

Lesson 4 Eating Well

In this lesson



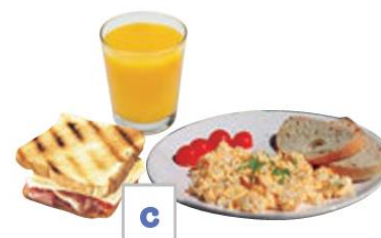
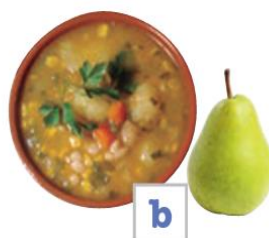
you will learn: To identify types of food and describe your eating habits.

Before Reading

- 1 Listen ³⁵ and cross out the items that are not mentioned by the two speakers. Which one is more similar to what you eat?



- 2 Look at the people and the times of the day. Match them with the appropriate foods.



3 Look at these meals. Classify them into breakfast, lunch or dinner.

cheese sandwich,
chocolate cookies and tea

a fried egg and
a sausage

a bowl of cereal
and an apple

avocado and tomato
with a glass of water

lasagna
and salad

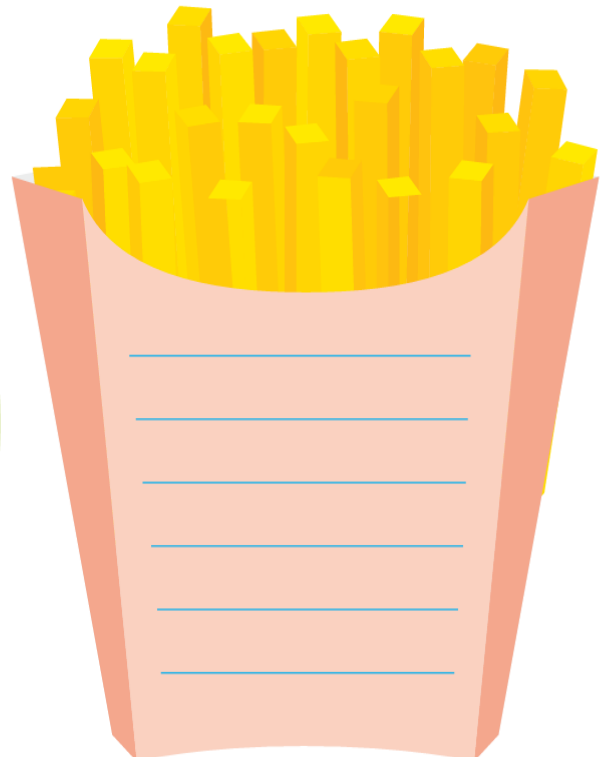
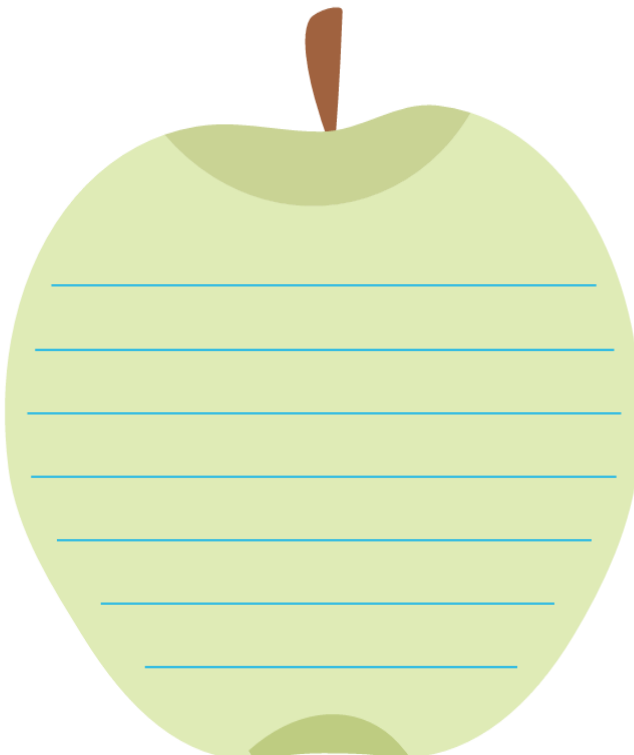
roasted chicken
and french fries

Breakfast	Lunch	Dinner

4 Read the definitions and decide where to put the foods from activity 2.
Add one item to each list.

Healthy food is good for you.
Combined with exercise, it benefits
your body and your mind.

Junk food can be bad for you
when you eat it in excess. It's
not nutritive.



Predict

5 Look at the pictures on page 118. What poster shows healthy food?

Reading

- 1 Which of these dishes are healthy?



- 2 Read about these three restaurants and the food they have.

Looking for Restaurants

Meat Star Supreme: We have the best hamburgers in town! Try our new super-size hamburger with double cheese and double meat. We also have the best french fries and chicken nuggets. Enjoy them with ketchup, mayonnaise or mustard.

Blue Ocean: Find the best fish in our restaurant. We have salmon, tuna, and different types of salads. We have rice and mashed potatoes, too. If it's cold, ask for our super fish soup, with potatoes, onions, carrots and basil. If it's raining, you get a discount!

The Green Zone: The best salads are here. We have a variety of vegetables -choose the ones you like and mix them to make your own salad. We use only olive oil and natural ingredients. Add chicken or fish to your salad.

Strategy

When identifying important ideas or specific details in a text, underlining is a great strategy to highlight these elements. Also, use it to mark words you don't know so you can check with a dictionary later.

Check Your Prediction

Discuss with a partner about what you consider healthy. Did you make similar predictions on page 117?

120



Complementary
Digital Activities



Look at the dishes. What restaurant do they represent? Tell a partner what elements from the images helped you.





4 Read again and answer the questions.

a. Which restaurant do you prefer? Why?

b. In which restaurant can you buy french fries?

c. In which restaurant can you have soup?

d. Which restaurants are the healthiest?

5 Draw a flyer for your own restaurant and write a short description. Don't forget to give it a name.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

12

6 Share your flyers with your classmates.