

A Balanced Diet

Explanatory Notes for Teachers

Level: S1

Topic: Balanced Diet

Supporting Teaching Materials: Students' worksheet

Students' Prior Knowledge

Before this ELA unit, students have related life experience about healthy eating habits. They should have learnt the words about this unit through the medium of Chinese.

Aims and Objectives

I. Content Objectives

After the ELA activities, students should be able to use English to:

1. describe good practice in relation to a balance diet and
2. give examples of food that gives necessary nutrition for a balanced diet.

II. Language Objectives

After the ELA activities, students should be able to:

1. understand and use the English terms related to this topic (e.g., *food, milk, rice, meat, green vegetables, food pyramid, contain, nutrition, protein, fat, carbohydrate, fat, mineral, vitamin, healthy diet, unhealthy diet, ill-balanced-feeding, fast food*);
2. understand and use the English expressions for discussing how to have a balanced diet, e.g.,
 - *A food pyramid can help us to have a balanced diet.*
 - *We should eat more plant foods, such as fruits, vegetables and whole grains.*
 - *We should eat less fatty foods.*
 - *We should eat less fast food and junk food.*
 - *We should eat nutritious food.*
3. understand and use the English expressions for discussing different kinds of nutrition we can get from different kinds of food, e.g.,
 - *Milk contains protein. We can get protein from milk.*
 - *Rice contains carbohydrates. We can get carbohydrates from rice.*
 - *Seafood contains minerals. We can get minerals from seafood.*
 - *Meat contains fats. We can get fats from meat.*
 - *Green vegetables contain vitamins. We can get vitamins from green vegetables.*

We know different kinds of food contain different kinds of nutrition for our health.

Procedure:

1. The teacher should first help students to review their prior knowledge of the topic of balanced diet which they have studied through the medium of Chinese.
2. The teacher should review the key English words for the unit, perhaps by using visual material such as that available in the Wikipedia page for the 'food guide pyramid' http://en.wikipedia.org/wiki/Food_guide_pyramid
3. The teacher can then present the worksheet A **Balanced Diet** and show students how to group the words according to whether they refer to food or nutrition. This helps students understand the semantic relationships between the new words.
4. The teacher then uses the table in the worksheet to present sentences about food and nutrition to the students. Then, the teacher gives an example of other ways to express the same ideas.

Expression 1: Food contains different kinds of nutrition.

Expression 2: We need a kind of nutrition from certain kind of food.

After completing the gap fill task in the worksheet, students can move on to **Task 1**.

5. In this task, students give the correct words for (1) the name of the food type shown in the pictures and (2) the kind of nutrition provided by the food type. Students then select the words appropriate to complete the missing information in the text about the food pyramid.
6. To consolidate what students have learned, and give them practice in constructing sentences, the teacher should then move on to **Task 2**. In this task, students are asked to use the expression learnt to form sentences with correct word order.

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1. Vocabulary

We can put the vocabulary we have learned in this unit like this:

A. Food contains nutrition			
奶類	milk	肉類	meat
米	rice	綠色蔬菜	green vegetables
海鮮類	seafood	飲食金字塔	food pyramid
B. Nutrition			
蛋白質	protein	碳水化合物	carbohydrate
脂肪	fat	礦物質	mineral
維他命	vitamin		
C. Unhealthy diet			
偏食	an unbalanced diet	快餐	fast food

2. Useful sentences

We know different kinds of food contain different kinds of nutrition for our health.

	Food	contains	Different kinds of nutrition
A food pyramid tells us how to have a balanced diet.	 milk	contains	protein
	 rice	contains	carbohydrates
	 seafood	contains	minerals
	 meat	contains	fats
	 green vegetables	contains	vitamins








We can also tell what kinds of nutrition we can get from the kinds of food we eat.

We can get	□□□□□□□□	from	milk.
	□□□□□□□□□□□□□□	from	rice.
	□□□□□□□□	from	seafood.
	healthy □□□□	from	meat.
	vitamins	from	green □□□□□□□□□□

Task 1: Short paragraph





Write down the words about different kinds of food and different kinds of nutrition you learned about in this unit.


					
Food					
Nutrition					





Select the most appropriate words for the missing parts of the text below.

The food pyramid tells us how to have a balanced diet. We get _____ 

from milk e.g. _____ and _____. We need _____  from rice. We

can also get minerals from _____  e.g. fish. We get some healthy

_____  from meat.

We should take more green _____  because they are rich in

vitamins.

Task 2: Short Answers

The food pyramid tells us how to have a balanced diet. How can we get enough nutrition from what we eat?



Form correct sentences to answer to the question.

get/we/milk/from/protein/can

we/carbohydrate/rice/need/from/

we/fat/meat/need/from/also

minerals/contains/seafood

vitamins/contain/green vegetables/because /more/vegetables/we/eat / can



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3. Vocabulary

We can put the vocabulary we have learned in this unit like this:

A. Food contains nutrition			
奶類	milk	肉類	meat
米	rice	綠色蔬菜	green vegetables
海鮮類	seafood	飲食金字塔	food pyramid
B. Nutrition			
蛋白質	protein	碳水化合物	carbohydrate
脂肪	fat	礦物質	mineral
維他命	vitamin		
C. Unhealthy diet			
偏食	an unbalanced diet	快餐	fast food

4. Useful sentences

We know different kinds of food contain different kinds of nutrition for our health.

	Food	contains	Different kinds of nutrition
A food pyramid tells us how to have a balanced diet.	 milk	contains	protein
	 rice	contains	carbohydrates
	 seafood	contains	minerals
	 meat	contains	fats
	 green vegetables	contains	vitamins



We can also tell what kinds of nutrition we can get from the kinds of food we eat.

We can get	<u>protein</u>	from	milk.
	<u>carbohydrates</u>	from	rice.
	<u>minerals</u>	from	seafood.
	healthy <u>diet</u>	from	meat.
	vitamins	from	green <u>vegetables</u>

Task 1: Short paragraph








Write down the words about different kinds of food and different kinds of nutrition you learned about in this unit.

Food	<u>milk</u>	<u>rice</u>	<u>seafood</u>	<u>meat</u>	<u>green vegetables</u>
Nutrition	<u>protein</u>	<u>Carbohydrates</u>	<u>minerals</u>	<u>fats</u>	<u>vitamins</u>



Select the most appropriate words for the missing parts of the text below.

The food pyramid tells us how to have a balanced diet. We get protein  from milk e.g. cheese and yoghurt. We need cabohydrates  from rice. We can also get minerals from seafood  e.g. fish. We get some healthy fats  from meat.

We should take more green vegetables  because they are rich in vitamins.

Task 2: Short Answers

The food pyramid tells us how to have a balanced diet. How can we get enough nutrition from what we eat?



Form correct sentences for the answers to the question.

We can get protein from milk.

get/we/milk/from/protein/can

We need carbohydrate from rice.

we/carbohydrate/rice/need/from/

We also need fat from meat.

we/fat/meat/need/from/also

Seafood contains minerals.

minerals/contains/seafood

We can eat more green vegetables because vegetables contain vitamins.

vitamins/contain/ green vegetables/because /more/vegetables/we/ eat/ can

