

I.C. RITA LEVI-MONTALCINI ISEO

a.s. 2015/2016

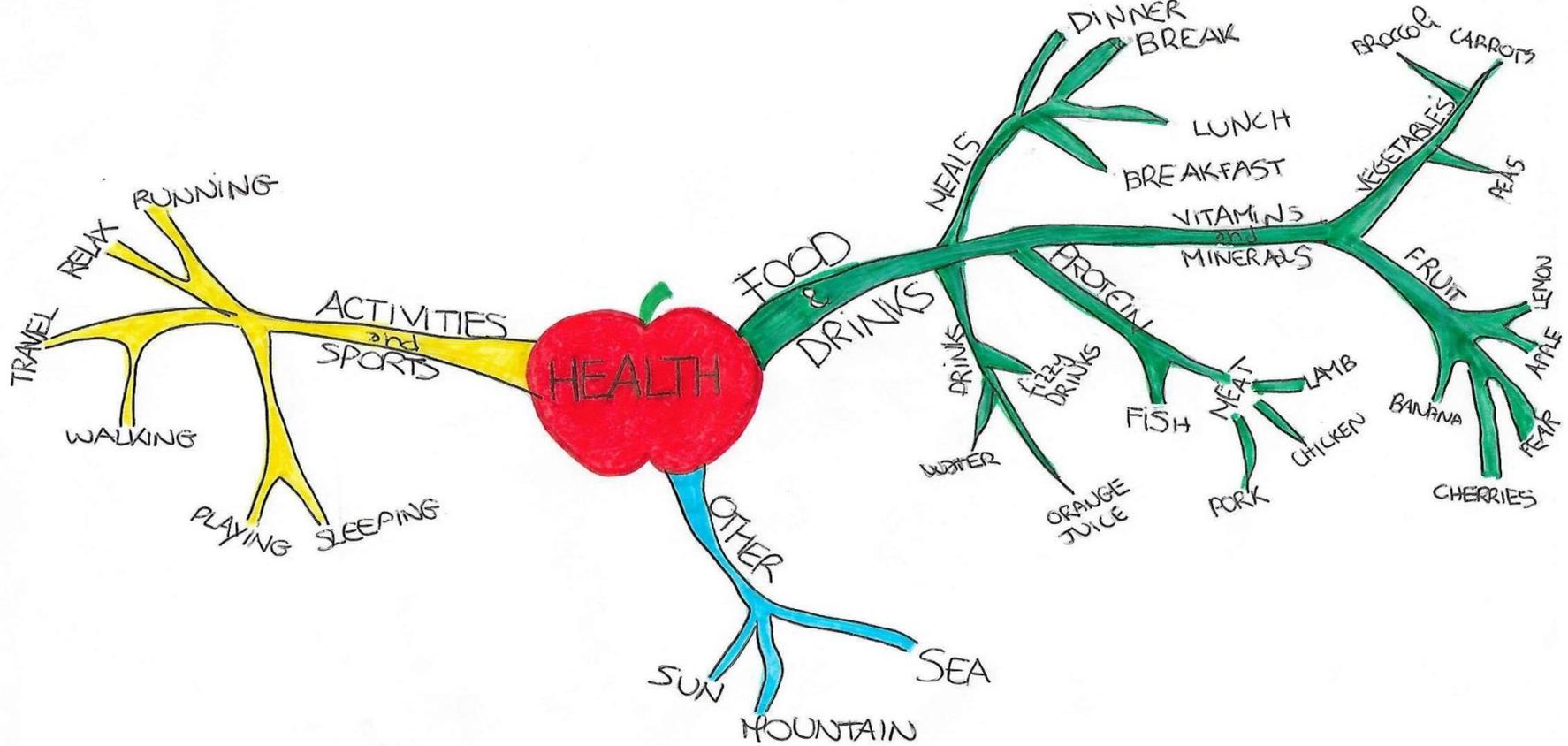
CLIL

HEALTH AND FOOD

Manganelli Genesisia- Tomaselli Pinuccia

Activity 1: brainstorming

Find The words linked to health



How can we classify these words?

Meals	Food & Drinks	Activities & Sports	Other
Breakfast	Water	Running	Sun
Break (snack)	Orange juice	Relaxing	Mountain
Lunch	Fizzy Drinks	Travelling	Sea
Dinner	Fish	Walking	
	Pork	Playing	
	Chicken	Sleeping	
	Lamb		
	Banana		
	Cherries		
	Pear		
	Apple		
	Lemon		
	Peas		
	Carrots		
	Broccoli		

Task

KEEP A FOOD DIARY

{ WEEKLY FOOD DIARY }							
	monday	tuesday	wednesday	thursday	friday	saturday	sunday
breakfast							
lunch							
dinner							
extras							

-Write what you eat for breakfast, lunch and dinner for one week

MY FOOD DIARY

				
	Breakfast	Lunch	Dinner	Snacks
Monday	YOGHURT	PASTA WITH FRESH TOMATOES AND MOZZARELLA CHEESE APPLE WATER	PIZZA APPLE WATER	
Tuesday	HOT MILK WITH BISCUITS	PORK MEAT, VEGETABLES, FRUIT WATER	RICE FISH APPLE WATER	BISCUITS
Wednesday	HOT MILK WITH A CROISSANT	MEAT, POTATOES APPLE FRUIT JUICE	RAVIOLI WITH HAM AND CREAM ORANGE WATER	
Thursday	WAFFLES AND FRUIT JUICE	PASTA VEGETABLES KIWI WATER	MEAT, MOZZARELLA CHEESE, TOMATOES APPLE WATER	A PIECE OF CAKE
Friday	YOGHURT WITH FRUIT	EGGS BANANA WATER	CHICKEN, POTATOES SAUSAGES FRUIT WATER	
Saturday	HOT TEA WITH BISCUITS	PASTA WITH TOMATO SAUCE ORANGE WATER	MEAT VEGETABLES FRUIT WATER	
Sunday	HOT MILK AND TOAST WITH JAM	MEAT FRUIT WATER	PIZZA FRUIT COLD TEA	A PIECE OF CAKE

Activity 3

Questionnaire about your eating habits

R : How often do you have breakfast in the morning?

You:.....

R. What do you drink and what do you eat for breakfast?

You:

R: Do you have a snack at school?

You:

R.: How often do you eat pasta for lunch?

You:

R: How often do you eat meat during the week?

You:

R: Do you eat vegetables and fruit with your meals?

You:

R: How often do you eat fish?

You:.....

R.: Do you like fast food?

You:I love.....

R: How often do you eat hamburgers, hot dogs, fish and chips.....?

You:

R: What do you eat as a snack in the afternoon?

You:?

R: What do you drink with your meals?

You:

Activity 4

Read the text and find out the five food groups

BALANCING ACT !

If you want to be healthy, a balanced diet is very important. Food gives us the energy and nutrients we need to live. There are no good and bad foods, but we need to get the right amount of each type of food to be strong and fit. Junk food and fast food are high in fats and sugar. These foods might be delicious and it's OK to enjoy them sometimes, but don't forget “ **an apple a day keeps the doctor away**”.

The five food groups

Everything we eat is from one of the five different food groups. Every day, our bodies need protein, carbohydrates and healthy fats to give us energy and good health.

Meat, fish and eggs: This group also includes beans and nuts. These foods have protein and this helps us grow.

Bread and cereals: Potatoes are in this group too. These foods give us energy.

Fruit and vegetables: It is very important to eat fruit and vegetables. These foods help our digestion and have lots of vitamins and minerals.

Milk and dairy: These foods have calcium, which is important for our bones and teeth.

Fats and sugars: These foods are not very good for us so it is important not to eat them very often.

If you have a balanced diet, you will have more energy for school, for friends and for your hobbies.

(www.macmillanenglish.com/inspiration)

WRITE THE FIVE FOOD GROUPS

MATCH THE NUTRIENTS WITH THEIR FUNCTIONS

1- FRUIT AND VEGETABLES

2- CARBOHYDRATES

3- DAIRY PRODUCTS

4- FATS AND SUGARS

5- PROTEINS

A- CONTAIN CALCIUM THAT IS REALLY IMPORTANT FOR OUR TEETH AND BONES

B- ARE NOT VERY GOOD FOR US

C- HELP US TO GROW

D- HAVE LOTS OF VITAMINS AND MINERALS

E- GIVE US ENERGY

1

2

3

4

5

Read about the calories

CALORIES

The amount of energy in food is measured in calories and each food has a different number of calories depending on the amount of carbohydrates, protein and fats in it. The number of calories a person needs in a day depends on his/her age and activity. Look at the table and profiles below.

	CALORIES NEEDED PER DAY
ADULT (VERY ACTIVE)	MAN: 3,000- 3,500 WOMAN:2,500-2,750
ADULT (LESS ACTIVE)	MAN: 2,300- 2,750 WOMAN:2,000-2,300
TEENAGER	2,000-2,700
CHILD	1,750-2,000

Task: group work

Read the texts and talk about the number of calories required. Find a solution

1. Alice is fifteen. She goes to school every day. After school she goes to the shops with her friends and twice a week she has a clarinet lesson. She takes part in her sports lessons at school, but she doesn't usually do any other sports.

Calories.....

2. Alice's little brother is eight. He plays a lot of different sports and he does at least one activity every afternoon.

Calories.....

3. Alice's mum is forty-two. She works in an office and spends a lot of time sitting in front of a computer. After work she looks after her children and takes her son to do various sports.

Calories.....

4. Alice's dad is forty-five. He is a busy doctor and works long hours. Two or three times a week he goes to the gym or the swimming pool after work.

Calories.....

Group work

Task:

- Look for pictures related to five groups and create your group pyramid.*
- Compare your pyramid with the official one.*
- Express your opinion about the pyramid*

Food pyramid by students

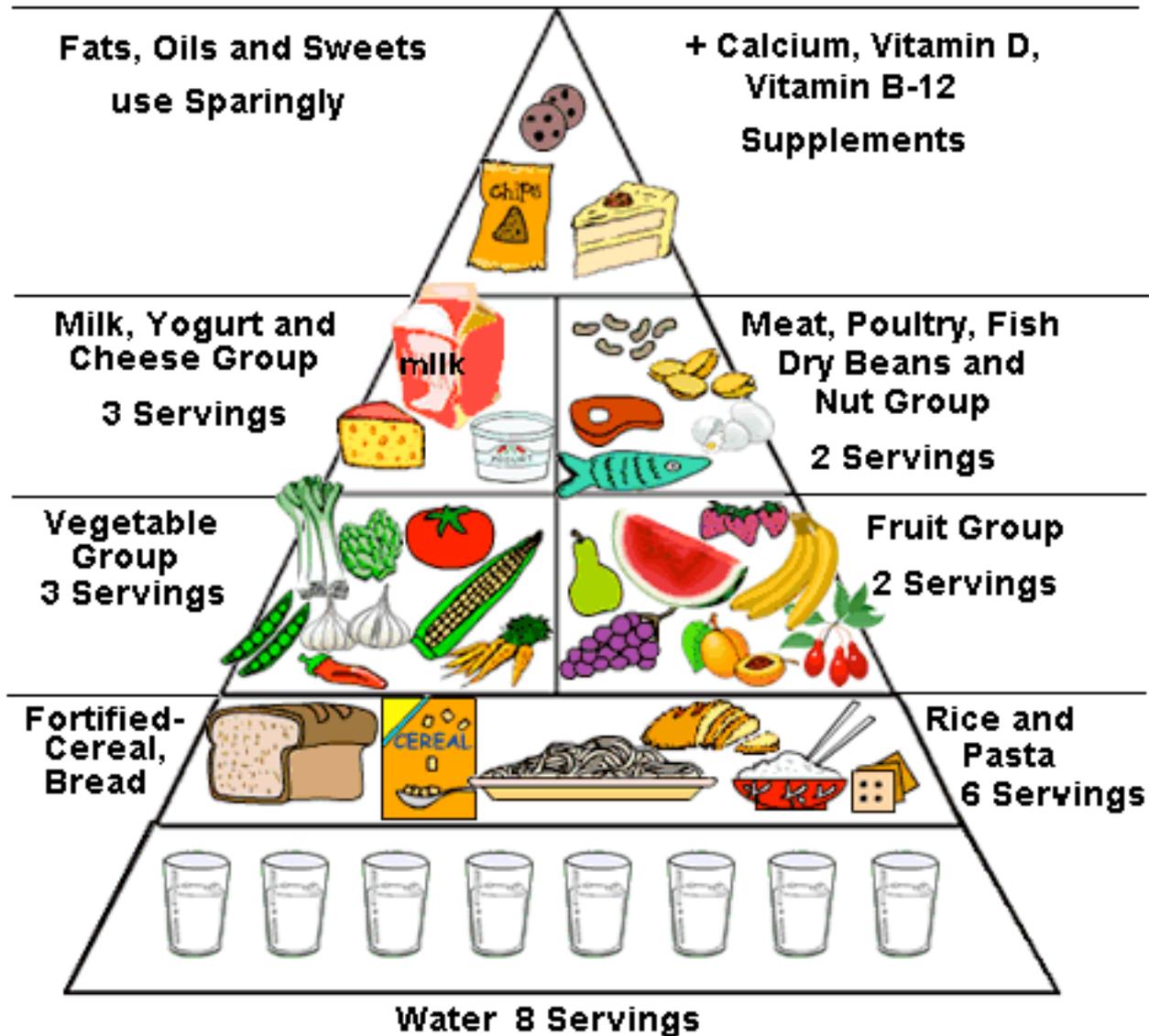
FOOD PYRAMID

- IT'S THE FOOD GUIDE. IT SHOWS US HOW TO EAT HEALTHY
- IT SHOWS HOW MUCH FOOD WE NEED FROM EACH FOOD GROUP.



FOOD PYRAMID

from the science book



FASE 2

VITAMINS AND MINERALS



VITAMINS AND MINERALS

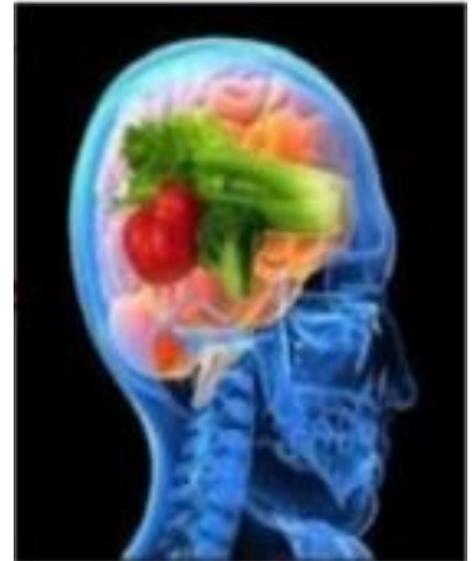
-vitamins are organic substances (made by plants or animals)

-minerals are inorganic elements that come from the earth; soil and water are absorbed by plants. Animals and humans absorb minerals from the plants they eat.

-vitamins and minerals are nutrients that your body needs to grow and develop normally

The main function of vitamins and minerals is **to regulate body functions**

Vitamins and minerals must be ingested everyday-and are found in foods like fresh fruit & vegetables nutrient-dense protein foods and whole grains.



What are Vitamins?

Vitamins are substances that are found in foods we eat. Your body needs them to work properly, so you grow and develop just like you should.

TYPES OF VITAMINS ARE A, B, C, D, E and K

Why is Vitamin A Important?



Vitamin A

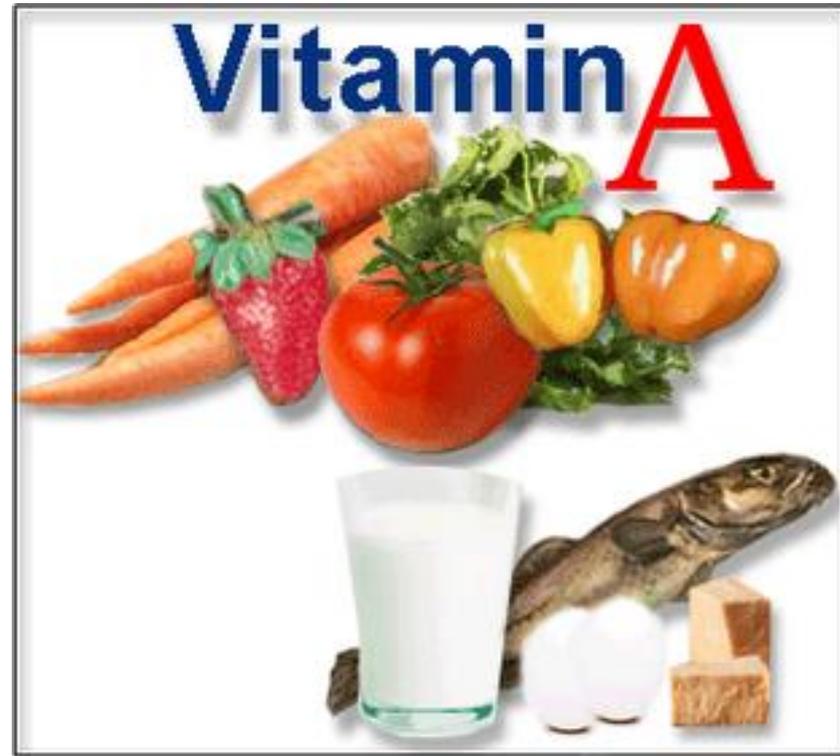
Function: To promote good vision, normal growth and healthy nerve function

Sources: Liver, yellow and orange fruits and vegetables, pears, and broccoli

Prevents: skin problems and unhealthy hair, poor vision and night blindness

Which foods are rich in vitamin A?

- milk fortified with vitamin A
- liver
- orange fruits and vegetables (like cantaloupe, carrots, sweet potatoes)
- dark green leafy vegetables (like kale, collards, spinach)



Why is Vitamin D Important?

vitamin D is the vitamin you need for strong bones! It's also great for forming strong teeth.



Vitamin D



Function: Formation of strong Bones & Teeth

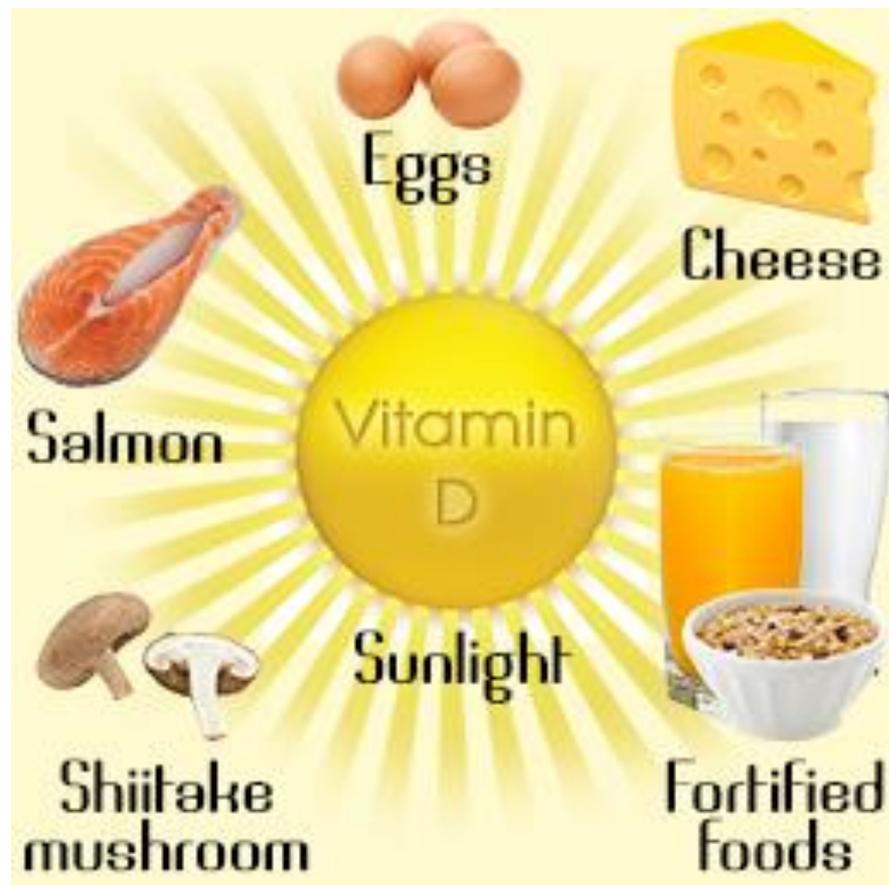
Sources: Dairy Products, seafood, eggs, mushrooms, cereal, pork, sunshine

Prevents: Malabsorption of calcium; Rickets / Osteoporosis



Which foods are rich in vitamin D?

- Milk fortified with vitamin D
- Fish
- Egg yolks
- Liver
- Fortified cereals



Rickets



A **deficiency** disease resulting from a lack of Vitamin D or from insufficient exposure to sunlight

Characterized by the softening of developing bones, bow legs, malnutrition, and the enlargement of the liver and spleen

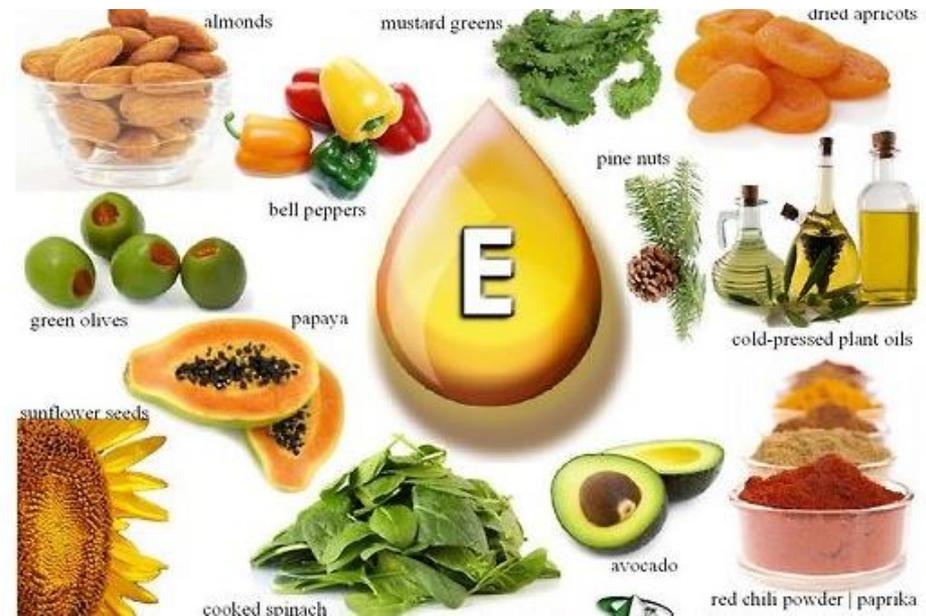


VITAMIN E

Function: Antioxidant; slows down ageing, promotes healthy skin and hair

Sources: Nuts, seeds, green leafy vegetables, avocados, grains

Prevents: Cellular degeneration



Activity 1

Write the vitamin present in these foods



Vitamin K

Function: Assists with blood clotting; essential for bone healing and body repair.

Source: Dark green, leafy vegetables, cabbage, liver, cauliflower.

Prevents: Hemorrhaging



B Vitamins....

“Vitamin Complex”
a GROUP of vitamins.....

B1 = Thiamine

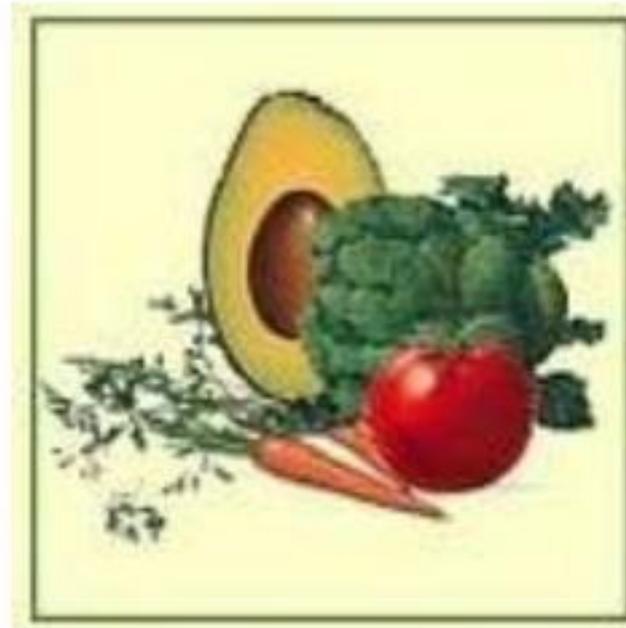
B2 = Riboflavin

B3 = Niacin

B6 = Pyridoxine

B9 = Folacin / Folic Acid

B12 = Cobalamin



Why are B Vitamins important?

-B vitamins are important in metabolic activity- this means that they help make energy and release it when your body needs it

-This group of vitamins is also involved in making red blood cells, which carry oxygen throughout your body. Every part of your body needs oxygen to work properly, so these B vitamins have a really important job.

B₁

B₃

Which foods are rich in B Vitamins?

-Whole grains

-Fish and seafood

-Poultry and meats

-Eggs

-Dairy products, like milk and yoghurt

-Leafy green vegetables

-Beans and peas

B₂

B₆

B₁₂

Vitamin C

(ascorbic acid)

Function: To help in wound healing, to promote a healthy immune system, to form collagen

Sources: Citrus fruit, cantaloupe, strawberries, pineapple, broccoli

Prevents: Scurvy



Which foods are rich in Vitamin C?

-citrus fruits, like orange

-cantaloupe

-strawberries

-tomatoes

-broccoli

-cabbage

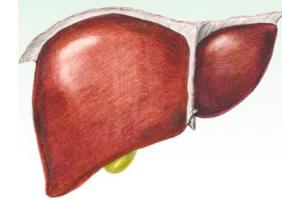
-kiwi fruit

-sweet red peppers

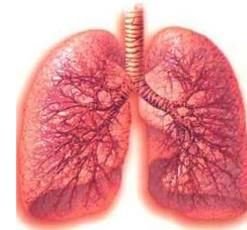


Why is Vitamin E important?

-Everybody needs vitamin E. This hard-working vitamin maintains a lot of your body's tissues, like the ones in your eyes, skin and liver.



-It protects your lungs from becoming damaged by polluted air.



-It is important for the formation of red blood cells



WHICH FOODS ARE RICH IN VITAMIN E?

- whole grains
- wheat germ
- leafy green vegetables
- sardines
- egg yolks
- nuts and seeds



Task1

Insert the correct Vitamins

Vitamin	What it does	Found in
	Makes red blood cells	Meat, fish, beans, cheese
	Builds strong bones and teeth	Dairy products, egg yolk, sunlight
	Important for eyesight, growth, skin	Carrots, yellow fruits, green leafy vegetables
	Keeps skin looking young	Citrus fruits, tomatoes, broccoli

Listening task2:

<https://www.youtube.com/watch?v=GaLvxVnn8Yg>

Listen, watch and complete the sentences of the song:

Food groups are rocking tonight

1) Vegetables keep our bodies.....from.....out!

1) We need diary products like milk and cheese to keep.....growing.....

1) Apples, bananas and oranges are fruits that contain lots of.....

1) Cereals and bread give us....., the fuel your body needs.....

1) Proteins like....., fish and.....help you build....., so you can play.....

Eating advice

Eat.....from
each.....every..... and if
you do,

I promise you

you'll chase those.....!

VITAMINS AND MINERALS

-VITAMINS AND MINERALS ARE NEEDED TO KEEP HEALTHY AND FIT

-TYPES OF VITAMINS ARE A, B, C, D, E AND K

-DIFFERENT TYPES OF MINERALS ARE: PHOSPHORUS, IRON, ZINC,
MAGNESIUM

CALCIUM

FUNCTION

- Helps bones, teeth, blood serum, clotting, muscles, nerves

PREVENTS

- osteoporosis

SOURCES

- milk
- dates
- broccoli
- green vegetables: especially spinach



PHOSPHOROUS

FUNCTION

- To release energy
- Cell formation
- To combine with calcium

PREVENTS

- osteoporosis

SOURCES

- milk
- avocados
- raisins
- Whole grains
- meat
- eggs



POTASSIUM

FUNCTION

- To regulate fluids, heart and other muscles, nerves



SOURCES

- oranges
- peaches
- pears
- bananas
- dates
- apples
- avocados
- raisins



Activity3

MATCH THE MINERALS WITH THEIR FUNCTIONS

1. It helps bones

2. It provides energy

3. It regulates fluids

a. Calcium

b. Potassium

c. Phosphorous

SODIUM

FUNCTION

- To regulate fluids, heart and other muscles, nerves

SOURCES

- table salt
- cured meats
- packaged foods



ZINC FUNCTION

- Growth
- Body maintenance
- Hormones

Contributes to growth
and wound healing

SOURCES

- avocados
- raisins
- dairy products
- whole grains
- meats
- Poultry
- fish



IRON

FUNCTION

- To form haemoglobin
- Carries oxygen to cells

PREVENTS

- iron deficiency anaemia

SOURCES

- dates
- dried fruits
- eggs
- legumes
- whole grains
- dark leafy vegetables
- red meats



IODINE

FUNCTION

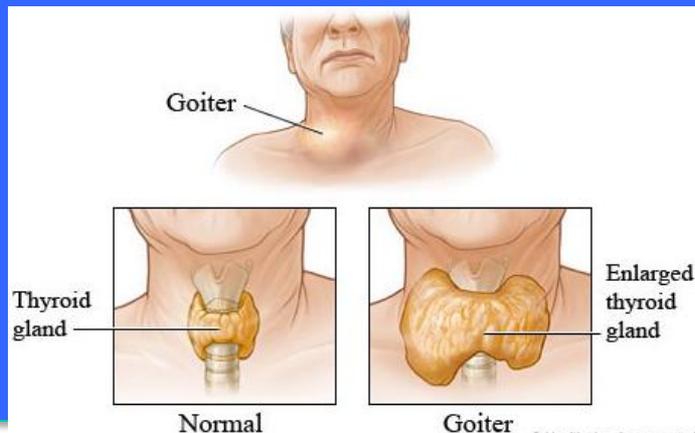
- To regulate thyroid growth, Development and metabolic rate

PREVENTS

- Goiter

SOURCES

- Salt water fish
- Iodized table salt



Activity 3

MATCH THE MINERALS WITH THEIR FUNCTIONS

1. It carries oxygen to cells

a. Iodine

2. It contributes to growth

b. Iron

3. It prevents Goiter

c. Zinc

Task4: Watch the video and answer the questions

Jamie's dream School/ Jamie vs nuggets

<https://www.youtube.com/watch?v=RKCYucvop1U>

Questionnaire:

- 1) Why do people usually buy processed and frozen foods?
- 2) How many ingredients are there in the frozen nuggets pack?
- 3) Are the British students shocked when they find out the number of additives?
- 4) What are the ingredients for fresh chicken nuggets?
- 5) How long does it take to cook fresh chicken nuggets?
- 6) Do the British students prefer to cook frozen nuggets or fresh nuggets?

Final discussion: From the past to the present
Are there any changes in our eating habits?

OUR SNACKS AT SCHOOL

2nd March 2016



OUR SNACKS AT SCHOOL

18th April 2016



Verifica finale

Name..... Surname.....class.....date.....

English test

Skills test

Listening (from Your Space test book, CambridgeU.P)

Listen to Ollie who talks about his weekly diet. Are the following sentences TRUE (T) or FALSE (F)? Correct the false ones.

- 1.Ollie never has chips for lunch at his school. T F
- 2.Ollie doesn't like the food at his school. T F.....
- 3.Ollie is a vegeterian T F.....
4. Ollie usually has a jacket potato on Tuesdays T F.....
5. Ollie loves pasta with tomato sauce T F.....
6. Ollie usually eats lunch with his best friends T F.....
7. Ollie never goes to a fast food restaurant T F.....
- 8.Ollie often eats burgers for lunch. T F.....
- 9.Ollie loves chicken with vegetables T F.....
10. Ollie's mum cooks vegetables very well T F.....

Name..... Surname.....class.....date.....

English

Skills test

Listening (BES)

Listen to Ollie who talks about his weekly diet. Are the following sentences TRUE (T) or FALSE (F)?

- | | | |
|---|---|---|
| 1. Ollie never has chips for lunch at his school. | T | F |
| 2. Ollie doesn't like the food at his school. | T | F |
| 3. Ollie is a vegetarian | T | F |
| 4. Ollie usually has a jacket potato on Tuesdays | T | F |
| 5. Ollie loves pasta with tomato sauce | T | F |
| 6. Ollie usually eats lunch with his best friends | T | F |
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| 10. Ollie's mum cooks vegetables very well | T | F |

READING COMPREHENSION

Sam Stern: Cooking up a Storm

1) Sam Stern is only 16 years old, but he's already a famous chef! He's the author of a cook book for teenagers, Cooking up a Storm. It is a teen survival cook book and it shows teenagers how to cook simple, healthy food for all situations – from a quick breakfast to a big Sunday dinner.

2) Sam thinks teenagers today don't have a very healthy diet. They eat a lot of fast food, for example chips and burgers, and they don't eat much fruit or many vegetables. He also thinks that young people in Britain don't cook much and he wants teenagers to spend more time in the kitchen and to experiment with food.

3) Sam's got a big family. He lives with his mum and dad. He's also got three sisters and a brother. He often cooks for them. His favourite family dinner is roast chicken with roast potatoes and vegetables and then chocolate mousse for dessert. He also loves Chinese food.

4) Sam isn't always in the kitchen, of course. He's a normal teenager. He goes to the local school and he plays football in the school team. In his free time, he listens to music and watches TV. He really likes *The Apprentice*, *Lost* and *Smallville*.

But cooking is his passion. He writes a regular cookery blog and has his own website with recipes and cooking tips. At the moment he's writing another book and he wants to be a professional chef and food writer when he leaves school.

Read the text and write in which paragraph you find the following information.

- | | |
|--|----------------|
| A Information about Sam's family | paragraph ____ |
| B Sam's opinion of teenagers' eating habits | paragraph ____ |
| C information about Sam and his book | paragraph ____ |
| D information about Sam's free time activities | paragraph ____ |

Say if the sentences are T (true) F (false) o NT (not in the text). Correct the false ones.

- | | | | |
|---|---|---|----|
| 1) Sam is eighteen years old | T | F | NT |
| 2) He can cook simple and healthy food | T | F | NT |
| 3) He seldom(raramente) cooks for his family | T | F | NT |
| 4) He likes Chinese food very much | T | F | NT |
| 5) In his free time Sam plays football twice a week | T | F | NT |
| 6) One of his favourite TV programmes is Lost | T | F | NT |
| 7) Sam thinks that teenagers don't eat much fruit | T | F | NT |
| 8) Teenagers eat a lot of junk food | T | F | NT |
| 9) Sam's mum doesn't usually cook roast chicken | T | F | NT |
| 10) He wants to be a professional footballer
in the future | T | F | NT |

...../ 13

READING COMPREHENSION (BES)

Sam Stern: Cooking up a Storm

1) Sam Stern is only 16 years old, but he's already a famous chef! **He's the author of a cook book for teenagers, *Cooking up a Storm*. It is a teen survival cook book and it shows teenagers how to cook simple, healthy food for all situations** – from a quick breakfast to a big Sunday dinner.

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A Information about Sam's family paragraph ____

B Sam's opinion of teenagers' eating habits paragraph ____

C information about Sam and his book paragraph ____

D information about Sam's free time activities paragraph ____

...../4

WRITING (BES)

Write an E-mail to Frances telling her about your diet.

Include the following information:

- * tell her what you eat for breakfast, lunch and dinner
- * say what you eat as a snack at school
- * tell Frances how often you eat junk food or fast food
- * say what you drink with your meals
- * express your opinion about your diet (balanced/healthy/unhealthy.....)

To.....

From.....

Subject.....

Dear Frances.

I'mand I want to tell you about my diet.

In the morning I have breakfast: I eat

**and I drink At school I have/ don't have
a snack at breaktime**

For lunch I usually have

and I drink

For dinner I eat

and I drink

I think my diet is

Love,

.....

Oral test

Dialogue

Pair work: speaking activity

Tell the doctor about your eating habits....

At the health centre....

Doctor: Good morning

you: Good morning

Doctor: Can I ask you some questions about your eating habits?

you: Sure

Doctor: How old are you?

you: I'm 13 years old

Doctor: How often do you do sport?

you: I do sport twice a week: I always swim in the pool, I ski in winter and in summer I go canoeing

Doctor: How often do you have breakfast in the morning?

you: I always have breakfast in the morning, I eat biscuits and I drink hot milk with some honey.

Doctor: do you have a snack at school?

you: yes, I eat some fresh fruit or a crumbant

Doctor: What do you usually eat for lunch?

you: I usually eat pasta or rice

Doctor: How often do you eat meat or fish?

you: I eat meat or fish five times a week and on Sunday I usually eat grilled meat

Doctor: do you eat fresh fruit or vegetables with your meals?

you: yes I do, I eat three portions of vegetables a day

Doctor: How often do you eat fast food?

you: I rarely eat fast food because I think it is unhealthy

Doctor: Great! I think your diet is balanced and your eating habits are really healthy

Complete the sentences with the correct words

Carbohydrates- digestion-fats-protein-stomach-vitamins

Food in my family is very important. At breakfast, we eat.....(bread),.....(milk) and(fruit). We prefer healthy food and we don't eat too many..... My dad loves all types of food. He is just worried about his.....and his.....

Comprehension

Are these sentences true (T) or false (F)? Correct the false ones

- Vitamin A builds red blood cells T F
- Vitamin D and calcium build strong bones and teeth T F
- Proteins build our muscles and organs T F
- We need to drink two litres of water a day T F
- Calories measure the amount of energy in food T F
- Foods are divided into three groups: carbohydrates, proteins and amino acids T F