### Gifted Education School Network 2022/23

#### KLA/ Cluster: English Language (Primary)

#### Lesson Design

Appendix A

# Fact sheet about food groups

After reading the selected readings, finish the table about food groups below by using the appropriate words in the readings.

Food	Advantages	Disadvantages	Tips
groups			
Fat and sugar	• sugary food can give us energy to run and play	<ul> <li>bad for our</li> <li>too much fat and sugar can make us fat and increase the risk of getting disease</li> </ul>	<ul> <li>choose low-fat cooking methods to avoid overweight and obesity</li> </ul>
Dairy products	<ul> <li>give us strong bones and</li> <li>keep our brain, heart and muscles healthy</li> <li>give us energy to play</li> <li>help us see well</li> </ul>	• too much intake of dairy products can make us fat	choose cheese and yoghurt with little or no
Meat and fish	<ul> <li>build blocks of bones,</li> <li>, skin and blood</li> <li>help our bodies grow strong</li> <li>omega-3 in fish is good for our skin, eye and heart</li> </ul>	• too much meat and fish will make us	<ul> <li>choose lean meat and trim away the</li> </ul>
Fruit and vegetables	<ul> <li>have lots of vitamins and, which keep us healthy and fight off sickness</li> <li>vitamin C: keep our and teeth healthy</li> <li>fibre: keep our digestive system healthy</li> </ul>	• too many fruit and vegetables can cause and heart problems	choose fruits and vegetables in different
Grain products	<ul> <li>fibre: help move food through our -</li> <li></li> <li>and keep our digestive system</li> <li>healthy</li> <li>give us energy to run, jump and play</li> </ul>	• too many grain products can cause obesity and heart disease	<ul> <li>choose wholegrain products (give one example:</li> </ul>

## Fact sheet about food groups

After reading the selected readings, finish the table about food groups below by using the appropriate words in the readings.

Food groups	Advantages	Disadvantages	Tips
Fat and sugar	• sugary food can give us	• bad for our <u>teeth</u>	• choose low-fat
	energy to run and play	• too much fat and sugar	cooking
		can make us fat and	methods to
		increase the risk of	avoid
		getting <u>chronic</u> disease	overweight and
			obesity
Dairy products	• give us strong bones and	• too much intake of dairy	• choose cheese
	teeth_	products can make us fat	and yoghurt
	• keep our brain, heart and		with little or no
	muscles healthy		<u>sugar</u>
	• give us energy to play		
	• help us see well		
Meat and fish	• build blocks of bones,	• too much meat and fish	choose lean
	muscles, skin and blood	will make us <u>fat</u>	meat and trim
	• help our bodies grow		away the <u>fat</u>
	strong		
	• omega-3 in fish is good		
	for our skin, eye and heart		
Fruit and vegetables	• have lots of vitamins and	• too many fruit and	• choose fruits
	minerals, which keep us	vegetables can cause	and vegetables
	healthy and fight off	digestive and heart	in different
	sickness	problems	<u>colours</u>
	• vitamin C: keep our <u>skin</u>		
	and teeth healthy		
	• fibre: keep our digestive		
	system healthy		
Grain products	• fibre: help move food	• too many grain products	• choose
	through our <u>intestines</u>	can cause obesity and	wholegrain
	and keep our digestive	heart disease	products (give
	system healthy		one example:
	• give us energy to run,		<u>quinoa/</u>
	jump and play		oatmeal/ accept
			other answers
			from students )