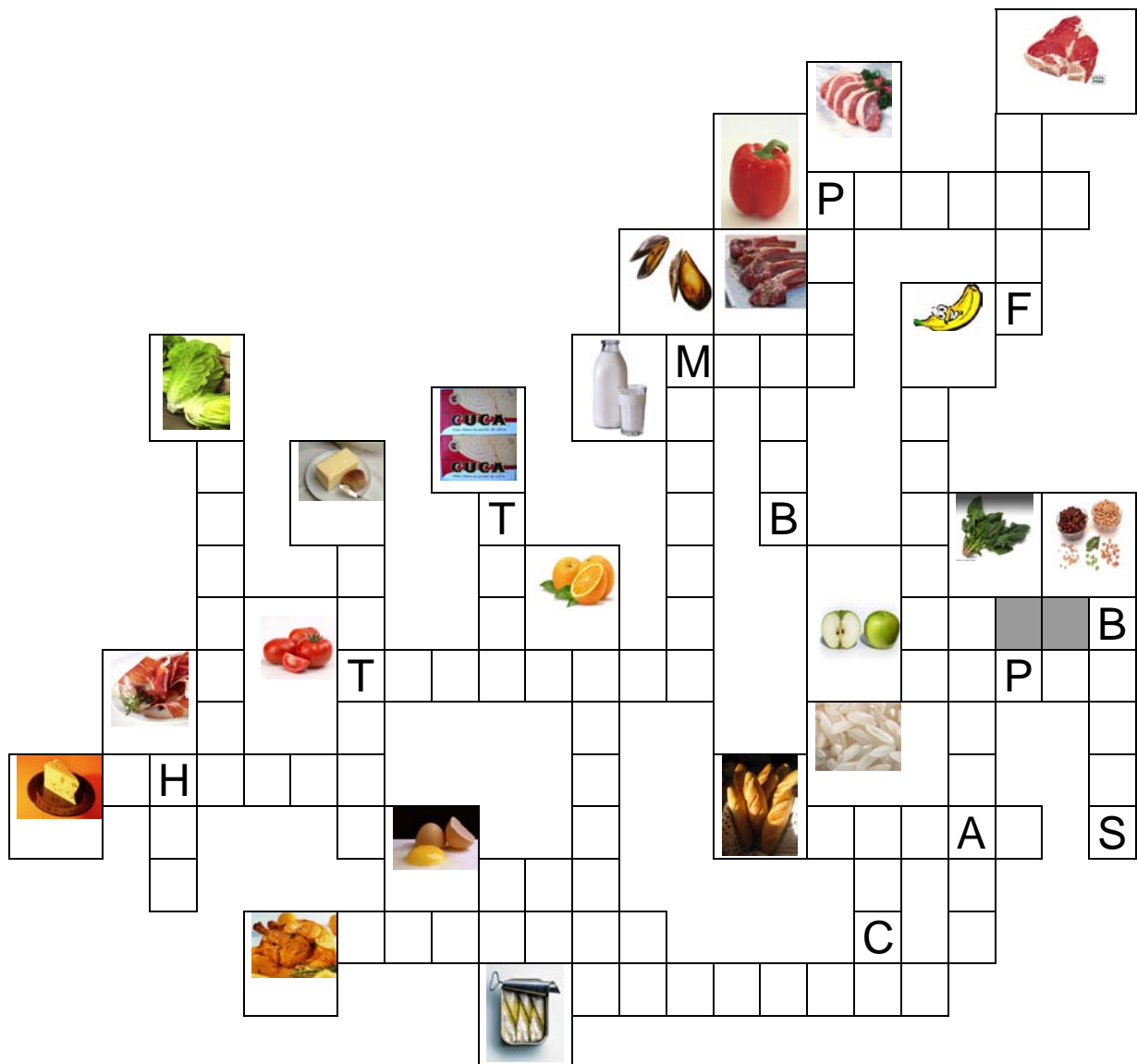


FOOD COMES FROM, GIVE US... ACTIVITIES

SESSION 1

Activity 1: In a whole group, talk about food characteristics and with flashcards; determine if each one comes from animals or plants. After, in a chart on the blackboard, classify them according to their origin.

Activity 2: Write the names of 12 food items that come from animals, and 1 that come from plants.



Activity 4 - HOMEWORK: Answer this personal quest. Tick

	NEVER	SOMETIMES	ALWAYS
FOR BREAKFAST I EAT....			
Milk			
Cereals			
Sandwich			
Fruit			
Fruit juice			
Yoghurt			
Biscuits			
Other pastry			
FOR DINNER I EAT ...			
Bread			
Salad / vegetables			
Soup / pasta / rice / potatoes			
Beans			
Meat			
Fish			
Eggs			
Fruits			
Yoghurt / ice-cream / cream caramel			
FOR AFTERNOON SNACK I EAT...			
Sandwich			
Fruit			
Fruit juice			
Yoghurt			
Biscuits			
Other pastry			
Snacks			
FOR SUPPER I EAT ...			
Bread			
Salad / vegetables			
Soup / pasta / rice / potatoes			
Beans			
Meat			
Fish			
Eggs			
Fruits			
Yoghurt / ice-cream / cream caramel			

SESSION 2

Activity 5: In pairs, with the personal sheet quest, ask each other and answer about what you eat or drink and how often you eat.

What do you	eat drink	for	breakfast? dinner? Afternoon snack? supper?
-------------	--------------	-----	--

I	eat drink
---	--------------	-------

In pairs, write 2 questions and answers using this model above.

.....

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How often do you	eat drink	for	breakfast? dinner? afternoon snack? supper?
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I	never sometimes always	eat drink
---	------------------------------	--------------	-------

In pairs, write 2 questions and answers using the second model.

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Now cut the personal quest into 4 pieces.

BREAKFAST FREQUENCY CHART

	NEVER	SOMETIMES	ALWAYS
FOR BREAKFAST I EAT....			
Milk			
Cereals			
Sandwich			
Fruit			
Fruit juice			
Yoghurt			
Biscuits			
Other pastry			

DINNER FREQUENCY CHART

	NEVER	SOMETIMES	ALWAYS
FOR DINNER I EAT ...			
Bread			
Salad / vegetables			
Soup / pasta / rice / potatoes			
Beans			
Meat			
Fish			
Eggs			
Fruits			
Yoghurt / ice-cream / cream caramel			

AFTERNOON FREQUENCY CHART

	NEVER	SOMETIMES	ALWAYS
FOR AFTERNOON SNACK I EAT...			
Sandwich			
Fruit			
Fruit juice			
Yoghurt			
Biscuits			
Other pastry			
Snacks			

SUPPER FREQUENCY CHART

	NEVER	SOMETIMES	ALWAYS
FOR SUPPER I EAT...			
Bread			
Salad / vegetables			
Soup / pasta / rice / potatoes			
Beans			
Meat			
Fish			
Eggs			
Fruits			
Yoghurt / ice-cream / cream caramel			

Activity 6: Extract and write the results of the class personal quest

BREAKFAST STATISTICS

	N	S	A	N	S	A	N	S	A	N	S	A	N	S	A	N	S	A	N	S	A	
26																						
25																						
24																						
23																						
22																						
21																						
20																						
19																						
18																						
17																						
16																						
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12																						
11																						
10																						
9																						
8																						
7																						
6																						
5																						
4																						
3																						
2																						
1																						
	Milk			Cereals			Sandwich			Fruit			Fruit Juice			Biscuits			Other Pastry			

DINNER STATISTICS

	N	S	A	N	S	A	N	S	A	N	S	A	N	S	A	N	S	A	N	S	A	N	S	A			
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6																											
5																											
4																											
3																											
2																											
1																											
	Bread			Salad / vegetables			Soup / pasta / rice / potatoes			Beans			Meat			Fish			Eggs			Fruits			Yoghurt / ice-cream / cream caramel		

AFTERNOON SNACK STATISTICS

	N	S	A	N	S	A	N	S	A	N	S	A	N	S	A	N	S	A	N	S	A
26																					
25																					
24																					
23																					
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8																					
7																					
6																					
5																					
4																					
3																					
2																					
1																					
	sandwich			Fruit			Fruit juice			Yoghurt			Biscuits			Other pastry			Snacks		

SUPPER STATISTICS

	N	S	A	N	S	A	N	S	A	N	S	A	N	S	A	N	S	A	N	S	A	N	S	A			
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1																											
	Bread			Salad / vegetables			Soup / pasta / rice / potatoes			Beans			Meat			Fish			Eggs			Fruits			Yoghurt / ice-cream / cream caramel		

Activity 7: Look at your chart and comment on the results that stand out.

➤ Your group conclusions:

1)

2)

Next, in open class, share your conclusions with the rest of the class.

Evaluate the results. Do we follow a balanced diet or not?

➤ Class group conclusions:

.....

.....

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.....

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Activity 8 - HOMEWORK: Find images, flyers, photos, etc about different food.

SESSION 3

Activity 9: Read and comment about the different categories of nutrients

Nutrients are substances which our body needs to survive. They are classified in different categories:

- **Carbohydrates** give us energy. They are two types: *sugar* (foods which tastes sweet) and *starches* (in bread, potatoes and legumes)

- **Fats** also give us energy. We get some from *animals* (ex. Butter) and other from *plants* (ex. olive oil)

- **Proteins** help our body to grow and repair itself (ex. meat, fish and legumes)

- **Vitamins and minerals** like calcium are essentials for our bodies to function well (ex. fruits, vegetables and milk)

- **Water**, most of our body is made of water. We drink water and also get it from food.

- **Fibre** helps food to move through the digestive system. It is found in fruit, vegetables and whole-grains

Activity 10: Classify natural (or plastic) products according to their nutrients.

Activity 11: In fours, work on one food group category on a piece of cardboard with photos and images of brochures and labels for the food.

Activity 12: Make a class big food' pyramid joining the food group categories previously made. Stick the big poster on the wall.

SESSION 4

FOOD COMES FROM, GIVE US... - EVALUATION









1. Find the names of various food.

THIRTEEN FOOD OF ANIMAL ORIGIN												
M	B	E	A	F	Z	H	T	J	T	P		
U	U	S	M	I	L	K	X	V	U	M		
S	T	P	R	S	A	R	D	I	N	E		
S	T	O	C	H	E	E	S	E	A	B		
E	E	R	D	L	C	O	N	G	S	H		
L	R	K	L	A	M	B	W	P	Q	A		
S	X	C	H	I	C	K	E	N	W	M		

TEN FOOD OF PLANTS ORIGIN												
T	O	M	A	T	O	E	S	Y	V	S		
B	R	E	A	D	W	H	J	Z	B	P		
P	A	J	P	Q	G	R	I	C	E	I		
M	N	H	P	E	P	P	E	R	A	N		
V	G	Q	L	Z	D	K	U	F	N	A		
L	E	L	E	T	T	U	C	E	Y	C		
K	S	B	A	N	A	N	A	W	K	H		

2. Complete the sentences.

fats – proteins – carbohydrates - vitamins and minerals - fibre
butter – pasta - fish – meat – oil – fruit - cheese – bread

 We get _____ from _____.	 We get _____ from _____.	 We get _____ from _____.
 We get _____ from _____.	 We get _____ from _____.	 We get _____ from _____.
 We get _____ from _____.		 We get _____ from _____.

5 th SESSION

Activity 11: Look at this example and prepare your own PowerPoint presentation.

To help you find information about nutrients, use this web page:
www.whfoods.com

1. 
An orange is a fruit.

2. Oranges contain:

- Vitamin C
- Water
- Fibre

3. Description of an orange:

- It is orange. (colour: light green, dark green, yellow...)
- It is round. (shape: round, long, oval, rectangular)
- It is a solid. (solid / liquid)
- It is sweet. (tastes: sweet, salty, sour, bitter)
- It is juicy and sticky. (textures: soft, hard, sticky, crunchy, runny, juicy)

4. Recommended daily servings:

- We should eat 2 to 3 servings of fruit (category) a day.



- We use it to prepare fruit salad and to make orange juice.

5. AN ADVERTISEMENT

- EAT ORANGES!
- They are sweet, juicy and healthy.

