



NAME _____ GROUP _____

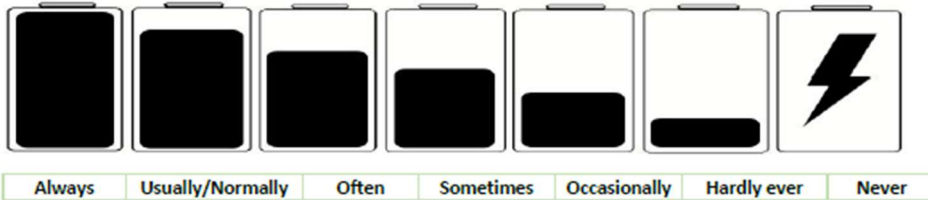
PART 1. HEALTHY EATING CHOICES

HEALTHY EATING PLATE



Food is the source of our energy. Our body needs three main nutrients to survive: carbohydrates, protein, and fats that come from food. It is also necessary to drink enough water for our digestive system to work.

Activity 1. How often do you eat the food you see in the picture above? This chart is going to help you identify the adverb of frequency you need:



I hardly ever drink soda.	I sometimes eat sweets and I'm pre-diabetic.

Activity 1. Complete the nutrition advice with the words from the word bank.

Word Bank

bread, cereals and potatoes meat and eggs *fats and sugary food*
 fruit and vegetables dairy products

THE FIVE FOOD GROUPS



Activity 2. Listening.



Pre-listening. Escribe las enfermedades que conozcas o de las que hayas oído hablar y que se relacionen con la dieta alimentaria y sus nutrientes. Escucha con cuidado las indicaciones de la profesora.

Listen to a teacher talking about nutrition. Match the nutrients A-E with the part of the body. (TRACK 28)

Word Bank

heart teeth muscles eyes skin intestines brain bones x2

A These need vitamins and minerals to function properly. _____

B Calcium is important to keep these healthy. _____

C Fibre helps these to function correctly. _____

D Lipids help this to function correctly, and protect the whole body. _____

E These need protein to be strong and to grow. _____

Activity 3. Nutrition is a very important issue that can help you to prevent illnesses in the future. Next, you have some advice, complete them with the correct food group: GRAINS – FRUIT AND VEGETABLES – MEATS AND EGGS – FATS AND SUGARY FOOD – DAIRY PRODUCTS.

1. Drink _____ to get calcium.
2. Eat _____ to obtain vitamins and minerals.
3. Don't consume lots of _____ if you want to be healthy.
4. Consume _____ to get protein.
5. Have _____ for breakfast to increase your fibre intake.



Activity 4. Unscramble the words in parentheses to complete the following nutrition recommendations.

1. Keep your _____ (sebon) strong with calcium.
2. Help your _____ (sintineste) work properly by eating fibre.
3. Develop strong _____ (scumels) by digesting protein.
4. Get soft _____ (niks) by absorbing vitamins and minerals

PART 2. THE FOOD WE EAT, WHAT DOES IT COME WITH?

What's an empanada?

It's a kind of bread made with corn and filled with beef or chicken.



Useful Expressions

It comes with ...

It's made with ...

It's a kind of ...

It's filled with ...

These are the expressions you need to describe the food you like!

Activity 1. What is one of your favorite dishes? Is it a typical Colombian dish? Make a colorful drawing of it. Pay attention to the teacher's example.

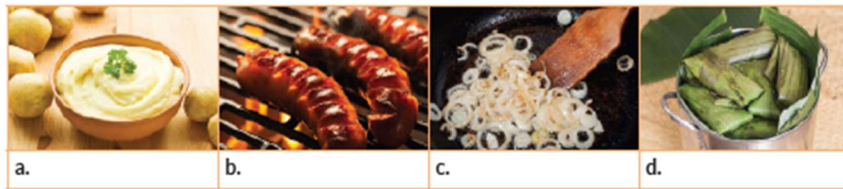
I'm fond of eating _____! _____ is/are a kind of _____. _____ is/are made with _____.

_____ can come with _____.

Now make a colorful drawing

Activity 2. Two students are talking about typical food from their countries. Listen and complete the conversation with words from the cooking methods word bank. (TRACK 29)

Word Bank
 grilled sausages fried onions steamed corn dough mashed potatoes



What kind of dish is a *famal*?

It's just ^a _____ potatoes and ^c _____ sausages. **It comes with** ^e _____ onions.

It's a **kind of** ^a _____ corn dough in a banana leaf. **It's filled with** peas, carrots, rice and meat.

What's **bangers and mash**?

Do you think that this dish is healthy? Explain your answer.

Activity 3. Write the name of two typical Colombian dishes. Describe it and read it to your classmates. Use the expressions learned in class.

Activity 4. Bandeja paisa is one of the most popular typical dishes in our country. What ingredients does it have? Look at the picture and write them in the correct column.



CARBOHYDRATES	FRUITS AND VEGGIES	PROTEINS	FATS

Activity 5. In the following blog, a Canadian tourist is writing about Colombian cuisine. Complete the blog's entry with the words from the Word Bank.

Word Bank
comes good source contain high provide

Travel Blog: Colombian Cuisine

Posted by James Lee, August 31st.

I am a Canadian traveller and I have just come back from Colombia. I loved my stay there. The food is a gastronomical adventure! I really recommend the paisa platter (*bandeja paisa*). It's a ^a _____ of protein because it has eggs, red beans, fried pork and minced beef. It ^b _____ with rice and slices of fried plantain called *patacón*. It's served with avocado. Avocados ^c _____ a lot of vitamins and minerals. Personally, I love this dish because it mixes a lot of flavours and nutrients. I suppose fried pork, minced beef and eggs ^d _____ a lot of cholesterol, so this dish is not healthy if you eat it every day or if you are not very active! But if it's your first time in Colombia and you are in Antioquia, you should try it!

COMMENTS

Lorie, 15 September, 2016 at 3:24 pm
I'm a nutritionist. I agree the mix of flavours sounds interesting: eggs, avocados and pork are great sources of protein. But unfortunately, it's very ^e _____ in fat. Maybe you should include more vegetables and use a different cooking method for some ingredients.

★ COLOMBIA ★

South American countries

At this moment, you know a lot of things related to food such as food groups, nutrients, and to describe your favorite dishes, but... How much do you know about nutrition?



Activity 6. Read the following questions and answer them based on your knowledge or intuition. Check your answers with the audio. (TRACK 34)

How much do you know about nutrients?
Choose the best answer!

<p>1. Which food is highest in vitamin C?</p> <p>a. apples b. mangoes c. oranges d. broccoli</p> <p>2. Which food is a good source of iron?</p> <p>a. fish b. milk c. bread d. carrots</p> <p>3. Which meal is most important?</p> <p>a. lunch b. dinner c. breakfast</p>	<p>4. Which mineral is essential for healthy bones?</p> <p>a. calcium b. potassium c. iron</p> <p>5. What is a good source of vitamin D?</p> <p>a. sunlight b. eggs c. onions d. chicken</p>
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SED provides snacks to thousands of children in public schools and many others receive hot food such as breakfast or lunch. Sometimes you have gotten energy bars and fruits like bananas. Let's discover some info about these two kinds of food.

Activity 7. How are energy bars made? Lorie, the nutritionist, is talking about how to prepare a healthy snack.

PART 1. Listen and note down the quantities. (TRACK 30)

				
bananas	quinoa	oats	nuts	honey
_____	_____ cups	_____ cup	_____ cup	_____ tablespoons

Part 2. Listen and number the photos in the correct order.

					
					1
Store in the fridge for up to five days.	When ready, cut into bars and let them cool.	Bake at 150°C for 25 minutes or until light brown.	Mix all the ingredients together.	Shape the mixture into a large bar or rectangle.	Peel and mash the bananas.

Activity 8. Fruits are an important source of nutrients. Bananas are a common fruit in the snacks you get at school. But how healthy are they? Listen and circle the best answer. (TRACK 35)

					
					1
Store in the fridge for up to five days.	When ready, cut into bars and let them cool.	Bake at 150°C for 25 minutes or until light brown.	Mix all the ingredients together.	Shape the mixture into a large bar or rectangle.	Peel and mash the bananas.

PART 3. EATING DISORDERS

Recommended website: <https://kidshealth.org/en/teens/eat-disorder.html/>

“There is a commonly held misconception that eating disorders are a lifestyle choice. Eating disorders are serious and often fatal illnesses that are associated with severe disturbances in people’s eating behaviors and related thoughts and emotions. Preoccupation with food, body weight, and shape may also signal an eating disorder. Common eating disorders include anorexia nervosa, bulimia nervosa, and binge-eating disorder.”



Taken from <https://www.nlm.nih.gov/health/topics/eating-disorders#:~:text=Eating%20disorders%20are%20actually%20serious,also%20signal%20an%20eating%20disorder.>

“Living in a culture **obsessed with body size and shape**, it can be hard to feel good about the way you look. But eating disorders caused by unrealistic body image ideals create much larger problems—diminished self-confidence, unhealthy eating, and exercising habits, and an inability to see yourself as a person rather than a number on the scale.”

Taken from https://books.google.com.co/books/about/What_s_Eating_You.html?id=ZrCkJuLvp4C&redir_esc=y

Activity 1. In the chart, you can read information about eating disorders. Label the photos with the correct disorder.

Eating Disorders – Important Signs For:		
Anorexia	Bulimia	Binge-Eating
<ul style="list-style-type: none"> • eating very little food • having an obsession with losing weight • severe weight loss and very low body weight 	<ul style="list-style-type: none"> • binge-eating followed by frequent trips to toilet to vomit • having an obsession with body weight • exercising too much 	<ul style="list-style-type: none"> • eating in secret • having no control of how much food he/she eats • gaining weight or obesity



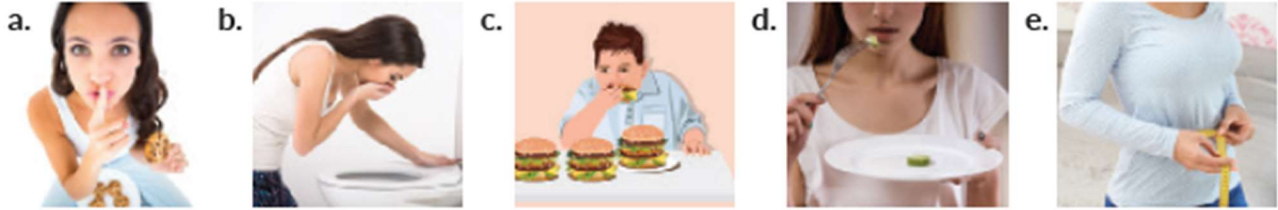
Activity 2. Based on the information in the previous activity, complete the sentences with the correct eating disorder.

1 Lately, Jenny has lost a lot of weight. She hardly eats any food because she thinks she is fat, but in reality she is very skinny. Maybe she suffers from _____.

2 Tomás is really thin, but he eats a lot. In fact sometimes he eats so much food that he feels uncomfortable. I have also noticed that he always goes to the toilet a couple of times after eating. It is possible that he suffers from _____.

3 Maria Paola has put on weight lately, I don't think she can control what she eats. I often see her eating in secret when she thinks no one is watching. I think she suffers from _____.

Activity 3. The following pics represent alarm signs related to eating disorders. Match the photos with the phrases and write the corresponding eating disorder.



1. eats too little	2. eats in secret	3. worries too much about their weight	4. can't control their eating	5. vomits after eating

Activity 4. Andrea and Jaime think their friend Nicolás has an eating disorder. Complete the sentences with the correct frequency adverb. (TRACK 19)

always usually often sometimes hardly ever never

Andrea thinks that Nicolás ^a_____ eats in secret, but ^b_____ he can't control his eating. In Jaime's opinion, he ^c_____ worries about his weight. Also, he ^d_____ vomits after eating.

What eating disorder do you think Nicolás suffers from? _____

Activity 5. Claudia recovered from an eating disorder. Complete the text with the simple past form of the verbs in parentheses.

A few years ago Claudia (not feel) ^a_____ good about her body shape and her weight. She (decide) ^b_____ to go on a diet without any specialist help. Time (pass) ^c_____ and Claudia (continue) ^d_____ eating less and less food. She (start) ^e_____ to feel really bad. She also (avoid) ^f_____ her friends when they (have) ^g_____ plans to go out. Claudia (feel) ^h_____ really lonely. But one day, Claudia had to go to the hospital. Fortunately, Claudia got medical help. When her mother came to the hospital, Claudia (realize) ⁱ_____ that she was not alone.

Now, discuss these questions about Claudia's story.

- a. What caused her eating disorder?
- b. What did she do to deal with her problem?
- c. How did the eating disorder affect her?
- d. What kind of eating disorder do you think she has?
- e. What will happen if she doesn't talk to her mother?

Activity 6. Read the following article. Complete it with words from the word bank on the right. You also need to complete the pie chart with the correct percentages.

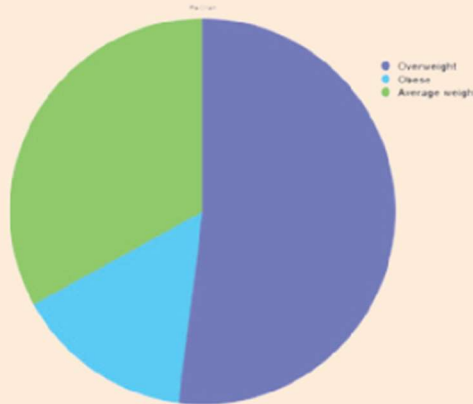
By Jairo Leal

The Colombian Ministry of Health has found that over half (52%) of the ^a _____ of our country is ^b _____. The study confirms that there is also a smaller group of 15% that is obese.

The figures from FUNCOBES (Colombian Obesity Foundation) show that one in two people are overweight. This is more common in people over 45 years old who are living in cities. The Ministry also says that one child in six is overweight.

Health specialists agree that the information is worrying, especially because ^c _____ people continue to eat junk food and drink fizzy drinks without taking more exercise to use up the extra energy.

Sara Rojas, an obesity specialist at FUNCOBES, says: 'It is sad to see that Colombian ^d _____ do not worry about their ^e _____ until they develop serious illnesses like diabetes, heart disease or strokes. These illnesses may be prevented if we drink more water, ^f _____ more fruit and vegetables, eat less junk ^g _____ and take more exercise'.



Activity 7. Read the information in the following paragraphs. As you read, match the paragraph with one of the questions.

Eating Disorders by Angie Roa

PART 1

1. _____

An eating disorder is a serious illness. It is characterized by extreme and dangerous eating behaviour. This can have very serious physical and psychological consequences. This illness affects all kinds of people: young and old, men and women, rich and poor. It is often difficult to know when someone has an eating disorder - you can't always tell by looking at them.

2. _____

Health specialists are not completely sure about the causes of many eating disorders. There are many different reasons, such as bad eating habits, family history, attitudes and emotions, a person's income, and even where they live. However, some things are clear: eating disorders are mainly the result of unhealthy eating habits, the desire for an ultra-thin body and very low self-confidence.

PART 2

3. _____

It is very difficult to find out if a person has an eating disorder. However, some typical symptoms include losing or gaining weight drastically, vomiting, excessive fatigue and emotional distress. In addition, some typical behaviour includes paying excessive attention to body weight and shape, not sleeping well, getting stomach aches and avoiding social situations, especially for eating out.

4. _____

Fortunately, it is possible to treat most eating disorders if they are diagnosed in time. People can be helped if they accept that they have an eating disorder, and get the necessary nutritional and psychological treatment. People with eating disorders should learn to eat well, change bad eating habits and get help from their family. They should also accept their bodies the way they are.

In conclusion, eating disorders are complex illnesses, but treatment is possible. However, people need a trained health specialist to diagnose and treat these disorders.

Activity 8. Number the conversation in the correct order.

- 1 Dentist: Omar, be honest with me, please!
Do you have an eating disorder?
- _____ Dentist: Yes, but if you have an eating disorder
and you vomit all the time, you will get very ill.
- _____ Dentist: Yes, I can see your teeth are in bad
condition because you vomit a lot.
- _____ Omar: Well, I vomit, but I brush my teeth three times a day.
- _____ Omar: Yeah, I worry a lot about my weight. So I vomit a lot.
And I have toothache.
- _____ Omar: It's true. What should I do?

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