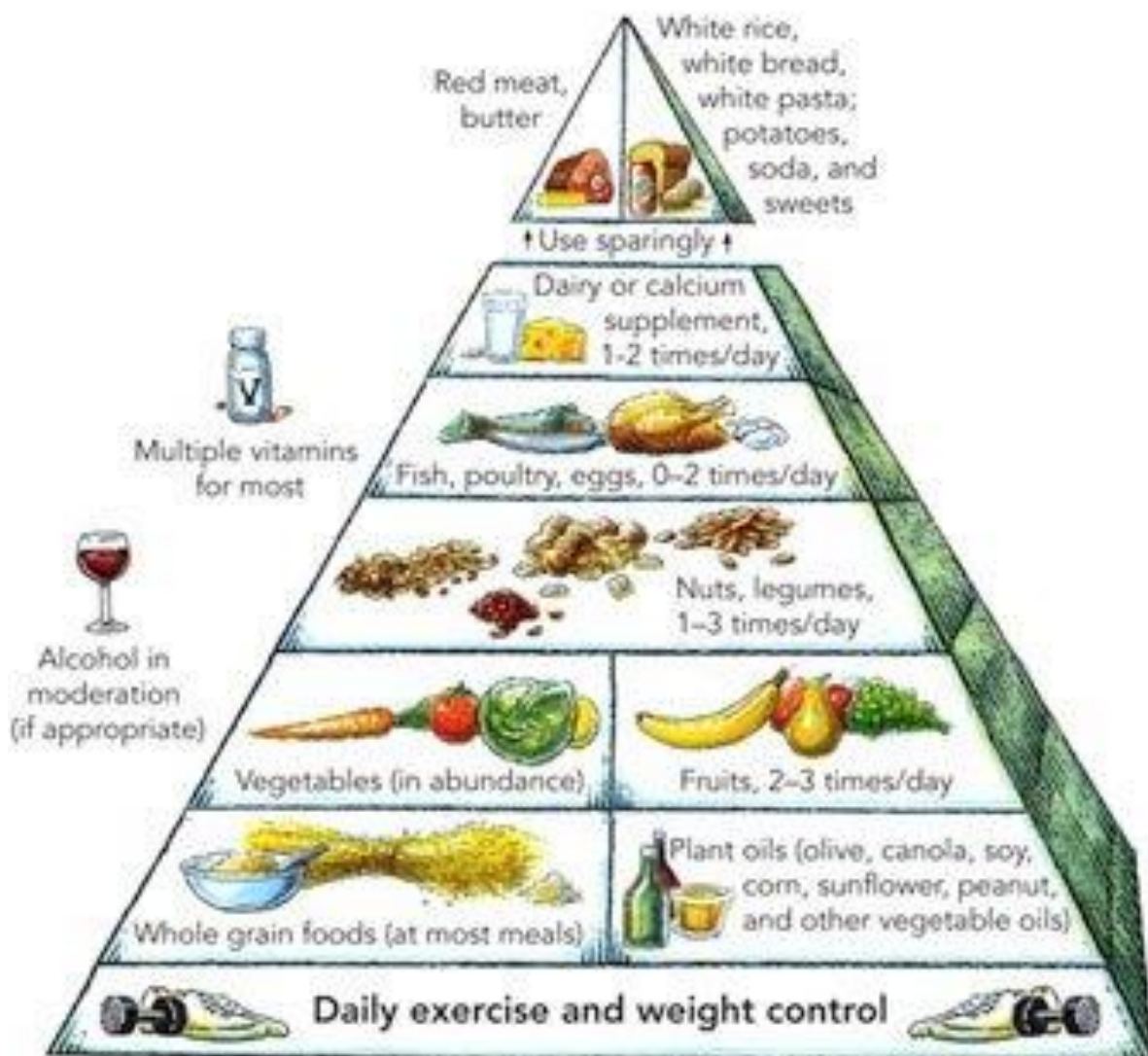
- 1) What do you know about healthy and unhealthy food?
- 2) Give some examples of healthy and unhealthy food.
- 3) Why is it important to eat healthy food?



5. Pre-Reading Exercise:

Look at the diagram, describe it.

What does the term '*The Healthy Eating Pyramid*' mean?



6. While-Reading Exercises:

Exercise 1: Match headings to the paragraphs:

- 1) Add more fruit and vegetables to your diet
- 2) Setting yourself up for success
- 3) The fundamentals of healthy eating
- 4) What is a healthy diet?

Exercise 2: Complete the gaps with the correct phrase:

protein, fat, carbohydrates; high-quality protein; protect your brain and heart;
 magnesium and vitamins D and K; white bread, pastries; packaged and
 processed foods; vitamins, minerals, antioxidants, and fiber.

A) Eating a healthy diet is not about strict limitations, staying unrealistically thin, or depriving yourself of the foods you love. Rather, it's about feeling great, having more energy, improving your health, and boosting your mood.

Healthy eating doesn't have to be overly complicated. If you feel overwhelmed by all the conflicting nutrition and diet advice out there, you're not alone. It seems that for every expert who tells you a certain food is good for you, you'll find another saying exactly the opposite. The truth is that while some specific foods or nutrients have been shown to have *a beneficial effect* on mood, it's your overall dietary pattern that is most important. The *cornerstone* of a healthy diet should be to replace processed food with real food whenever possible. Eating food that is as close as possible to the way nature made it can make a huge difference to the way you think, look, and feel.

B) We all need a balance of _____¹, fiber, vitamins, and minerals in our diets to sustain a healthy body. You don't need to eliminate certain categories of food from your diet, but rather select the healthiest options from each category.

Protein gives you the energy to get up and go—and keep going—while also supporting mood and cognitive function. Too much protein can be harmful to people with kidney disease, but the latest research *suggests* that many of us need more _____², especially as we age. That doesn't mean you have to eat more animal products—a *variety* of plant-based sources of protein each day can ensure your body gets all the essential protein it needs.

Fat. Not all fat is the same. While bad fats can wreck your diet and increase your risk of certain diseases, good fats _____³. In fact, healthy fats—such as omega-3s—are *vital* to your physical and emotional health. Including more healthy fat in your diet can help improve your mood, boost your well-being, and even trim your waistline.

Fiber. Eating foods high in dietary fiber (grains, fruit, vegetables, nuts, and beans) can help you stay regular and lower your risk for heart disease, stroke, and diabetes. It can also improve your skin and even help you to lose weight.

Calcium. As well as leading to osteoporosis, not getting enough calcium in your diet can also contribute to anxiety, depression, and sleep difficulties. Whatever your age or gender, it's vital to include calcium-rich foods in your diet, limit those that *deplete* calcium, and get enough _____⁴ to help calcium do its job.

Carbohydrates are one of your body's main sources of energy. But most should come from complex, unrefined carbs (vegetables, whole grains, fruit) rather than sugars and refined carbs. Cutting back on _____⁵, starches, and sugar can

prevent rapid spikes in blood sugar, *fluctuations in mood* and energy, and a build-up of fat, especially around your waistline.

C) To set yourself up for success, try to keep things simple. Eating a healthier diet doesn't have to be complicated. Instead of being overly concerned with counting calories, for example, think of your diet in terms of color, variety, and freshness. Focus on avoiding _____⁶ and opting for more fresh ingredients whenever possible.

D) Fruit and vegetables are low in calories and nutrient dense, which means they are packed with_____⁷. *Focus on* eating the recommended daily amount of at least five servings of fruit and vegetables and it will naturally fill you up and help you cut back on unhealthy foods. A serving is half a cup of raw fruit or veg or a small apple or banana, for example. Most of us need to double the amount we currently eat.

7.Post-Reading Exercises:

Exercise 3: Read the statements and define whether they are 'True' or 'False'.

Prove your answer.

- 1) A healthy diet requires strict limitations.
- 2) You don't need to eliminate certain categories of food from your diet.
- 3) Eating foods high in dietary fiber increases the risks for heart disease, stroke, and diabetes
- 4) Too much calcium in your diet can also contribute to anxiety, depression, and sleep difficulties.
- 5) Carbohydrates are one of your body's main sources of energy.
- 6) Fruit and vegetables are low in calories and nutrient dense.

Exercise 4: Answer the questions:

- 1) Does our mood depend on our eating habits?
- 2) Should you eliminate certain categories of food from your diet?
- 3) What element can be harmful to people with kidney disease?
- 4) Name healthy fats.
- 5) Why is it essential to eat foods high in dietary fiber?
- 6) How much fruit and vegetables should be included in daily meal?

Exercise 5: Match highlighted expressions to the synonyms:

- | | |
|----------------------------|---------------------------|
| 1) pleasant result - | 5) important - |
| 2) key element - | 6) exhaust - |
| 3) thinks - | 7) mood swings - |
| 4) great choice - | 8) concentrate on - |

Exercise 6: Complete the eight sentences using expressions from exercise 5.

Exercise 7: Work in groups: Complete and answer the questions about healthy food. Explain whether it is essential to keep healthy diet.

8. Conclusion

9. Students assessment

10. Hometask: to watch a film 'Fast Food Nation' and make a presentation 'Junk Food'/'Unhealthy Food'.

Answer Key:

Ex.1.1) 1) D, 2) C, 3) B, 4) A

Ex.2.1) 1) protein, fat, carbohydrates; 2) high-quality protein; 3) protect your brain and heart; 4) magnesium and vitamins D and K; 5) white bread, pastries; 6) packaged and processed foods; 7) vitamins, minerals, antioxidants, and fiber

Ex.3.1) 1) False; 2) True; 3) False; 4) False; 5) True; 6) True;

Ex.4.1) 1) Yes; 2) No; 3) Proteins; 4) omega-3s; 5) can help you stay regular and lower your risk for heart disease, stroke, and diabetes. It can also improve your skin and even help you to lose weight; 6) at least five servings of fruit and vegetables

Ex.5.1) 1) pleasant result – beneficial effect; 2) key element – cornerstone; 3) thinks – suggests; 4) great choice – variety; 5) important – vital; 6) exhaust – deplete; 7) mood swings – fluctuations in mood; 8) concentrate on – focus on

Resources:

1. <https://www.helpguide.org/articles/healthy-eating/healthy-eating.htm>