



# 5 FOOD LESSON B EATING RIGHT

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# VOCABULARY



**Run**



**Drink water**



**Sleep**



**Healthy food**



# Healthy habits





**Vitamins**



**Snacks**



**Junk food**



**Energy drink**



**Is strawberry **good** for you?**  
**Yes, it is. / No, it isn't.**



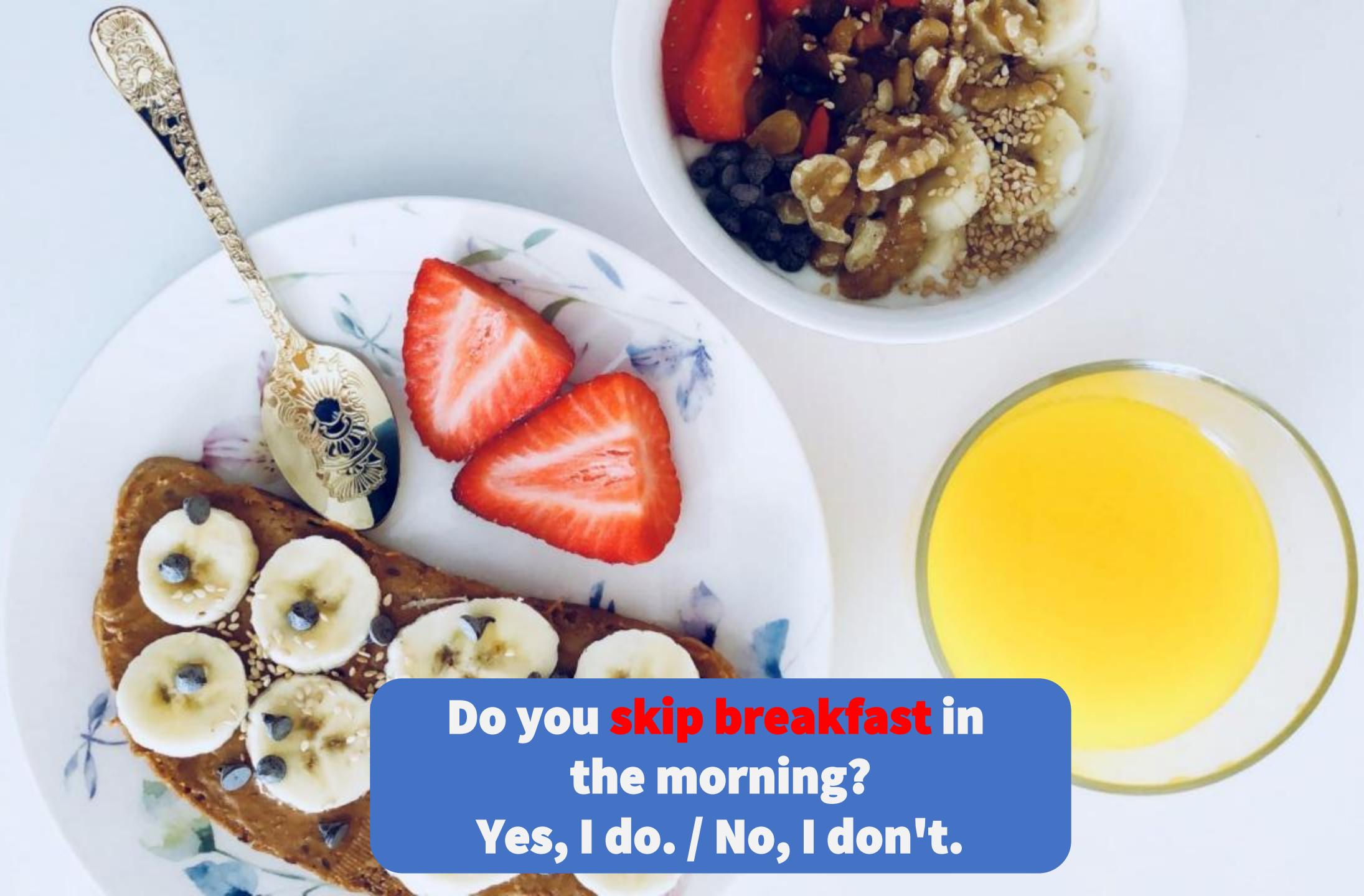
**Is a hamburger **bad** for you?**  
**Yes, it is. / No, it isn't.**

A collection of various chocolates, including dark chocolate truffles, white chocolate truffles with red speckles, and some with stripes, are scattered across a dark wooden surface. A red diagonal stripe graphic is visible on the right side.

**Does chocolate taste good?  
Yes, it does / No, it doesn't.**

***How much do you weigh?***  
**I weigh \_\_\_\_ kilos.**





**Do you skip breakfast in  
the morning?  
Yes, I do. / No, I don't.**



# In Pairs

What do healthy eaters do?

Healthy eaters eat.....



What's not good to do? Why?

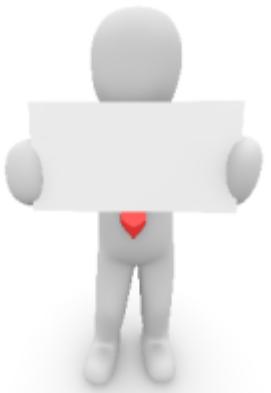
It is not good to eat  
..... because.....



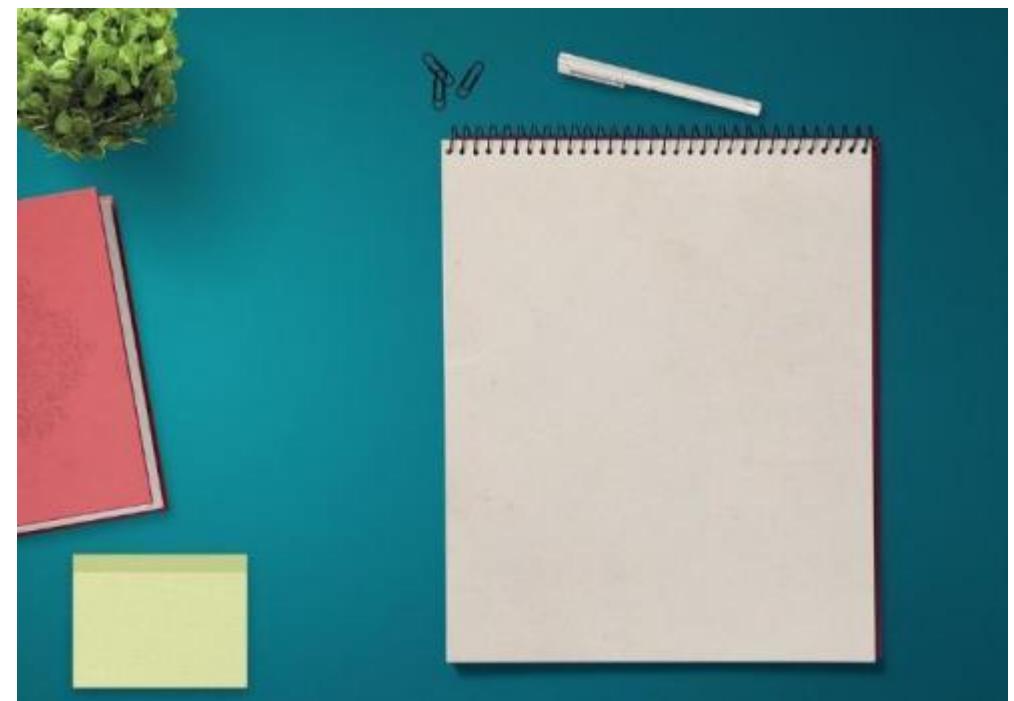
Which tips do you do?

I don't eat .....





- 1 • Create a group (3 -4)
- 2 • Make a poster about health
- 3 • Present your poster to the class





**Here's our poster. You have to eat healthy food and our motto is "keep calm and eat healthy"**



To name new vocabulary about healthy food.

Vocabulary

Healthy  
Snack  
Vitamins  
Good/bad for you  
Energy  
Junk food  
Taste good  
skip



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# **Breakfast**





**What is an example of a healthy breakfast ?**

- 1 • Discuss with your partners
- 2 • Make a final decision
- 3 • Present your idea to the class



# 2 LISTENING



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# In Pairs



Yes, it is because \_\_\_\_\_.

Is the food good?

Are there cooking shows on tv in Peru?



# Ask & Answer



What is a smoothie?

A

A soup



B

A drink



C

A main dish



D

A dessert



# Ask & Answer In Pairs

What is number 1?



Number 1 is \_\_\_\_\_

# How to make a smoothie

1 To make a smoothie, first you peel the fruit.

2 Second, you cut the fruit into pieces.

3 Third, .....

4 Next, .....

5 Later, .....

6 Then, .....

7 Finally, .....



# Ask & Answer

Do you ever drink smoothies?

Are they healthy?

What's in it?



+ Yes, I do. Yes, they are.  
- No. I don't. No, they aren't.  
The ingredients are .....





# Ask & Answer In Pairs

How do you make lemonade?



1

To make lemonade, first you ...

2

Second, you ...

3

Third, ...



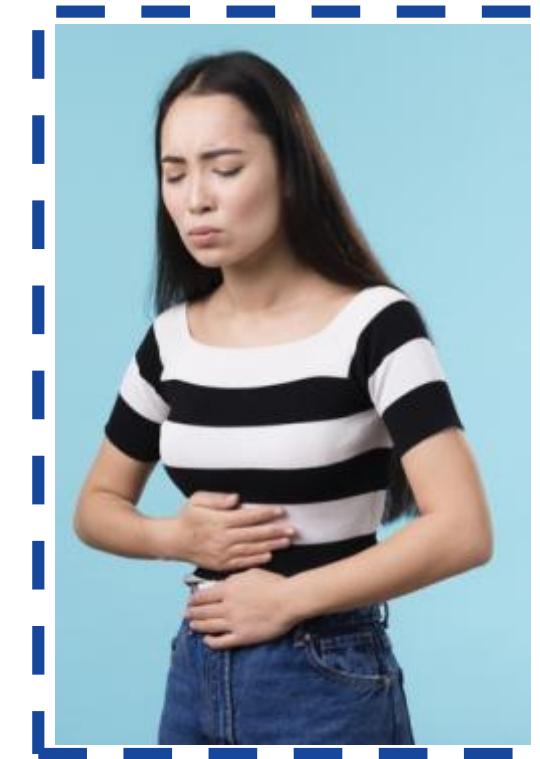
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# 3 READING

# In Pairs

What do you do when you have a stomachache?

I drink chamomile tea.



# **Scan for details**

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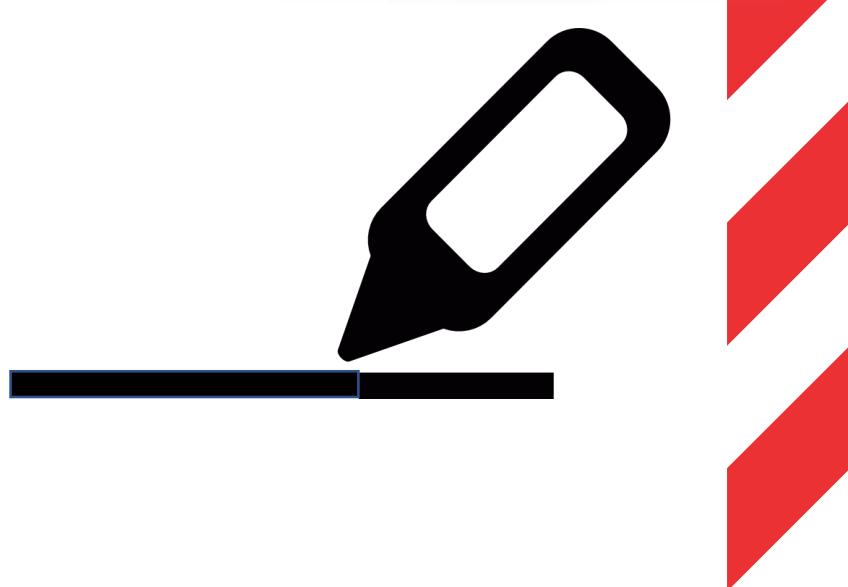


## **Identify important words or ideas**



## **Underline the correct ideas**

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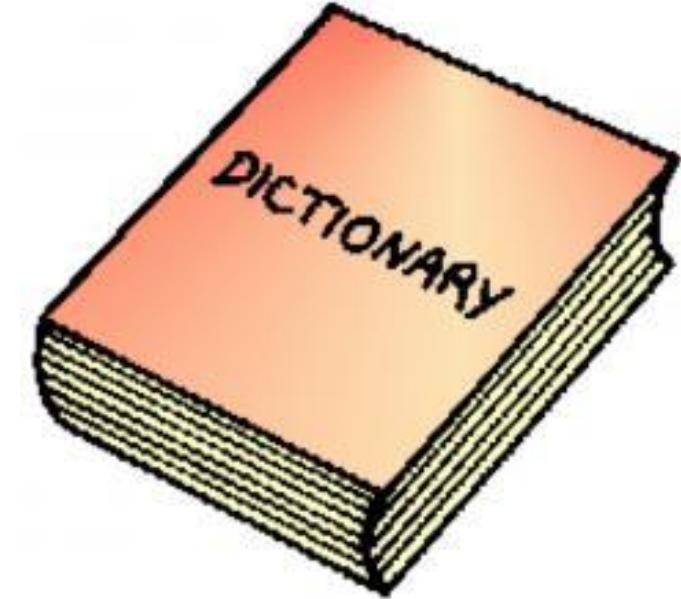
# Ask & Answer

Which illness - cancer or  
cold - is very bad ?

\_\_\_\_\_ is a very bad  
illness.

Where is your stomach?  
Where is your skin?

This is my stomach.  
This is my skin.



# Ask & Answer

Where does the food come from?

The food comes from \_\_\_\_\_.

Do people use it today?

People use it .....

Why is it good for us?

It is good for us because.....





# Research in pairs!



**Where does the food come from?**

**How do people use it today?**

**Why is it good for us?**



**It comes from .....**

**People use it .....**

**It is good for us because.....**



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# 4 GRAMMAR



**Junk food**

**Healthy food**

# Questions with the Simple Present



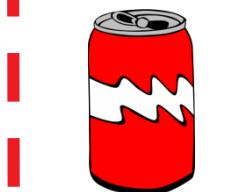
# Yes/No with the Simple Present



## Auxiliary Verbs

Do  
I  
You  
They  
We

Does  
He  
She  
It



Do

you

like

soda?

✓ Yes, I do.

✗ No, I don't. I like juice.

Do

we

play

basketball?

✓ Yes, we do.

✗ No, we don't. We play soccer.

Do

they

eat

sushi?

✓ Yes, they do.

✗ No, they don't. They eat lasagna.

# Yes/No with the Simple Present

Auxiliary verbs + subject + verb base form + complement?

## Auxiliary Verbs

Do  
I  
You  
They  
We

Does  
He  
She  
It

Does

he

bake

cakes?



✓ Yes, he does.

✗ No, he doesn't. He buys them.

Does

she

eat

meat?



✓ Yes, she does.

✗ No, she doesn't. She eats fish.

Does

it

play

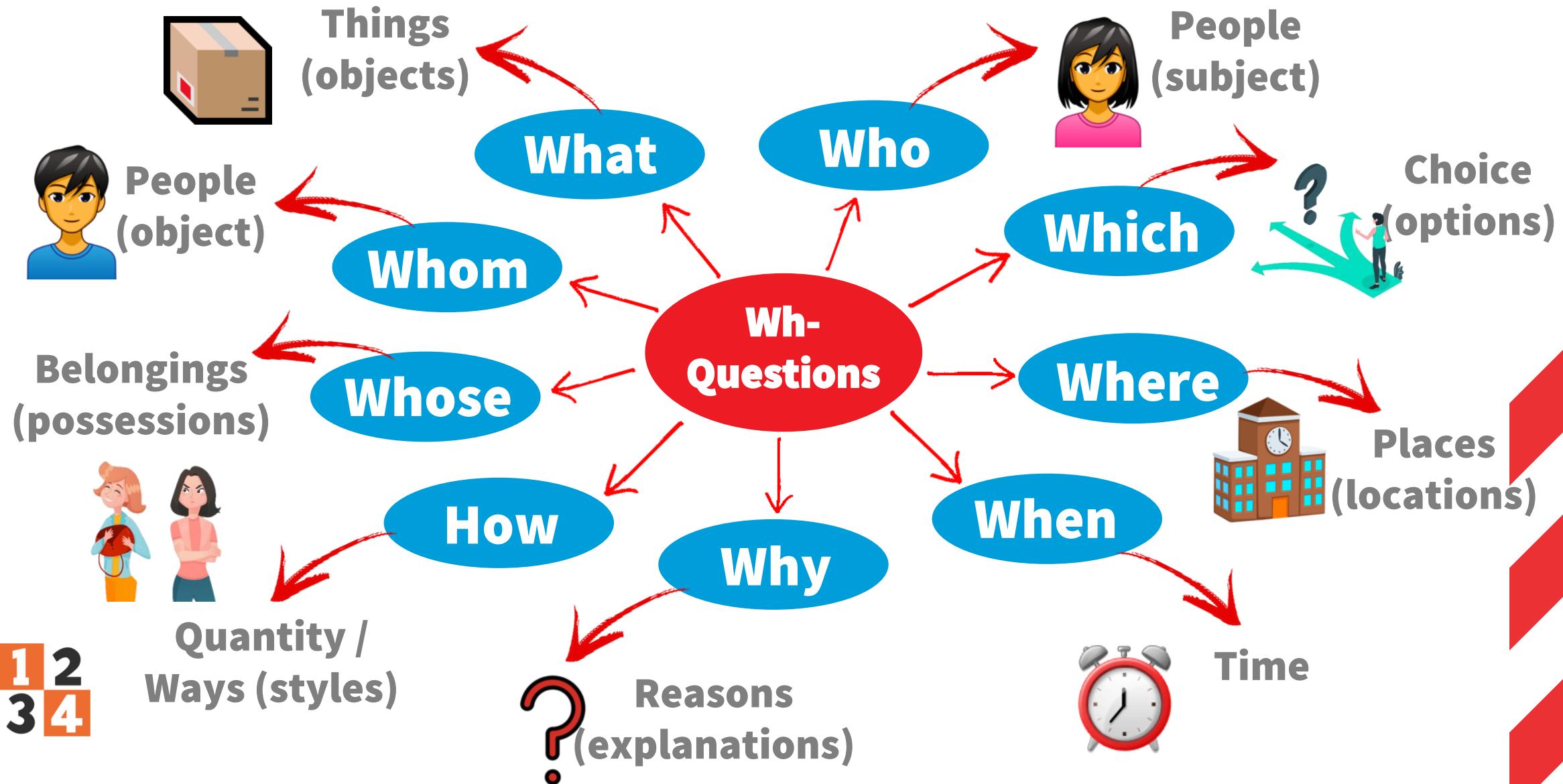
with you?



✓ Yes, it does.

✗ No, it doesn't. It sleeps a lot.

# Questions with the Simple Present



# Complete

1. \_\_\_\_\_ **you like chicken?**
2. \_\_\_\_\_ **My sister eat pasta?**
3. \_\_\_\_\_ **They play soccer?**
4. \_\_\_\_\_ **We buy pizza in the supermarket?**
5. \_\_\_\_\_ **My cousin Luis go to the bank?**
6. \_\_\_\_\_ **My parents dance in a party?**
7. \_\_\_\_\_ **You study Chinese?**
8. \_\_\_\_\_ **Mario write poems?**



- ✓ 1. Do I have to go to the university?
- ✗ 2. Do she read a book?
- ✗ 3. Does he knows the answer?
- ✓ 4. Do they work at night?
- ✗ 5. Do you studies English?
- ✓ 6. Do we want to eat pizza?
- ✗ 7. Does she does her homework?
- ✓ 8. Does he have a dog?



**NOTE: Use does when you  
use he/she/it in QUESTIONS.**

# Ask & Answer



**Play soccer**

**Do you play soccer?**

**Do you work on your laptop?**

**Work on laptop**



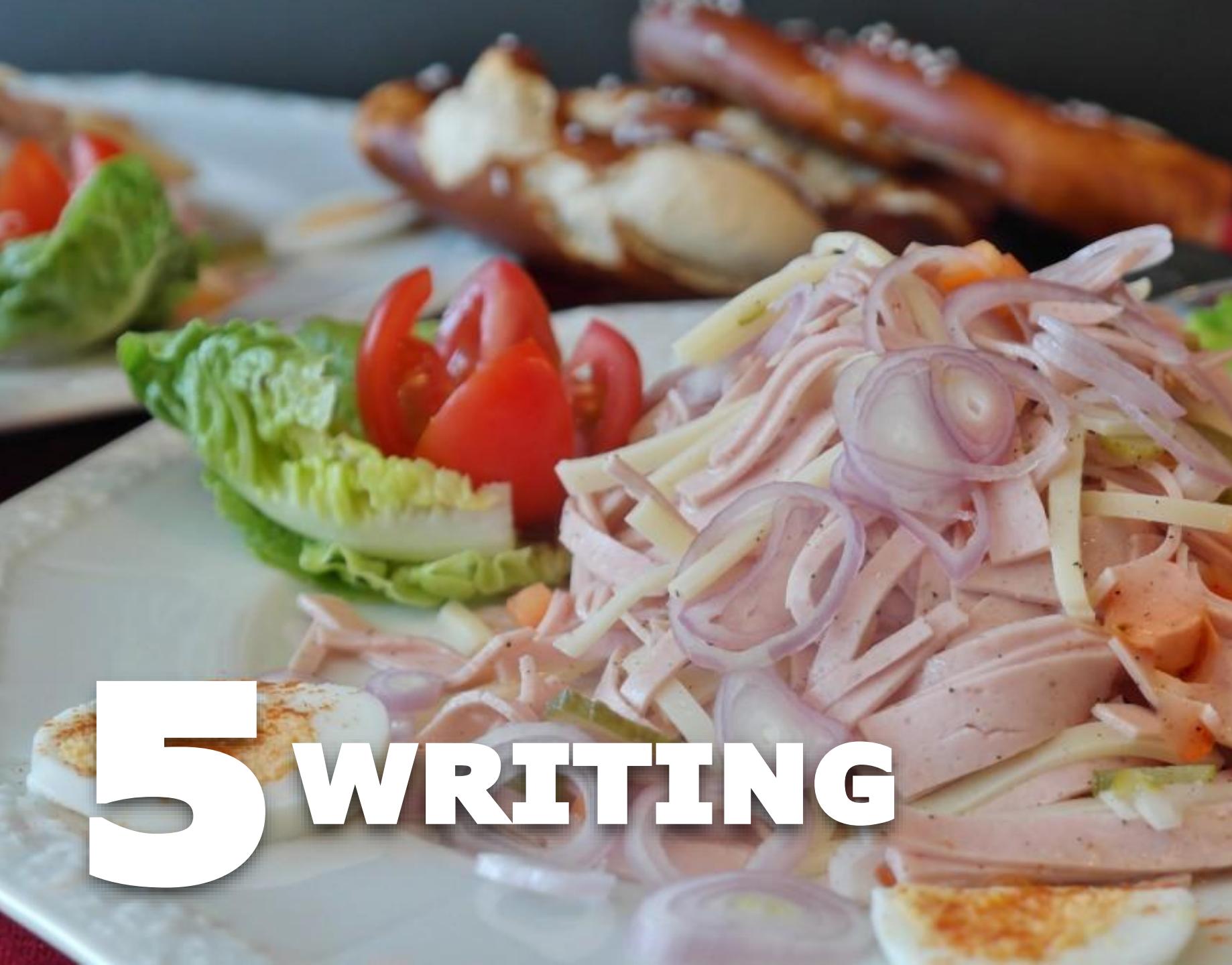
**Yes, I do.**



**No, I don't.**



# 5 WRITING



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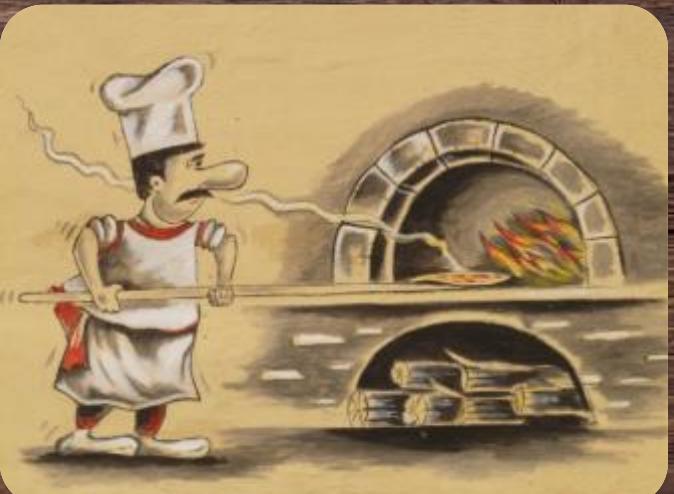




fry



grate



bake



taste





boil



mix



pour



chop





cook



peel



heat



drain





serve



stir



roast



blend



Fried chicken



Hot dogs



Tacos



Hamburgers



**What's your  
favorite dish?**



**My favorite dish  
is \_\_\_\_\_ Ceviche**

# Ask & Answer

What's your favorite food?

My favorite food is \_\_\_\_\_.

Where is it from?

It is from \_\_\_\_\_.

What's in it?

It has \_\_\_\_\_.

When do people eat it?

People eat it in the \_\_\_\_\_

Is it good or bad for you? Why?

It is \_\_\_\_\_ for me because \_\_\_\_\_.  
A photograph of a man and a woman sitting at a table, engaged in a conversation. The man, on the left, has long hair and a beard, and is looking towards the woman. The woman, on the right, has long dark hair and is smiling. They are both holding pens and papers, suggesting they are writing down their answers. The background is blurred, showing what appears to be a classroom or office setting.

A photograph of three young adults (two men and one woman) sitting around a table in a restaurant or pub. They are all smiling and laughing. On the table in front of them are several glasses of beer and plates of food, including what looks like a sandwich and some chips. The background shows the interior of the establishment with wooden walls and other patrons.

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# 6 COMMUNICATION

**My favorite dish is called Ceviche.  
This dish is from Peru...**

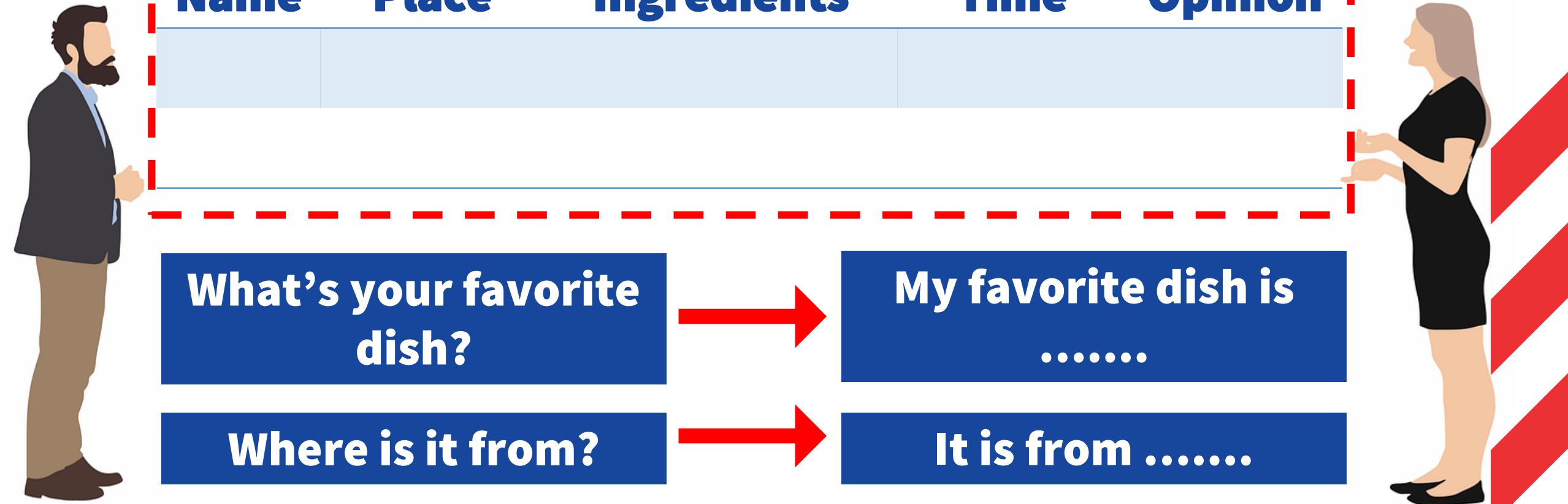




# Practice in groups of 3 !

## Ask & Answer

Name	Place	Ingredients	Time	Opinion



# Picture References

Slide 1	Salad: <a href="https://images.pexels.com/photos/257816/pexels-photo-257816.jpeg">https://images.pexels.com/photos/257816/pexels-photo-257816.jpeg</a>
Slide 2	Fruit & Vegetables: <a href="https://images.pexels.com/photos/1128678/pexels-photo-1128678.jpeg">https://images.pexels.com/photos/1128678/pexels-photo-1128678.jpeg</a>
Slide 3	Run: <a href="https://images.pexels.com/photos/235922/pexels-photo-235922.jpeg">https://images.pexels.com/photos/235922/pexels-photo-235922.jpeg</a> Sleep: <a href="https://c.pxhere.com/photos/c6/0e/baby_girl_sleep_child_toddler_portrait_sweet_daughter-831943.jpg!d">https://c.pxhere.com/photos/c6/0e/baby_girl_sleep_child_toddler_portrait_sweet_daughter-831943.jpg!d</a> Drink water: <a href="https://images.pexels.com/photos/907865/pexels-photo-907865.jpeg">https://images.pexels.com/photos/907865/pexels-photo-907865.jpeg</a> Healthy food: <a href="https://images.pexels.com/photos/1092730/pexels-photo-1092730.jpeg">https://images.pexels.com/photos/1092730/pexels-photo-1092730.jpeg</a>
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Slide 5	Vitamins: <a href="https://images.pexels.com/photos/143654/pexels-photo-143654.jpeg">https://images.pexels.com/photos/143654/pexels-photo-143654.jpeg</a> Snacks: <a href="https://images.pexels.com/photos/2121323/pexels-photo-2121323.jpeg">https://images.pexels.com/photos/2121323/pexels-photo-2121323.jpeg</a> Junk food: <a href="https://c.pxhere.com/images/7a/6a/e7210d8b18149c258afc068afc0d-1417470.jpg!d">https://c.pxhere.com/images/7a/6a/e7210d8b18149c258afc068afc0d-1417470.jpg!d</a> Energy drink: <a href="https://c.pxhere.com/photos/a2/4d/redbull_energy_drink_blue_sky_sunshine-860765.jpg!d">https://c.pxhere.com/photos/a2/4d/redbull_energy_drink_blue_sky_sunshine-860765.jpg!d</a>
Slide 6	Strawberries: <a href="https://images.pexels.com/photos/429807/pexels-photo-429807.jpeg">https://images.pexels.com/photos/429807/pexels-photo-429807.jpeg</a> Hamburger: <a href="https://images.pexels.com/photos/1639565/pexels-photo-1639565.jpeg">https://images.pexels.com/photos/1639565/pexels-photo-1639565.jpeg</a>
Slide 7	Chocolate: <a href="https://c.pxhere.com/images/1f/52/b682d37e59a3a15c2056bf0de8e2-1567169.jpg!d">https://c.pxhere.com/images/1f/52/b682d37e59a3a15c2056bf0de8e2-1567169.jpg!d</a>
Slide 8	Weight: <a href="https://c.pxhere.com/photos/a8/e4/diet_fat_health_weight_healthy_loss_nutrition_dieting-950856.jpg!d">https://c.pxhere.com/photos/a8/e4/diet_fat_health_weight_healthy_loss_nutrition_dieting-950856.jpg!d</a>
Slide 9	Breakfast: <a href="https://images.pexels.com/photos/916925/pexels-photo-916925.jpeg">https://images.pexels.com/photos/916925/pexels-photo-916925.jpeg</a>
Slide 10	People talking: <a href="https://webstockreview.net/images600_clean-clipart-student-16.png">https://webstockreview.net/images600_clean-clipart-student-16.png</a> Broccoli: <a href="https://webstockreview.net/images600_broccoli-clipart-6.png">https://webstockreview.net/images600_broccoli-clipart-6.png</a> Chicken: <a href="https://webstockreview.net/images600_clipart-chicken-fried-chicken-3.png">https://webstockreview.net/images600_clipart-chicken-fried-chicken-3.png</a> Pizza: <a href="https://webstockreview.net/images600_pizza-clipart-deep-dish-pizza-1.png">https://webstockreview.net/images600_pizza-clipart-deep-dish-pizza-1.png</a>

# Picture References

Slide 11	Group work: <a href="https://cdn.pixabay.com/photo/2016/03/09/09/22/workplace-1245776_960_720.jpg">https://cdn.pixabay.com/photo/2016/03/09/09/22/workplace-1245776_960_720.jpg</a> Man (1): <a href="https://c.pxhere.com/photos/4a/98/business_card_presentation_get_to_know_tie_holder_business_contact_fair_chef-1294986.jpg!d">https://c.pxhere.com/photos/4a/98/business_card_presentation_get_to_know_tie_holder_business_contact_fair_chef-1294986.jpg!d</a> Man (2): <a href="https://get.pxhere.com/photo/work-hand-finger-tie-business-object-chef-circle-brand-product-customer-information-contact-fair-lead-presentation-company-target-success-thumb-cartoon-finish-imagine-business-card-prompt-ambition-tie-holder-intention-neck-tie-get-to-know-1061418.jpg">https://get.pxhere.com/photo/work-hand-finger-tie-business-object-chef-circle-brand-product-customer-information-contact-fair-lead-presentation-company-target-success-thumb-cartoon-finish-imagine-business-card-prompt-ambition-tie-holder-intention-neck-tie-get-to-know-1061418.jpg</a> Poster: <a href="https://cdn.pixabay.com/photo/2019/06/09/06/50/table-4261549_960_720.jpg">https://cdn.pixabay.com/photo/2019/06/09/06/50/table-4261549_960_720.jpg</a>
Slide 12	Girl: <a href="https://c.pxhere.com/photos/b8/cb/brown_brunette_female_finger_gesture_girl_isolated_people-1260572.jpg!d">https://c.pxhere.com/photos/b8/cb/brown_brunette_female_finger_gesture_girl_isolated_people-1260572.jpg!d</a> Poster (1): <a href="https://c.pxhere.com/photos/2c/93/bag_grocery_groceries_shop_shopping_abstract_produce_vegetables-1071728.jpg!d">https://c.pxhere.com/photos/2c/93/bag_grocery_groceries_shop_shopping_abstract_produce_vegetables-1071728.jpg!d</a> Poster (2): <a href="https://cdn.pixabay.com/photo/2016/05/31/11/06/keep-calm-and-carry-on-1426602_960_720.png">https://cdn.pixabay.com/photo/2016/05/31/11/06/keep-calm-and-carry-on-1426602_960_720.png</a> No smoking: <a href="https://cdn.pixabay.com/photo/2016/04/01/08/43/no-smoking-1298904_960_720.png">https://cdn.pixabay.com/photo/2016/04/01/08/43/no-smoking-1298904_960_720.png</a> No cellphone: <a href="https://cdn.pixabay.com/photo/2016/08/11/16/37/phone-1586198_960_720.png">https://cdn.pixabay.com/photo/2016/08/11/16/37/phone-1586198_960_720.png</a> No eating: <a href="https://cdn.pixabay.com/photo/2013/07/12/19/05/no-food-154333_960_720.png">https://cdn.pixabay.com/photo/2013/07/12/19/05/no-food-154333_960_720.png</a>
Slide 13	Breakfast: <a href="https://get.pxhere.com/photo/dish-meal-food-cooking-produce-breakfast-meat-lunch-cuisine-egg-tomato-sausage-toast-bacon-england-eating-mushrooms-brunch-agaricus-great-britain-unhealthy-sausages-toasted-bread-english-breakfast-oily-spicy-food-full-breakfast-1187245.jpg">https://get.pxhere.com/photo/dish-meal-food-cooking-produce-breakfast-meat-lunch-cuisine-egg-tomato-sausage-toast-bacon-england-eating-mushrooms-brunch-agaricus-great-britain-unhealthy-sausages-toasted-bread-english-breakfast-oily-spicy-food-full-breakfast-1187245.jpg</a>
Slide 14	Man thinking: <a href="https://images.pexels.com/photos/594610/pexels-photo-594610.jpeg">https://images.pexels.com/photos/594610/pexels-photo-594610.jpeg</a> Salad: <a href="https://webstockreview.net/images600/_clipart-food-fruit-1.png">https://webstockreview.net/images600/_clipart-food-fruit-1.png</a> Milk: <a href="https://webstockreview.net/images600/_clipart-glasses-milk-2.png">https://webstockreview.net/images600/_clipart-glasses-milk-2.png</a> Yogurt: <a href="https://webstockreview.net/images600/_yogurt-clipart-vanilla-yogurt-3.png">https://webstockreview.net/images600/_yogurt-clipart-vanilla-yogurt-3.png</a> Cereal: <a href="https://webstockreview.net/images600/_cereal-clipart-fruit.png">https://webstockreview.net/images600/_cereal-clipart-fruit.png</a>
Slide 15	Cooking: <a href="https://images.pexels.com/photos/3692762/pexels-photo-3692762.jpeg">https://images.pexels.com/photos/3692762/pexels-photo-3692762.jpeg</a>
Slide 16	Students: <a href="https://get.pxhere.com/photo/writing-person-student-education-students-learning-multicultural-language-school-743887.jpg">https://get.pxhere.com/photo/writing-person-student-education-students-learning-multicultural-language-school-743887.jpg</a> Chef hat: <a href="https://webstockreview.net/images600/_chef-clipart-attire-15.png">https://webstockreview.net/images600/_chef-clipart-attire-15.png</a>

# Picture References

Slide 17	Teacher: <a href="https://webstockreview.net/images600/_clipart-boy-person-16.png">https://webstockreview.net/images600/_clipart-boy-person-16.png</a> Man thinking: <a href="https://images.pexels.com/photos/594610/pexels-photo-594610.jpeg">https://images.pexels.com/photos/594610/pexels-photo-594610.jpeg</a> Soup: <a href="https://cdn.pixabay.com/photo/2014/12/21/23/38/soup-575748_960_720.png">https://cdn.pixabay.com/photo/2014/12/21/23/38/soup-575748_960_720.png</a> Drink: <a href="https://cdn.pixabay.com/photo/2012/04/14/15/57/drinks-34377_960_720.png">https://cdn.pixabay.com/photo/2012/04/14/15/57/drinks-34377_960_720.png</a> Main dish: <a href="https://cdn.pixabay.com/photo/2018/04/17/23/04/food-3329079_960_720.png">https://cdn.pixabay.com/photo/2018/04/17/23/04/food-3329079_960_720.png</a> Dessert: <a href="https://cdn.pixabay.com/photo/2016/10/27/22/12/cake-1776661_960_720.jpg">https://cdn.pixabay.com/photo/2016/10/27/22/12/cake-1776661_960_720.jpg</a>
Slide 18	Banana: <a href="https://cdn.pixabay.com/photo/2016/11/09/06/37/banana-1810129_960_720.jpg">https://cdn.pixabay.com/photo/2016/11/09/06/37/banana-1810129_960_720.jpg</a> Students: <a href="https://get.pxhere.com/photo/writing-person-student-education-students-learning-multicultural-language-school-743887.jpg">https://get.pxhere.com/photo/writing-person-student-education-students-learning-multicultural-language-school-743887.jpg</a>
Slide 19	Student: <a href="https://webstockreview.net/images600/_confused-clipart-forgot-password-1.png">https://webstockreview.net/images600/_confused-clipart-forgot-password-1.png</a> Smoothie: <a href="https://get.pxhere.com/photo/plant-fruit-tube-isolated-cup-food-red-produce-drink-lifestyle-breakfast-healthy-dessert-strawberry-smoothie-tasty-refreshment-strawberries-vitamins-flavor-white-background-the-drink-kefir-milkshake-strawberry-smoothie-616319.jpg">https://get.pxhere.com/photo/plant-fruit-tube-isolated-cup-food-red-produce-drink-lifestyle-breakfast-healthy-dessert-strawberry-smoothie-tasty-refreshment-strawberries-vitamins-flavor-white-background-the-drink-kefir-milkshake-strawberry-smoothie-616319.jpg</a>
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Slide 21	Girls talking: <a href="https://images.pexels.com/photos/344102/pexels-photo-344102.jpeg">https://images.pexels.com/photos/344102/pexels-photo-344102.jpeg</a> Lemonade: <a href="https://webstockreview.net/images250/_lemonade-clipart.png">https://webstockreview.net/images250/_lemonade-clipart.png</a>
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Slide 36	Plu/Minus sign: <a href="https://cdn.pixabay.com/photo/2012/04/02/16/01/plus-24834_960_720.png">https://cdn.pixabay.com/photo/2012/04/02/16/01/plus-24834_960_720.png</a> Girls talking: <a href="https://images.pexels.com/photos/344102/pexels-photo-344102.jpeg">https://images.pexels.com/photos/344102/pexels-photo-344102.jpeg</a> Soccer: <a href="https://webstockreview.net/images250_soccer-clipart-3.png">https://webstockreview.net/images250_soccer-clipart-3.png</a> Woman with laptop: <a href="https://c.pxhere.com/photos/de/59/office_freelancer_computer_business_work_laptop_creative_iphone-909729.jpg!d">https://c.pxhere.com/photos/de/59/office_freelancer_computer_business_work_laptop_creative_iphone-909729.jpg!d</a>
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Slide 46	Tablet: <a href="https://images.unsplash.com/photo-1533310266094-8898a03807dd?ixlib">https://images.unsplash.com/photo-1533310266094-8898a03807dd?ixlib</a> Ceviche: <a href="https://c.pxhere.com/photos/e8/aa/sausage_salad_swiss_sausage_cheese_onion_pickles_paprika_food-569941.jpg!d">https://c.pxhere.com/photos/e8/aa/sausage_salad_swiss_sausage_cheese_onion_pickles_paprika_food-569941.jpg!d</a>
Slide 47	Clock: <a href="https://webstockreview.net/images/clipart-clock-emoji-6.png">https://webstockreview.net/images/clipart-clock-emoji-6.png</a> People: <a href="https://cdn.pixabay.com/photo/2019/09/23/12/37/people-4498458_960_720.png">https://cdn.pixabay.com/photo/2019/09/23/12/37/people-4498458_960_720.png</a>

A photograph of a young couple smiling and laughing outdoors. The man on the left has curly hair and is wearing sunglasses and a denim jacket. The woman on the right has long hair and is also wearing a denim jacket. They are standing in front of a blurred background that suggests an urban setting.

ICPNA