



**Dear teachers, please do not teach this page.**

亲爱的小朋友们，此页是为老师准备的教学目标页。

## **You are going to learn:**



**Topic:** Eating Habits – A Variety of Food



**Key words:** nutrient, protein, carbohydrate, risk



**Grammar:** Simple present tense



# Are You Ready?

**Listen to me.**



**Look at me.**

# A VARIETY OF FOOD

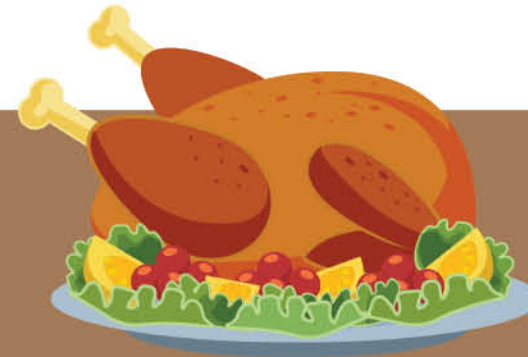


Classic English Junior Level 6 - Unit 3 - Lesson 5

CONVERSATION

**WARM-UP**

Which of these would you like to eat?





## • LET'S PREPARE! •

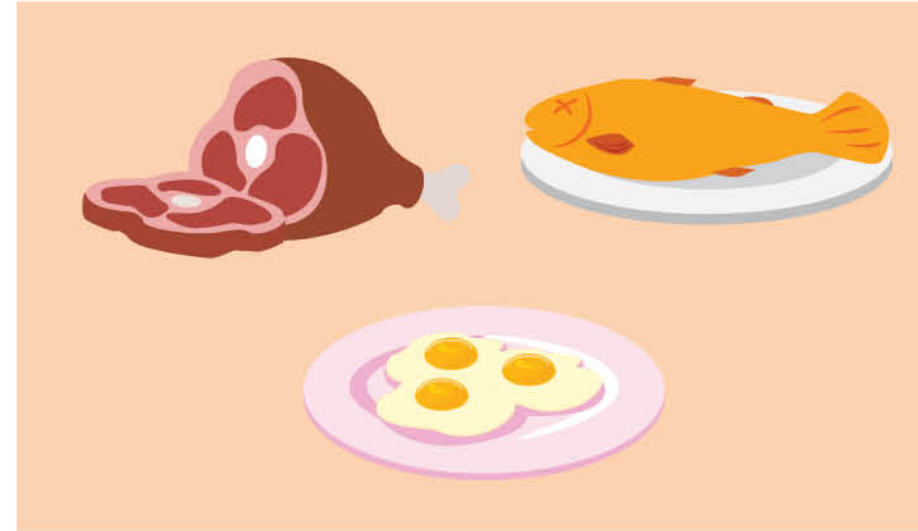
## VOCABULARY

nu • tri • ent



Fruits and vegetables give us important **nutrients**.

pro • tein



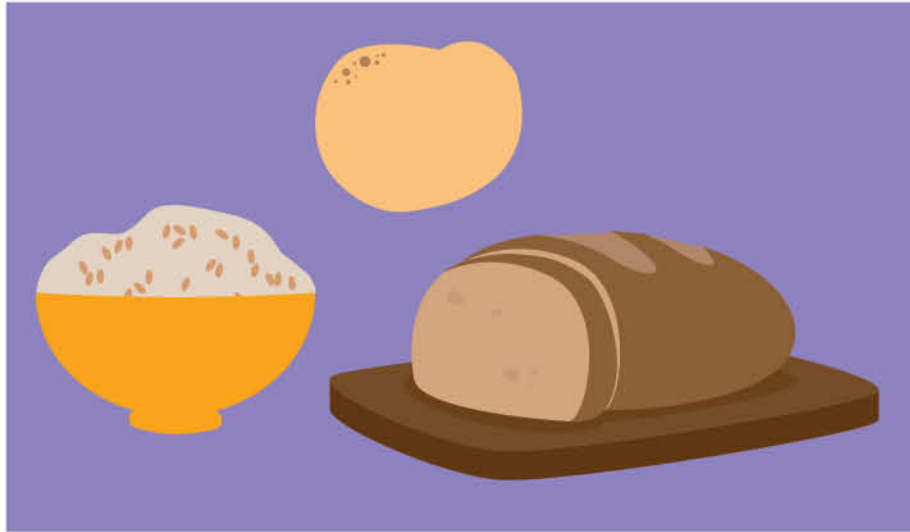
Meat, fish, and eggs are good sources of **protein**.



What kinds of food do you eat that have a lot of protein?

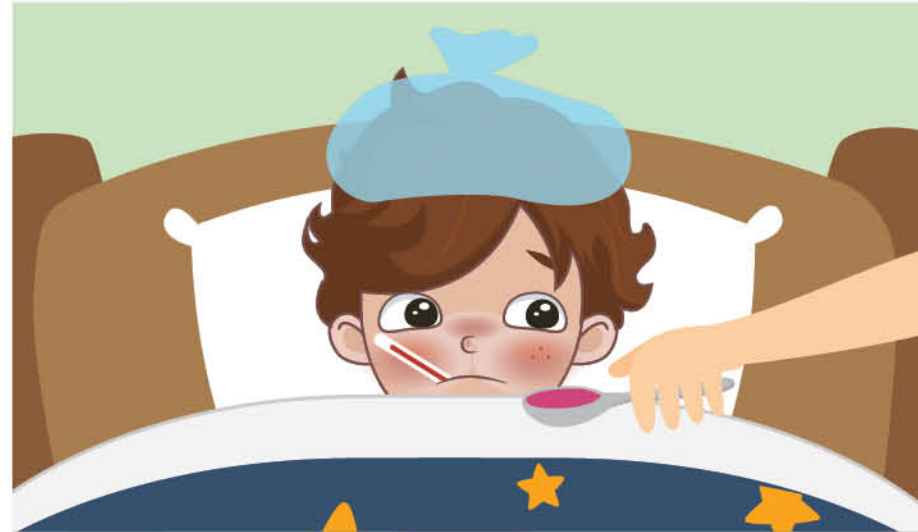
## VOCABULARY

car • bo • hy • drate



Bread, rice, and potatoes are rich in **carbohydrates**.

risk



If you don't eat fruits and vegetables, you have a higher **risk** of getting sick.



What kinds of food should you eat to lower the risk of disease?

# GRAMMAR

## Simple present tense

- We use the simple present tense to describe things that are currently or are always happening.

He **enjoys** eating fries.

I **eat** popcorn whenever I watch a movie.

- In addition, we can use the simple present when talking about facts.

Carrots **have** vitamin A.



### Make sentences using the simple present tense.

1. food you often eat in school  
e.g. I often **eat** pork at school.
2. what happens when you eat too much
3. the taste of your favorite dish



## • LET'S TALK! •

## CONVERSATION



It's a rainy day. Timmy and Cindy stay indoors and eat noodles at Cindy's house.





Why don't you add vegetables to your noodles, Timmy? Vegetables have vitamins and minerals that help you stay healthy.

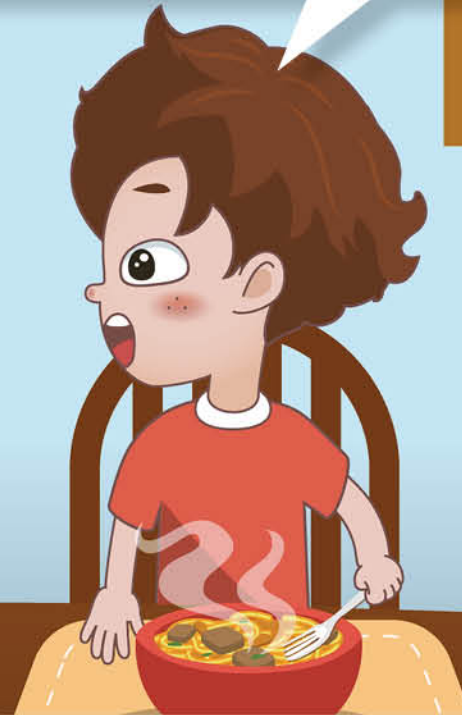
Meat is healthy too, right? It has **protein** which helps the body grow and get stronger.



What do meat and vegetables have which help the body?

Yes, meat is good too. But you need to eat a variety of food so you can get all the **nutrients** that your body needs.

Are you saying that the nutrients in meat and noodles aren't enough? Noodles have **carbohydrates** and meat has protein.



Why does Timmy need to eat a variety of food?



Eating just noodles and meat isn't enough. You also need fruits and vegetables which provide nutrients that noodles and meat don't have.

I don't like fruits and vegetables. When I'm not eating noodles, I **eat** pizza!

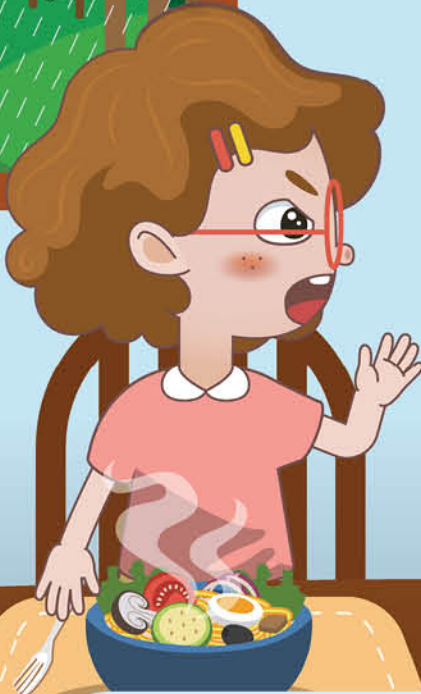


Why is it important to eat fruit and vegetables?



Oh, but pizza has a lot of unhealthy fats! Unhealthy fats increase your **risk** of heart disease!

Do you mean there are healthy fats?



What do unhealthy fats do?



Yes, there are. Fish, walnuts, and olive oil have healthy fats which reduce the risk of heart disease.

All right, I will try to eat healthy food, but for now, please let me enjoy my meat and noodles.



**What are some examples of food that reduce the risk of heart disease?**

## • LET'S PRACTICE! •

**ACTIVITY**

**Talk about what you and your family eat every day.**

e.g.

I eat bread every morning.

My mom prepares lunch.

My grandfather gives me a cookie in the afternoon.



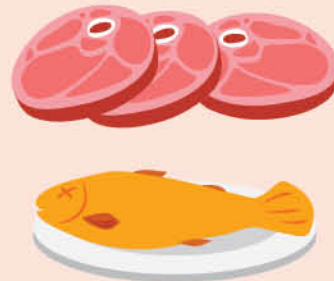
**ACTIVITY**

Talk about the following types of food using the hints.

Sample answer:



Vegetables have vitamins and minerals that help you stay healthy.



**HINTS**  
nutrients  
protein



**HINTS**  
carbohydrates  
energy



**HINTS**  
healthy  
fat

## ACTIVITY

Give advice to a friend who only eats pizza but wants to be healthy.  
Use the hints below.

### HINTS

every day  
nutrients  
protein  
carbohydrates  
healthy fat  
risk





## Today we learned:

Let's see how many new words you learned.

KEY WORDS					
	Pronunciation check			Comprehension check	
	Awesome	Good	Needs Improvement	Yes	No
nutrient					
protein					
carbohydrate					
risk					

## Today we learned:

Let's see if you can make a sentence using the simple present tense.

GRAMMAR						
	Fluency			Accuracy		
	Awesome	Good	Needs Improvement	Awesome	Good	Needs Improvement
Simple present tense						



**SEE YOU  
SOON!**

**51Talk**