HEALTH AND FOOD

Unidad Aicle (Science)
Nivel: 4º de Primaria
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HEALTH AND FOOD

Activity 1. Look at and recognize these flashcards. Do you know these foods?

Activity 2. Let’s listen to this video and repeat it.

Go to http://miriamglezromnuex.wordpress.com/

Activity 3. Now, look at this presentation and answer what your teacher ask you.

Go to http://miriamglezromnuex.wordpress.com/
Activity 4. Choose which picture shows healthy food. (This activity is in the oral presentation).

Activity 5. Match the words with the correct pictures.

- Ill
- Health
- Healthy
- Unhealthy
- Energy
- Build
- Give
- Protect
Activity 6. Write four healthy foods and four unhealthy foods and explain why they are like that.

Remember:

- **Healthy foods** are the food that **gives us energy, protects and builds our bodies.**
- **Unhealthy foods** are the food that **makes us ill if we a lot of them.**

For example:

- Chocolate **is** unhealthy because **makes** us ill if we eat a lot of them.
- Fish **is** healthy because **gives** us energy, protect and build our bodies.
- Vegetables **are** healthy because **give** us energy, protect and build our bodies.
- Chips **are** ………………………………………………………………………………………………
  
  
  
  
  
  
  
  
  
  
  
  

Activity 7. Look at this presentation of the six nutrients.

The six Nutrients

Activity 8. Do the word search and find the six nutrients. There are 4 extra words. It’s very easy!

Go to http://miriamglezromnuex.wordpress.com/

After that, compare the answers with your classmates.

For example, say:

- How many words do you have?
- I have seven words. They are nutrients, carbohydrates, proteins, fats...
- Can you find the ten words?
- Yes, I can/ No, I can’t
Activity 9. Read and complete these sentences with the words at the box. Work in pairs.

**Nutrients; carbohydrates; vitamins; fats; energy; six; spaghetti; provide; fats; popcorn; maintain; essential; butter; fats**

- The substances that help maintain the body are __________.
- There are ______nutrients.
- The nutrients are Carbohydrates,_______, minerals, proteins, ______and water.
- The most important nutrients of a diet are ________.
- Carbohydrates give us ______ and we can find them in bread, rice,_____, potatoes, ______.
- Vitamins ______ our body.
- Minerals regulate cell function and _____ structure for cells.
- We store ______ in the body to use them when the body needs energy.
  We don’t need to eat many and we find them in _____and cooking oils.
- ______ help our bodies to grow and repair themselves. We can find proteins in cheese, fish,______, milk and nuts.
- Water is _______ to keep healthy. It also keeps us hydrated and helps us to digest food.

❖ Pay attention to these verbs and find out the meaning. If you have doubts your teacher will help you.

**Maintain; regulate; provide; store; grow; repair; digest**
**Activity 10.** Look at this presentation and listen to your teacher.

![Food Pyramid]

Go to [http://miriamglezromnuex.wordpress.com/](http://miriamglezromnuex.wordpress.com/)

**Activity 11.** Follow this link and you will see an interactive Talking food pyramid. Repeat what it says. It will help you with the next activity. Work in groups.

Go to [http://miriamglezromnuex.wordpress.com/](http://miriamglezromnuex.wordpress.com/)

**Activity 12.** Make a poster of the food pyramid and explain to your classmates. Use the sentences at the box. If you need help you can see the talking pyramid food again. We will hang them on the wall. Work in groups of four people.

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| This is the vegetables group. We find them in Broccoli, lettuce etc. |
| This is the … |
Activity 13. Read and look for the correct group:

Groups: grain, vegetables, fruit, milk, meat, other.

- _____ gives us carbohydrates for the energy that we need to study, work etc. We will find in bread, cereal, pasta and rice.

- _____ provide vitamin C and A. They fight the infection and prevent diseases. We will find in apples, bananas, oranges, strawberries, pear etc.

- _____ give us vitamin A that keeps our skin healthy. It has contains vitamin C too. We will find in broccoli, corn, peas, green beans, lettuce etc.

- _____ help you build strong muscles and it also provides the protein that your body needs. We will find in beef, pork, chicken, turkey, fish, eggs and nuts.

- _____ helps keep your bones and teeth strong and healthy because they provide calcium. We will find in milk, yogurt, cheese etc.

- _____ is the fats, oils, and junk food. We will find in potato chips, donuts, cakes, cookies, candy, soft drinks, and other salty snacks.

Activity 14. We are going to study a balanced diet and healthy eating habits. Let’s look at this presentation!

Go to http://miriamglezromnuex.wordpress.com/

Activity 15. Let’s play this quiz. Work in groups. It’s very easy!

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Activity16. Ask your classmates about their diet and tell them about yours.

Work in groups.

Follow this example:

- What do you usually eat for breakfast, lunch and dinner? I usually eat for breakfast a glass of milk with cereals or a glass of orange juice.
- What do you usually eat for lunch? I usually eat salad and chicken, rice and fish, pasta and meat etc.
- What do you usually eat for dinner? I usually eat soup and eggs....
- Do you eat junk food at break time? No, I never eat junk food I eat a sandwich.
- Do you follow a healthy diet? Yes, I do/ No, I don’t.

Activity17. Look this presentation. What’s is this about?

Go to http://miriamglezromnuex.wordpress.com/

Activity18. Let’s do this web task!

Go to http://miriamglezromnuex.wordpress.com/

Activity19. Listen to your teacher and complete the sentences with the words she/he says. You have the words at the box: small digests large system anus process nutrients digestion starts

- The digestive system is the system that _____ the food we eat.
- This _____ is made up of: Oesophagus, Stomach, _____ Intestine, _____ Intestine, Liver, Gall Bladder and Pancreas.
- The _____ of digesting the food is the ______.
- Our body obtains the _____ because of this process it _____ in the mouth and finishes in the ______.
Activity 20. Now, you are going to check your knowledge about nutrition and health with this revision game (cloze test).

Go to http://miriamglezromnuex.wordpress.com/

Activity 21. Final task.

- We are going to design a healthy menu and draw it. Do you remember the food pyramid posters that we have on the wall? These will help us to design our menu. When you have them, we will play a game. Our classroom will be a restaurant and we will be the chefs and we will have to show the clients (classmates) our menu and explain why it is healthy. We will work in pairs.

- Use these sentences to explain the menu.

| Our menu is … it has soup/ fish/ rice, salad, … |
| Why is your menu healthy? |
| It’s healthy because it has the six nutrients: carbohydrates/ proteins/ minerals… |
| Carbohydrates /proteins/ minerals/ water… provide/ provides energy; It helps maintain the body/ regulates/ builds strong muscles/ fights/prevent. |
| I think your menu is unhealthy because it has/hasn’t … |