



Planning a balanced diet

Before watching

1a Identify ten things found in food in the word snake.

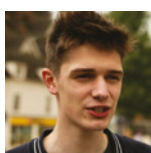
vitamins fibres sugar minerals carbohydrates salt protein calcium preservatives

1b Which things in 1a do food companies sometimes add to their products?

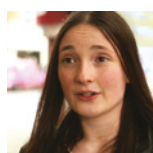
While watching



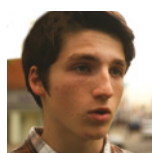
Amelia



Kieran



Molly



George

2a **63** Watch the video. Four teenagers talk about the snacks they eat. Complete the 'My snacks' column in the table.

	My snacks	Is it healthy?
Amelia	1	1 Yes / OK / No / ?
	2	2 Yes / OK / No / ?
Kieran	3	3 Yes / OK / No / ?
	4	4 Yes / OK / No / ?
	5	5 Yes / OK / No / ?
Molly	6 bowl of	6 Yes / OK / No / ?
	7 bar	7 Yes / OK / No / ?
George	8 with	8 Yes / OK / No / ?

2b **63** **VIDEO SKILLS** Read the video skills box. Then watch again. Circle the best option in the 'Is it healthy?' column of the table in 2a.

Yes = healthy

No = not healthy

OK = not completely healthy

? = He/She doesn't say

VIDEO SKILLS: Talking about food

Listen for these expressions:

*I **have** toast for breakfast.*

*I **make** toast for breakfast.*

*I **make myself** toast/**make my own** toast.*

*I **don't eat any** vegetables.*

*I **eat any** vegetables.*

*Cheese is **high** in fat.*

*Fish is **low** in fat.*

*It's got **extra** vitamins in it.*

3a **63** Watch again. Decide if the sentences are True (T) or False (F).

- Amelia doesn't like all types of fruit. **T / F**
- Amelia's milkshakes are quick to make. **T / F**
- Molly eats cereal bars when she can't find any cereal at home. **T / F**
- George says yoghurt is good for his muscles. **T / F**
- Molly says that cereal is normally high in sugar and salt. **T / F**
- George likes sugar in his yoghurt. **T / F**

3b Which speaker's snack habits are most similar to your habits? Why?

After reading

4a Make a list of the snacks you eat. Decide if each snack is healthy, or not, and write why. Look at the things in food in 1a to help you do this. If a snack isn't healthy, think of a different snack you could eat that *is* healthy.

4b **SKILLS 4 LIFE** Write a fictional newspaper article about your school. The title of the article is:

[Name of your school]

is the world's healthiest school.

Follow these steps.

- Imagine the news story is true. Make a list of the healthy food and snacks you can buy at your school, the healthy food and snacks that students bring to school, and the healthy food and snacks that the shops sell near your school.
- Write your article. Start the article like this, or use your own ideas.
It's official! The Guinness Book of World Records now says [name of your school] is the healthiest school in the world. That's because ...
- Choose a photo to use with your article. Take a photo or find one online.

REFLECT ON IT



We see and read a lot of news stories about food. Sometimes they tell us meat is bad for us, sometimes they tell us sugar is bad for us, and other times they tell us salt is bad. What do you think the truth is? Do we need to stop eating some things completely?