



Inglese

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Il vocabolario relativo al cibo si amplia per definire le categorie alimentari, per costruire e commentare la piramide alimentare, per poter dire in quali modi si assume il cibo. Alle specifiche conoscenze della L2 si aggiungono le considerazioni intorno all'alimentazione sana ed equilibrata.

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Fit and healthy



The top five

Elicit from your children what they think is necessary to keep our body healthy. Brainstorm what the children think of the word *health* in L1. Then help them to sum up the discussion by pointing out five golden rules:

- Healthy eating
- Keeping clean
- Looking after their teeth
- Keeping fit
- Getting rest

Tell your children that you are going to talk about the first point on the list, as it is essential to their growth.

What do you have for breakfast?

Revise or introduce food vocabulary using flashcards. Ask the children to talk about the food they usually eat during the day: *What do you usually have for breakfast / snack / lunch / dinner?*

Record their answers on a large poster making a tally chart. Help the children to analyse the data:

How many children have milk / tea... for breakfast? How many have pasta /

rice / meat / fish for lunch? ... Which is the most popular food? Which is the least popular?...

Tell the children to copy the table in their exercise books and show the same data in bar charts (one for each meal).

The food pyramid

Discuss with the children if their diets are balanced or lack in some of the five main food groups and introduce new vocabulary:

- Bread and cereals
- Fruit and vegetables
- Meat/fish/dairy products and eggs
- Fats
- Sweets

Give out a food card to each child and explain that, in turn, they have to say the name of the food and stick it in one of the five group. Draw an empty food pyramid on the board and explain that it represents the percentage of each food that should be eaten for a well balanced diet. Pointing to the different sections of the pyramid, ask the pupils to predict which kind of food should be put there and write their hypotheses (children must use

English as much as possible!) Now show the children a filled food pyramid and ask them to compare the pyramid on the board with theirs and discuss the results. Tell the children they have to include water in their diets because it's an essential element.

How do you eat fruit and vegetables?

If possible, take to school a basket of fruit and vegetables or use pictures; discuss how children eat them: *Do you wash them before eating? ...or do you peel them? Do you eat them raw, cooked or both?* After this oral activity, give your pupils a Venn Diagram and explain that they have to put the name of each vegetable and fruit in the appropriate section of the diagram according to the way in which they can be eaten: **R** (raw), **C** (cooked), **B** (both)

Assessment

Divide the class into couples and explain that they have to agree and write a daily menu, including mid-morning and afternoon snacks, taking into account the food pyramid.