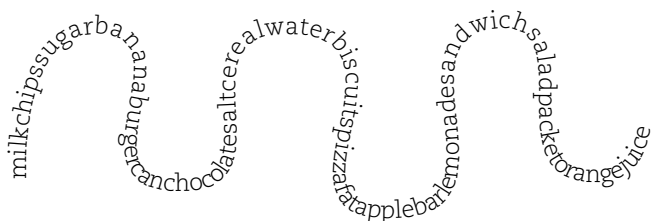




## Choosing healthy food

### Before watching

1a Find 20 words connected to food in the word snake.



1b Three things in 1a are in a lot of different foods, and are unhealthy if you eat a lot of them. What are they?

.....

.....

.....

1c What are these things? Write words from 1a.



1 a .....  
of biscuits



2 a .....  
of cola



3 a .....  
of chocolate

### While watching

#### VIDEO SKILLS: Understanding *and*, *of* and *for*

It's often difficult to hear *and* and *for*. That's because they are pronounced differently when they aren't stressed:

A programme about teenagers **and** food. /ən/

A packet **of** cereal. /əv/

What do you have **for** lunch? /fə/

2a 39 VIDEO SKILLS Read the video skills box. Then watch the video and complete the table.



Liam

Liam's meals	Usually	Sometimes
Breakfast		
Lunch		

2b 39 Watch again. Complete the sentences.

- Liam doesn't eat cereal when he .....
- He sometimes eats breakfast on .....
- He doesn't eat a sandwich for lunch because .....
- He likes fast food because it's ..... and it isn't .....

3a 39 Watch again. Choose the correct alternative.

- Liam thinks/doesn't think his diet is healthy.
- He knows/doesn't know which foods have lots of salt, sugars and fats in them.
- He thinks it's important to eat healthy food when you're young/older.

3b What do you think of Liam's answer to question 3? Do you think he's right? Why/Why not?

.....

### After watching

4a Think about Liam's diet. Who do you think is responsible for his unhealthy diet – Liam, his parents or his school? Why?

.....

4b SKILLS 4 LIFE Do an analysis of different breakfast cereals and rank them in order of how healthy they are. Follow these steps.

- Complete the table below for the breakfast cereals in your house. Write the information about 100g servings so it's easy to see the amounts of the different nutrients as percentages (e.g. 3g = 3%).

The healthiest cereals (per 100g serving)			
Cereal name	Sugar	Salt	Saturated fat

- Go to your local supermarket and add information about other cereals. Alternatively, take a photo of the labels on the cereal packets and complete the table at home.
- Put the cereals in order, with the healthiest cereal at the top.

### REFLECT ON IT



Why is it difficult to eat a healthy diet? Is it because of time, money, education or something else?