

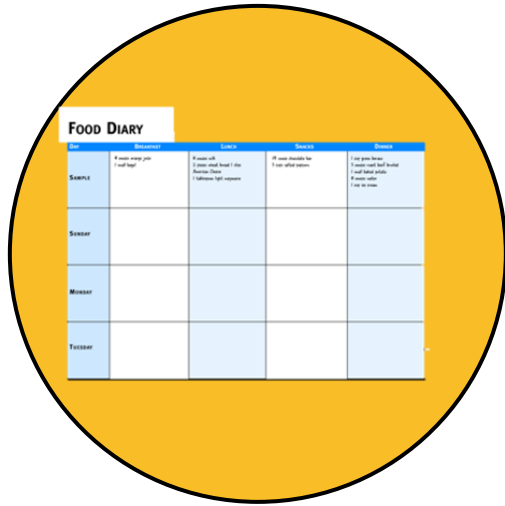


Improving Your Eating Habits

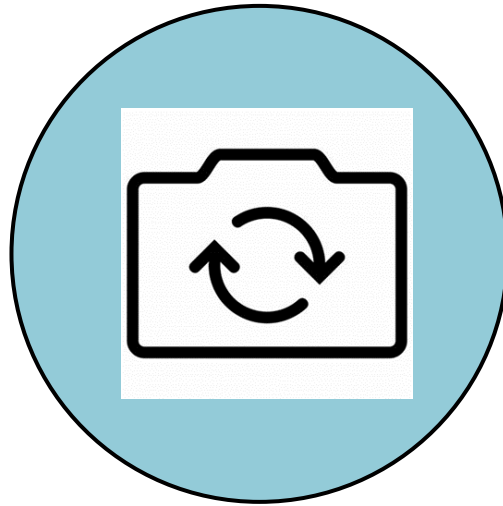


G4-U3-L10

Learn



food diary



switch



healthy snacks



Tips: 1. Have students learn these words and correct the mistakes. 2. Ask the students to make some sentences by using these words. (2 min)

Learn



Improve Your Eating Habits

When it comes to eating, we have strong habits. Some are good, and some are not so good. Although many of our eating habits were established during childhood, it doesn't mean it's too late to change them.

Tips: 1. Ask the students to look at the picture and read the paragraph. 2. Correct the mistakes. (2-3 min)

Learn

Start a food diary-- Writing down what you're eating and drinking will help you see if there are any problematic choices.



Switch to a healthier diet-- Water and low-fat varieties of milk are the best choices. Swap soft drinks for water. Have a glass, bottle or jug of water close by at all times.

Eat fruit and vegetables-- Add one more piece of fruit and one more serve of vegetables to your day.



Learn



Keep only healthy snacks within reach, such as carrots, air-popped popcorn, yogurt, and almonds. Don't stock your desk or pantry with potato chips or cookies you know you can't resist.

Tips: 1. Ask the students to look at the picture and read the paragraph. 2. Correct the mistakes. (2-3 min)

Learn



I like candies, but an orange is healthier.

I like chips, but popcorn is better.



Cookies are delicious. But an apple is healthier.

I love donuts, but they're not really good for me. Yogurt is better.



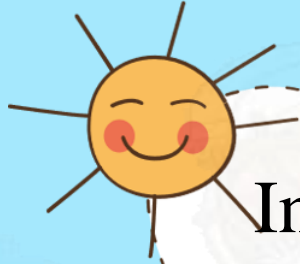
I like cakes, but a banana is good for my health.

I like ice cream, but an orange is better.



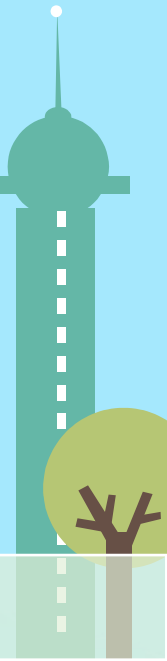


Practice



Answer the question.

Introduce the methods that we can use to improve our eating habits.



Practice



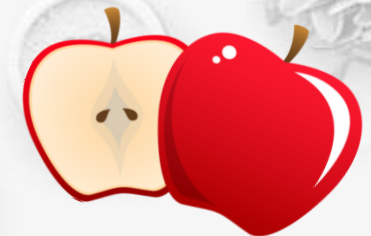
1. I like _____, but _____ is healthier.



2. I love _____, but they're not really good for me. _____ is better.



3. _____ are delicious, but they have a lot of sugar. I'll have an _____.



Practice



4. I had some _____ last night.
Today I want to have some _____
for a snack.



5. I like _____, but
an _____ is better.

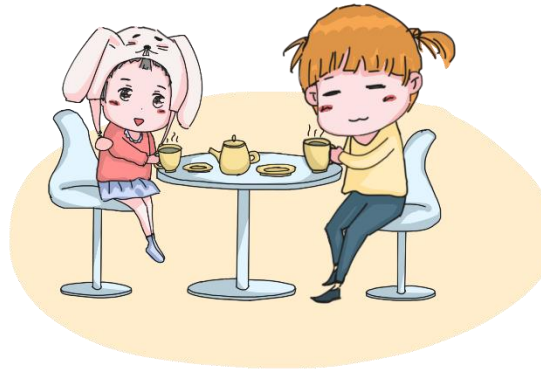


6. I like _____, but
_____ are healthier.



Practice

Which kind of eating habits do you think is healthy? Why?



Do you have healthy eating habits? Explain.



Conclusion

1. We have learned the words:
food diary, switch, healthy snacks

2. We have learned the sentences:

Many of our eating habits were established during childhood.
Water and low-fat varieties of milk are the best choices.

Add one more piece of fruit and one more serve of vegetables
to your day.

Keep only healthy snacks within reach.

Don't stock your desk or pantry with potato chips or cookies
you know you can't resist.



