



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 – Different Diets



Key words: diet, fit, nutrition, important, nutritious, occasionally, depend, available



Genre: Informational text



Are You Ready?

Listen to me.



Look at me.

DIFFERENT DIETS

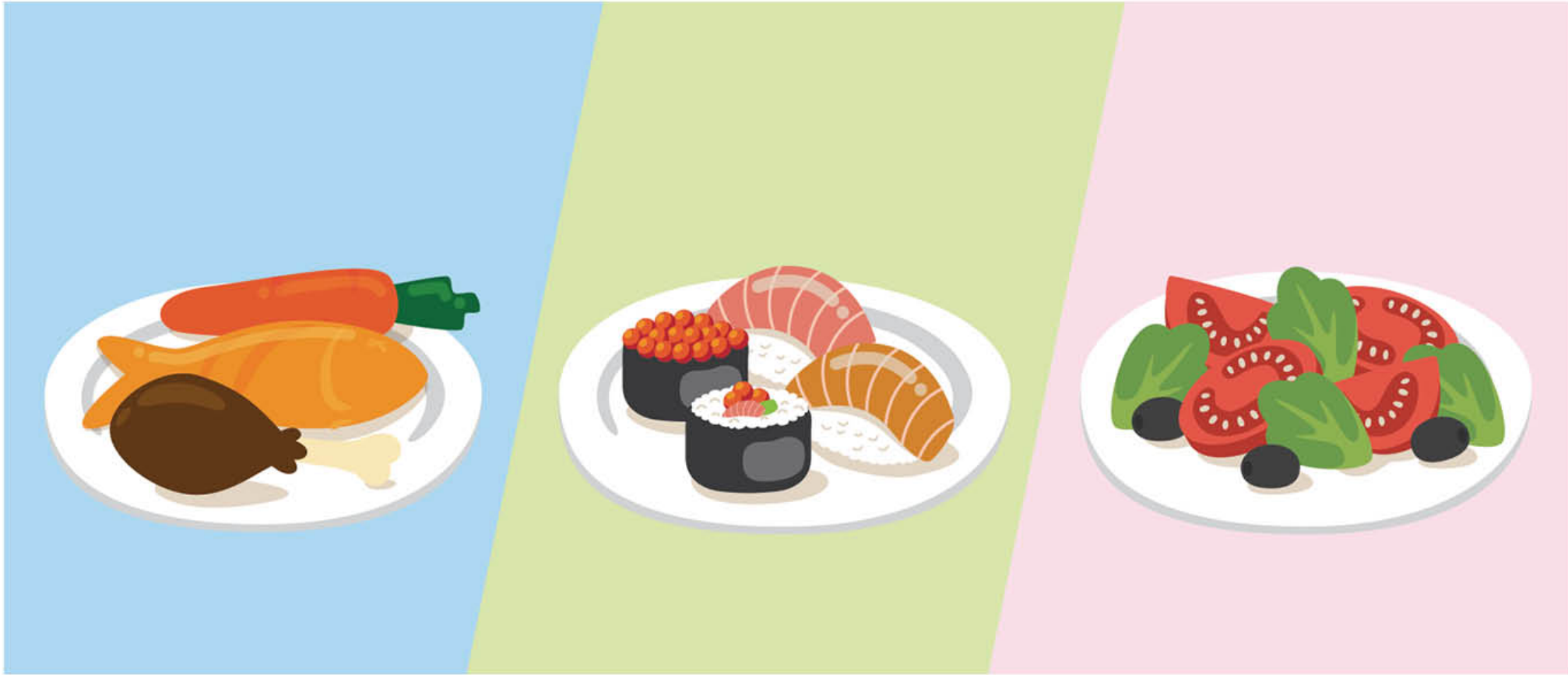


Classic English Junior Level 6 - Unit 3 - Lesson 2

FAST READING

WARM-UP

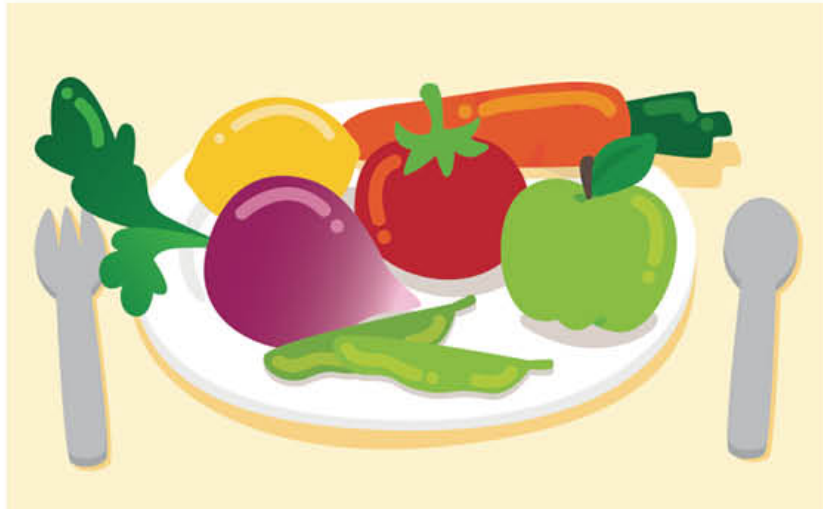
What do you usually eat for breakfast, lunch, and dinner?



• LET'S PREPARE! •

VOCABULARY

di • et



Fruits and vegetables are part of a healthy **diet**.

fit



Exercise and a good diet can make us **fit**.



What kinds of food are part of a healthy diet?

VOCABULARY

nu • tri • tion



We get a lot of good **nutrition** from fresh vegetables.

im • por • tant



Many experts say that milk is an **important** part of our diet.



What food is important in your diet?

VOCABULARY

nu • tri • tious



She eats **nutritious** food, such as fruits and vegetables.

oc • ca • sion • al • ly



My father **occasionally** eats chocolate. He doesn't like sweets as much as I do.



What are examples of nutritious food?

VOCABULARY

de•pend



The sweetness of the coffee **depends** on the amount of sugar you put in it.

avail•able



My aunt usually cooks food using ingredients that are **available** in her garden.



What ingredients are always available at your home?

GENRE

Informational text

Nonfiction refers to fact-based literature, stories, and opinions about real people, animals, things, or events. **Informational text** is a kind of nonfiction that does not make use of characters.

There is a diet called the Weight Watchers diet. It is followed by an international group called Weight Watchers. Members of this group attend regular meetings where they learn about nutrition and exercise to lose weight. They are encouraged to eat more fruits and vegetables, and eat less sugar and fat.



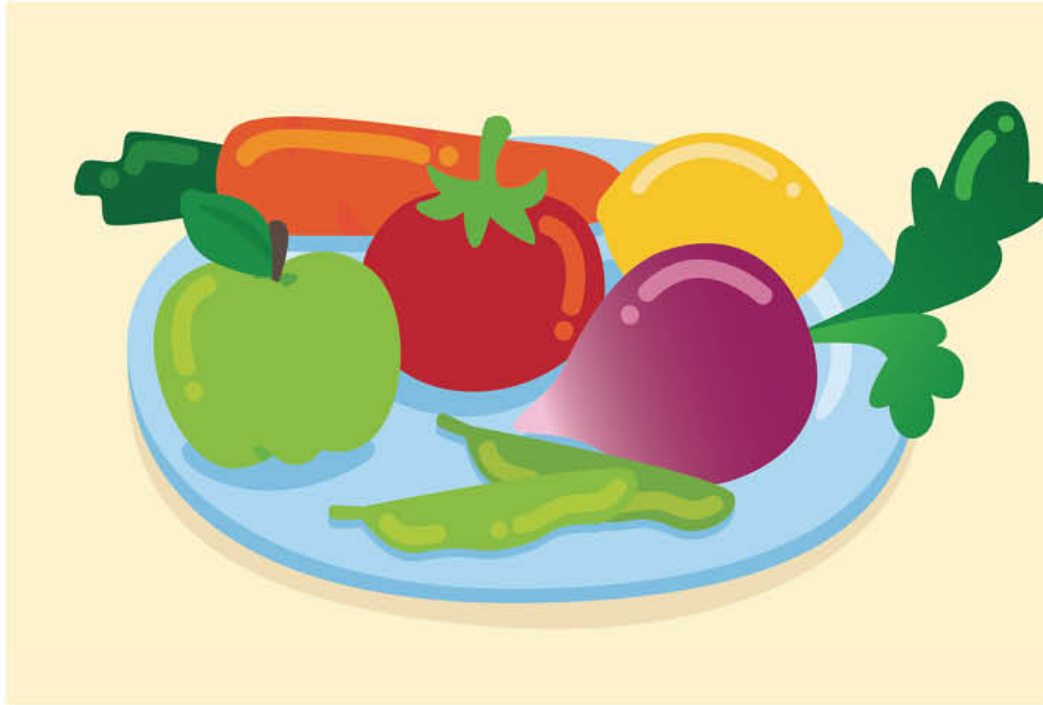
Answer the questions.

1. What is the topic of the passage?
2. What is the genre of the passage?



• LET'S READ! •

Do you usually eat more vegetables, fruits, or meat?



FAST READING

DIFFERENT DIETS

People eat different kinds of food for different reasons. Some want to lose weight while others want to gain weight. Some eat certain kinds of food to live a long and healthy life. Some eat **depending** on the food most **available** to them. There are different kinds of **diets** for different reasons.



What kinds of food do you usually eat?

One of the most popular diets is the vegetarian diet. Vegetarians eat vegetables, fruits, and grains. They don't eat meat or other food from animals, like honey and cheese. However, there are vegetarians who sometimes eat eggs.

VEGETARIAN DIET



What don't vegetarians eat?

The raw food diet is similar to the vegetarian diet.

But people on a raw food diet believe that we should eat food that's not cooked. They think eating raw food helps people become healthy and **fit**.

Their diet includes fresh fruits and vegetables, purified water, sushi, kimchi, and milk from coconuts.

RAW FOOD DIET



How would you describe the raw food diet?

On the Paleo diet, people avoid food with sugar except the sugar found in fruits. Food such as bread, cheese, ham, sausage, and canned food are not included in their diet. People on the Paleo diet also get **nutrition** from vegetables, nuts, oils, eggs, and meat like fish, turkey, and goose.

PALEO DIET



What kinds of food are not included in the Paleo diet?

People on the Mediterranean diet follow the good eating habits of many Italians and Greeks. For them, it's **important** to eat **nutritious** plant-based food, including beans, nuts, whole grains, and seeds. They **occasionally** eat red meat and only have four eggs a week. For dessert, they eat fresh fruit.

MEDITERRANEAN DIET



What are some eating habits of Italians and Greeks?

• LET'S PRACTICE! •

ACTIVITY

Guess the word from the story.

1. This is what people on Mediterranean diet think of eating beans, nuts, grains, and seeds: _____
2. This is what people on the Paleo diet get from fish, nuts, and oil: _____
3. This is what people on the raw food diet believe they become when they eat raw food: _____
4. This is the kind and amount of food that a person eats to improve health, lose weight, etc.: _____

ACTIVITY

Complete each sentence using the pictures in the box.

HINTS

1. My mother makes sure that we regularly eat _____ food.
2. We used to eat red meat often. These days we just have it _____.
3. She has an herb garden where fresh ingredients are always _____.
4. Our meals usually _____ on the vegetables in the garden.

ACTIVITY

You need to write an informational text about the Weight Watchers diet. Which statements would you include? Explain your answer.

- ☐ It's followed by an international group called Weight Watchers.
- ☐ People who follow this diet are encouraged to eat more fruits and vegetables, and less sugar and fat.
- ☐ People on this diet follow the good eating habits of many Italians and Greeks.
- ☐ They don't eat meat or other food from animals, like honey and cheese.

Today we learned:

KEY WORDS



diet



fit



nutrition



important



nutritious



occasionally



depend



available

GENRE

Informational
text



**SEE YOU
SOON!**

51Talk