

ARE FROZEN FRUITS AND VEGETABLES AS NUTRITIOUS AS FRESH?

CLASS INTRODUCTION

In turn introduce yourself using the following information:

- ✓ Name
- ✓ Age
- ✓ Job
- ✓ Address
- ✓ Hobby

Class Rules

1. Use English only
2. Practice speaking on a topic under the guidance of the teacher
3. Don't do personal things in the class



Vietnam: 1800 6885
Thailand: 021 054 346
Indo: +622 129 223 068
Technical support



Use headphones



No speaker

ARE FROZEN FRUITS AND VEGETABLES AS NUTRITIOUS AS FRESH?

TOPICA NATIVE

1. Vocabulary game: Fill in the blanks with the given words (available, cheaper, value, taste, promptly, fruits) to complete the paragraph. Remember its content to prepare for the question 3.

Most frozen ____ and vegetables are ____ blanched, boiled, or steamed, and then frozen within hours of being picked, a process that helps lock in both fresh ____ and nutritional _____. Frozen produce is also ____ year-round, and in most cases is ____ than fresh one.



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TOPICA NATIVE

2. Is it important to eat fruits and vegetables? Why or why not?
3. Are fresh fruits and vegetables always better than canned or frozen produce?



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TOPICA NATIVE

4. Role-play

A: Your restaurant only serves dishes made from canned or frozen foods. Many customers complained about it, which led to dramatic drop in profits. Discuss this problem with the head chef.

B: You are the chef. Talk with him/her.



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Wrap-up

Topic: **Are frozen fruits and vegetables as nutritious as fresh**

Have discussions about:

- ✓ Is it important to eat fruits and vegetables?
- ✓ Are fresh fruits and vegetables always better than canned or frozen produce?
- **Please don't forget to rate our lesson today**
- Finish your homework [here \(It doesn't apply to all students\)](#)