

# 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



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Technical support



Use headphones



No speaker

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.



**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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## 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 \(It doesn't apply to all students\)](#)