



FOOD AND EATING HABITS

- Target group:** Year 8 (students are about 14 years old)
- Subject:** English
- Equipment:** All classrooms are equipped with a laptop, a beamer and a document camera.
There are also extra computer rooms in our school.
- Objectives:** Working on food words (advance organizing and Power point presentation)
- Talking activity: Food in your family
- Internet research and short presentation – Jamie Oliver
- Youtube video: Jamie’s Dream School – Jamie vs Nuggets
(<https://www.youtube.com/watch?v=RKCYucvop1U&t=570s>)
- Reading activity: students’ book – Jamie Oliver and Feed me better
- Words about food and definitions
- Talking activity: Talk for two minutes about your eating habits (preparation time)
- Reading: Text about eating disorders and comprehension exercises
- Writing: Write a letter to a girl with eating problems about a healthy diet and your personal eating habits
- Find an English recipe for a nutritious and healthy meal and present it in class (internet research)



Lesson 1: 50 minutes, in the classroom

- Advance Organizer: Food (elicit the students' pre-knowledge)
- Powerpoint Presentation by teachers (see picture dictionary)
- Fill in the grid

fruit	vegetables	meat	sweet things	dairy products	cereals

- Talk about food in your family: pair work - dialogue

useful phrases: My dad / mum / sister / brother / likes.....
We never / always / sometimes / ... have because ...
Nobody in my family can stand
My is a vegetarian.
He / She never
....
Oh, really?
Well, in my family ...

Lessons 2 and 3: 100 minutes, in the computer room

- Do research work about Jamie Oliver (Where does he live? / What is his profession? / What is he famous for? / ...)
- Present your results in a powerpoint presentation in class.

Lesson 4: 50 minutes, in the classroom

- Youtube video: Jamie's Dream School – Jamie vs Nuggets (<https://www.youtube.com/watch?v=RKCYucvop1U&t=570s>)
- Reading Comprehension: Jamie Oliver and Feed Me Better
 - Look at the text for 10 seconds. What is the main information of the text?
 - Now read the text and look at the menu. What changes do you think he would make to this menu? Give reasons.

<p style="text-align: center;">FAIRVIEW SCHOOL MENU Mon 12th October</p> <p style="text-align: center;">STARTERS: Vegetable soup or Mini pizza</p> <p style="text-align: center;">MAIN COURSE: Hot dog and chips or Spinach lasagne</p> <p style="text-align: center;">DESSERT: Chocolate mousse or Fresh fruit salad</p>
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JAMIE OLIVER AND FEED ME BETTER

Jamie Oliver is a world-famous English chef who owns and runs his own restaurants and trains new chefs. He also does cookery programmes on television. A few years ago, he did a TV programme called *Jamie's School Dinners*.

Many schools in Britain give the kids a meal at lunchtime – the meals are called “school dinners” (even though they are lunches, not dinners!). There are people called “dinner ladies” who make the meals for the kids.

In his TV programme, Jamie Oliver found that a lot of school dinners are just “junk food”. What's junk food? It's food that is filling, but not very healthy because it has artificial things in it. Since the programme, Jamie has been working to improve school dinners. He started a movement called *Feed Me Better*.

Lessons 5 and 6: 100 minutes, in the classroom

- Random pair work: each student gets a slip of paper with either an English word or with a definition, they have to walk around and find their matching partner.

artificial	not natural; man-made
harmful	has bad effects; doesn't do you good
healthy	has good effects on your body
nutritious	full of the natural things your body needs
fresh	new; not frozen or in a tin
tasty	tastes very, very good
revolting	tastes very, very bad
filling	makes you feel full; feel that you have eaten a lot of food
fattening	makes you become heavier
Junk food	contains too much fat, salt and sugar
vegetarian	a person who doesn't eat meat

- Talk for two minutes about your eating habits (prepare and take notes):
 - what you eat for breakfast / lunch / dinner
 - what your favourites are and how often you have them
 - what you totally dislike
 - what your intake of health / unhealthy food is
 - how much fresh food / freshly prepared food you eat
 - if eating together with your family plays an important part



Lesson 7: 50 minutes, in the computer room

- Internet research: What is an eating disorder? / Which types of eating disorder can you find in the internet? / Describe them shortly.
- Read Shannon's text and do the exercises: see extra sheet
- You have read about Shannon and her eating disorder. Write a letter to her (120 – 180 words). Do not take longer than 20 minutes to do this. Tell her:
 - how you feel about her story
 - what you think of her problem
 - what your eating habits are like
 - what your favourite food is
 - what healthy food is
 - what a healthy diet consists of
 - what else she could do to stay healthy
 - use the information of your previous research

Lesson 8: 50 minutes, in the computer room

- Pair work:
 - Find a recipe of a healthy and nutritious meal.
 - which ingredients you need
 - find out the nutritional value of the products
 - what the meal costs
 - how long the preparation takes
 - present the results in class