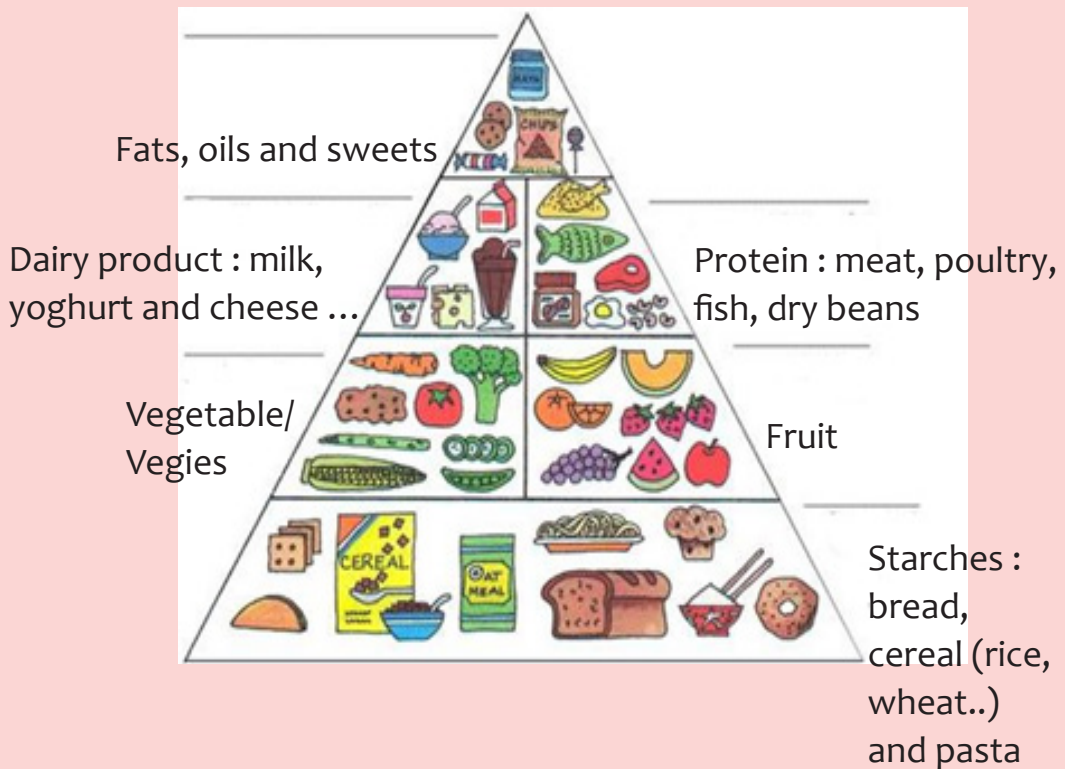


OBJECTIVE

Talk about healthy food.

COURSE SUMMARY







- Food groups



Vocabulary items

- Meals : breakfast (in the morning) / lunch (at midday)/ dinner (in the evening)
- Healthy food or a balanced diet = when we eat food of different groups.
- A diet is food and drink regularly consumed. For example a diet of fruits and vegetables.
- A vegetarian person = a person who doesn't eat meat or fish. His diet is made of vegetables.
- To be vegetarian # to be a meat-eater
- Verbs : to go on a diet/ to be on a diet
- Vitamins, nutrient, bone, muscle

Quantifiers : many vs much; little vs few, too much, too many

		
Too much rice	Much rice A lot of rice	Little rice
Rice : countable noun		
		
Too many apples	Many apples A lot of apples	Few apples

Activity 1

Read the text.

Text :

Eat the Mediterranean way

Doctors say that the traditional diet in some Mediterranean countries, for example Greece and Italy is very healthy.

Why is it good for you?

In these countries people eat a lot of fruit and vegetables, bread, pasta, rice, fish, olive oil and wine. They don't eat a lot of red meat or butter. This diet is good for your heart and people in these countries live longer than in other countries.

How to eat like Mediterranean people and live a long life : eat a lot of fruit and vegetable every day ; use olive oil for cooking and for salads ; don't eat butter with your bread ; Eat a lot of fish. Don't eat too much meat and things like sausages and bacon ; have a glass of red wine at dinner ; Sit down with your family for lunch and dinner. Eat slowly

Questions :

1) Say whether the statements are "True" or "False". Correct if false.

- a. The traditional Mediterranean diet is good for health.
- b. Mediterranean people eat a lot of meat.

2) Choose the best answer.

The traditional Mediterranean diet is:

- a. Much fruit and vegetable, red meat or butter, sausages and bacon.
- b. Much fruit and vegetable, bread without butter, fish, olive oil and wine.
- c. Much butter with bread, red meat, fish, olive oil for salads and wine.

3) Answer the questions.

- a. Why is the Mediterranean diet good for health?
- b. What is the effect of this diet to the Mediterranean people?
- c. How should you eat your lunch and dinner?
- d. Write a diet for the vegetarian people.

Activity 2

Fill in the blanks with “many” or “much” or “a lot of” / “few” or “little” in the sentences.

- 1- I eat apples every day.
- 2- They sell fish at the market. They also sell tomatoes.
- 3- We will eat in a minutes.
- 4- I don't eat bread for breakfast. I just eat a slice of bread with butter. I don't like fat food.
- 5- Eating pasta is not good for the health.

Activity 3

1) Complete the following dialogue.

Liz : Good morning doctor.

Doctor : Good morning Liz. What's wrong with you?

Liz : Well, It's like that. I always cough and I can't even breathe well when I walk.

Doctor : I think you are overweight. You're a (a)..... , aren't you?

Liz : Yes, I eat a (b)..... meat.

Doctor : First, eat less fat food. Stop eating (c)..... meat. Eat (d)..... vegies and a lot of ... (e)..... Do some exercises everyday.

Liz : Thank you Doctor.

2) Write a paragraph that advices food to eat for people with diabetes. Use these vocabulary items. Start with the given sentence.

Vocabulary items : eat fish/ not eat much sugar/ drink much water/ eat leaves and vegies and fruits, beans, do exercises.

People with diabetes should pay attention to their diet

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