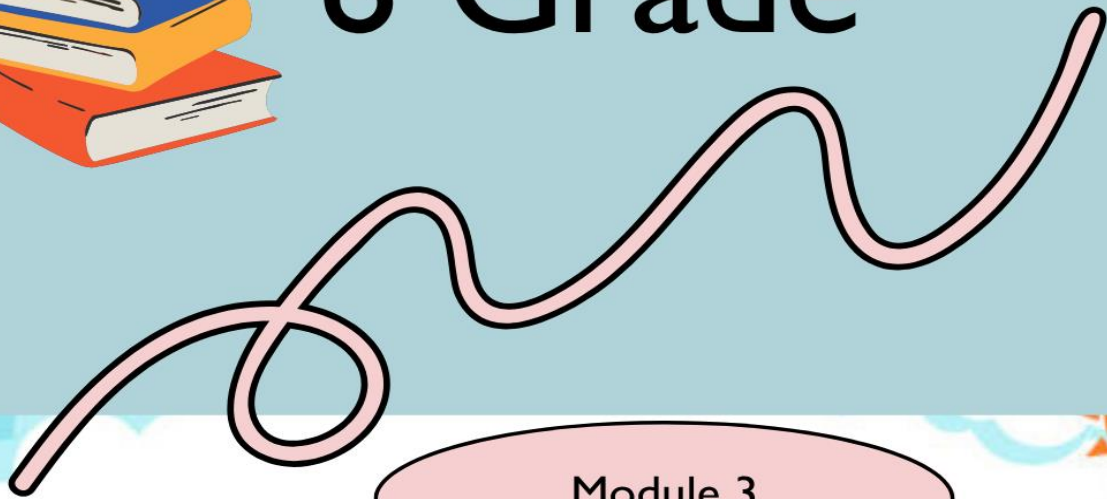


class of

English



6 Grade



Module 3



ENGLISH MODULE: HEALTH, NUTRITION AND FOOD

I. GENERAL OBJECTIVE

Foster students' ability to understand and use vocabulary and structures related to health, nutrition and food, valuing healthy habits for personal well-being.

II. SPECIFIC LEARNING OBJECTIVES

- **Produce spoken and written language using acquired vocabulary and structures to communicate ideas about food and health.**
- **Value and promote the importance of healthy habits to achieve personal well-being.**

III. CONTENT STRUCTURE

A. Concepts

1. Vocabulary

- **Food groups:** fruits, vegetables, grains, proteins, dairy, fats
- **Nutrition terms:** vitamins, minerals, fiber, sugar, calories
- **Hygiene practices:** wash hands, clean surfaces, refrigerate, check expiration date
- **Cooking terms:** ingredients, measure, mix, bake, boil, chop

2. Grammar

- **Relative pronouns:** who, which, that
- **Simple present tense:** I eat, she drinks, they cook
- **Short answers:** Yes, I do. No, she doesn't.
- **Object pronouns:** it, them, us
- **Wh-questions:** What do you eat? Why is fiber important?

3. Health & Nutrition Concepts

- **Functions of nutrients in the body**
- **Food hygiene and safety rules**
- **Reading and following simple recipes**

B. Procedures / Skills

- **Listening:** Extract specific details from audio about food hygiene and nutrition.
- **Speaking:** Describe personal eating habits and explain functions of nutrients.
- **Reading:** Skim and scan recipes or short health-related texts.

- **Writing:** Compose short paragraphs, recipe instructions, and promotional ads.
- **Interactive:** Role-plays ordering healthy meals; bulletin board creation.

C. Attitudes

- Foster a positive attitude toward healthy foods.
- Encourage creativity in academic tasks (recipe books, posters).
- Raise awareness of the importance of food hygiene.
- Promote collaborative work and respect for others' ideas.

IV. CONTENT PROGRESS & ACHIEVEMENT INDICATORS

Content	Achievement Indicators
Food vocabulary & nutrition terms	Accurately identifies and classifies terms like vitamins, proteins, fiber, etc.
Grammar: relative pronouns & simple present	Constructs correct sentences ("Fruits that are rich in vitamin C..."; "I eat vegetables daily.").
Food hygiene	Lists and explains hygiene rules ("Always wash hands before cooking.").
Functions of food	Describes nutrient functions ("Calcium strengthens bones.").
Recipes & instructions	Follows and writes simple recipe steps ("First, chop the vegetables...").

V. SUGGESTED ASSESSMENT ACTIVITIES

Activity Type	Description
Vocabulary Quiz	Match food items with their functions or groups.

Activity Type	Description
Recipe Writing	Write a healthy recipe using sequencing words (first, then, finally).
Hygiene Poster	Create and present a poster about kitchen hygiene practices.
Role-Play Dialogue	In pairs, simulate ordering at a healthy café using Wh-questions and short answers.
Bulletin Board Project	In teams, design a “Foods that Help Our Body” bulletin board with images and captions.
Listening Task	Listen to a short talk on balanced diets and answer true/false questions.

VI. SAMPLE WEEKLY LESSON FLOW

- **Week 1: Food Vocabulary & Hygiene**
 - Warm-up: “What did you eat today?” brainstorm
 - Flashcards: food groups + hygiene items
 - Listening: “How to wash fruits” audio
 - Pair task: Describe your breakfast
- **Week 2: Grammar Focus**
 - Presentation: “Foods that give us energy”
 - Drill: Combine sentences with who/which/that
 - Writing: “Vegetables that are green are healthy.”
 - Game: Sentence relay race
- **Week 3: Nutrient Functions**
 - Reading: Infographic on vitamins and minerals
 - Jigsaw reading: Each group explores one nutrient
 - Speaking: “My nutrient is vitamin C. It helps the immune system.”

- Quizlet Live vocabulary game
- **Week 4: Recipes & Instructions**
 - **Reading:** Simple healthy recipes (e.g., fruit salad)
 - **Listening:** Chef's cooking directions
 - **Writing:** Draft your own healthy snack recipe
 - **Role-play:** Kitchen TV show presentation
- **Week 5: Project & Assessment**
 - **Group project:** "Healthy Eating" bulletin board
 - **Oral presentations:** Explain your poster to the class
 - **Written quiz:** Vocabulary, grammar, hygiene rules
 - **Reflection:** "How will I apply healthy habits at home?"

VII. MATERIALS & RESOURCES

- **Flashcards** (food groups, hygiene items)
- **Short audios/videos** on nutrition and hygiene
- **Infographics** and recipe printables
- **Craft supplies:** posters, magazines, scissors, markers

