



**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



**Grammar:** Adverbs of frequency



**Reading skill:** Classifying ideas/details



# Are You Ready?

**Listen to me.**



**Look at me.**

# DIFFERENT DIETS



Classic English Junior Level 6 - Unit 3 - Lesson 3

INTENSIVE READING

**WARM-UP**

How often do you eat vegetables?





# • LET'S PREPARE! •

## VOCABULARY



diet



fit



nutrition



important



nutritious



occasionally



depend



available

## GRAMMAR

**Adverbs of frequency** are adverbs that tell us how often something happens or is done. They answer the question *How often?*

Examples: I **always** visit my grandparents on every weekend.  
We **often** go to the farmers' market to buy fresh fruits.  
Sarah **sometimes** takes the train to work.  
Jim **never** tried painting using only his feet.

**Underline the adverbs of frequency in each sentence.**



1. Some people never eat cooked food.
2. My uncle always cooks food with olive oil.
3. My brother sometimes skips breakfast.

## READING SKILL

### Classifying ideas/details

When we **classify ideas/details**, we collect all the important ideas or details in a text that describe, explain, define, or support the topic. Then, we divide them into groups based on their common characteristics.

**Read the short passage below.**

#### TIPS FOR EATING HEALTHY SNACKS

- For snacks, eat fruits and vegetables.
- Avoid fatty and salty food like potato chips and french fries.

Which kinds of food are healthy?  
Put them under “HEALTHY.”  
Which ones are not healthy?  
Put them under “UNHEALTHY.”

Healthy	Unhealthy



• LET'S READ! •



What kind of diet does she follow? Explain your answer.



## INTENSIVE 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.



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



The raw food diet is similar to the vegetarian diet.

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

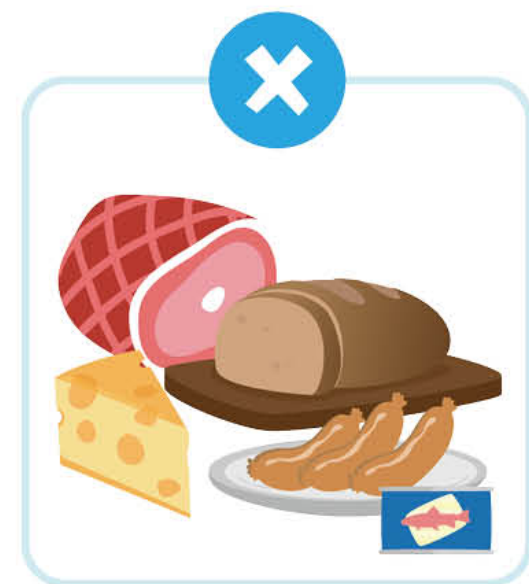
Their diet includes fresh fruits and vegetables, purified water, sushi, kimchi, and milk from coconuts.

## RAW FOOD DIET



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





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



**Classify details about different kinds of diet.**  
**Put the correct letters on the blanks.**



V = Vegetarian diet

R = Raw food diet

M = Mediterranean diet

- \_\_\_\_\_ 1. vegetables, fruits, and grains
- \_\_\_\_\_ 2. limited amount of red meat
- \_\_\_\_\_ 3. food that are not cooked

## WRITING PREPARATION

Talk about one of these diets. What are the good and bad things about it?

VEGETARIAN



RAW FOOD



PALED



MEDITERRANEAN



## WRITING PROJECT

Which diet do you think is good for you? Why?

PALED



VEGETARIAN



MEDITERRANEAN



RAW FOOD



Write a passage about this after class.



## Today we learned:

### TOPIC

Eating Habits –  
Different Diets



### GRAMMAR

Adverbs of frequency  
However, there are vegetarians  
who **sometimes** eat eggs.

### READING SKILL

Classifying ideas/details





**SEE YOU  
SOON!**

**51Talk**