






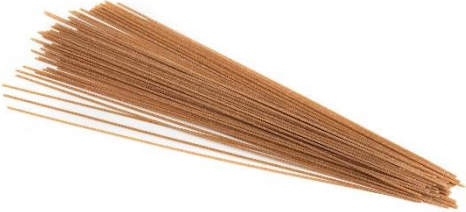


## PART I: VOCABULARY &amp; PRONUNCIATION

## Grains (white vs whole)

Unhealthy grain sources	Healthy grain sources
	
<i>White bread</i>	<i>Whole grain bread</i>
	
<i>White rice</i>	<i>Brown rice / red rice / black rice</i>
	
<i>White pasta</i>	<i>Whole wheat pasta</i>
	
<i>White spaghetti</i>	<i>Whole wheat spaghetti</i>

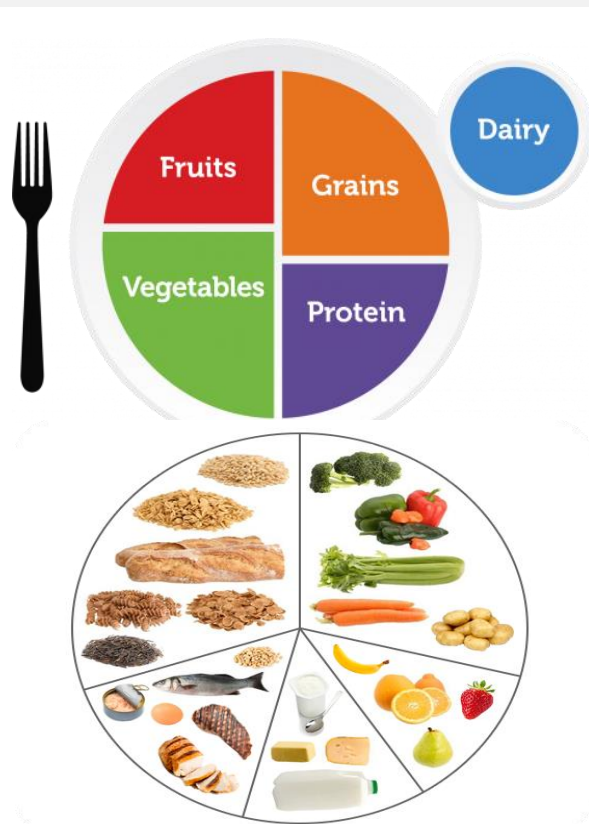
**PART II: VOCABULARY IN CONTEXT****"My Healthy Plate"**

We all agree that "balance" is the main the key to healthy eating for a perfectly sound individual. The best and easiest way to achieve "balance" is by consuming a variety of different food categories. To make it simple, the USDA created an easy-to-follow food guide called MyPlate.

MyPlate has sections for vegetables, fruits, grains, and protein foods, as well as a "cup" on the side for dairy. Each section has it own color: green for vegetables, red for fruits, orange for grains, purple for protein, and blue for dairy. The purpose of MyPlate is to show approximately the percentage that every food category should cover in our diet.

According to MyPlate, fruits and vegetables should make up the balk of our diet and grains come second. It is important to make sure that our grains come from good sources like whole bread, whole wheat pasta and brown rice instead of white rice and white bread.

It is recommended that we consume at least one protein source and about the size of a cup of dairy products on a daily basis. We should also keep an eye on our fat intake where it is recommended that we should include some unsaturated fat sources in our diet like fish, olive and olive oil.



**PART III: HOME PRACTICE**

Task 01: Read the short text from PART II and answer the following questions:

1/ What is the key to healthy eating?

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2/ What is MyPlate?

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3/ Should we consume dairy products according to MyPlate?

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4/ Should we consume grains according to MyPlate?

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5/ Give 4 examples of healthy grains and 4 examples of unhealthy grains!

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6/ According to MyPlate, what should we consume the most?

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