

# You Are What You Eat

## Activity One: Ask and answer with a partner

1. What is your favorite food?
2. What kind of food don't you like?
3. What kind of food do you think is healthy?
4. What kind of food do you think is unhealthy?
5. Describe a typical meal you have for breakfast, lunch, dinner.

## Activity Two: Flashcards

**Apple**



**Banana**



**Orange**



**Kiwi**



**Broccoli**



**Green Beans**



**Tomato**



**Potato**



**Pasta**



**Pizza**



**Sandwich**



**Hamburger**



**Salad**



**Fries**



**Rice**



**Chips**



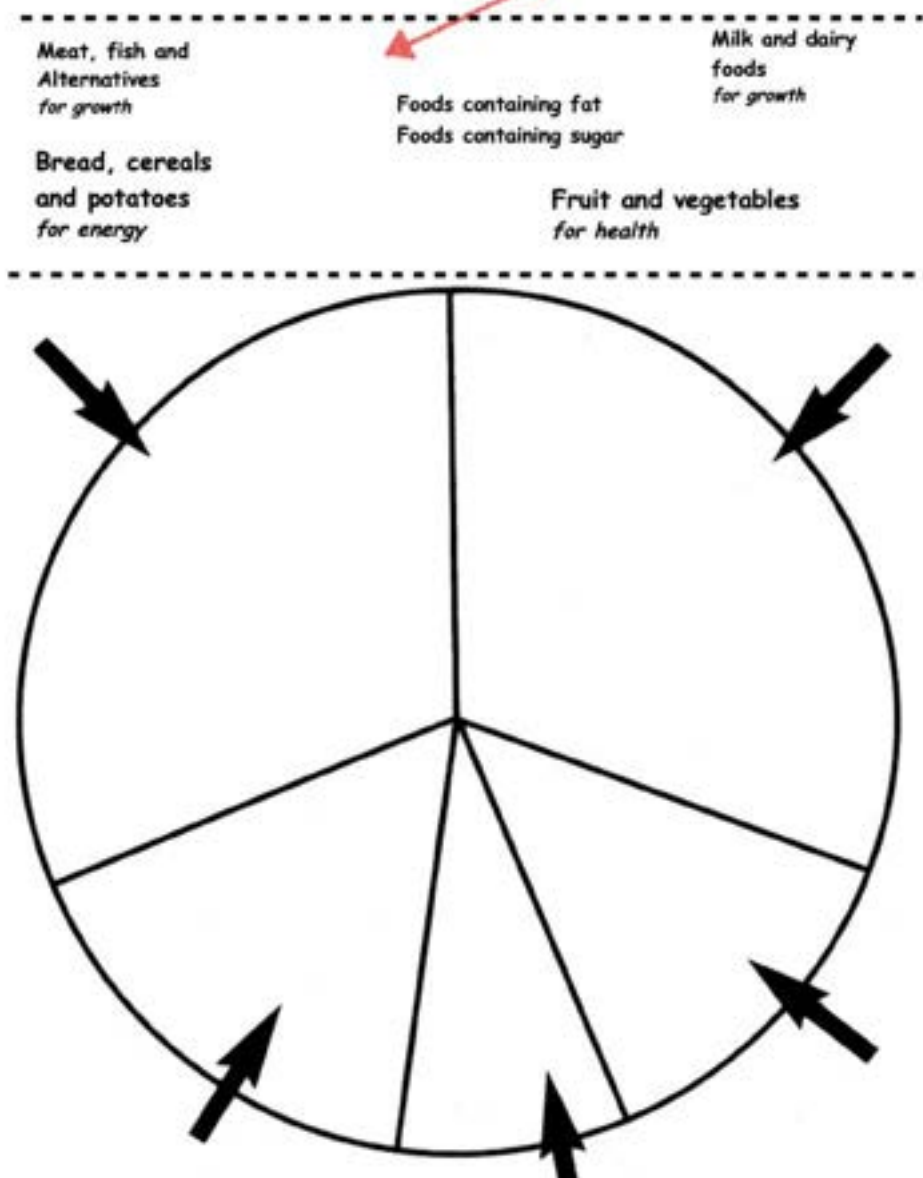
**Ice Cream**



**Cake**



**Activity Three - HEALTHY EATING.** With your partner **LABEL** the CATEGORIES of food which make up a healthy diet. Then give some **examples** inside the diagram...



**Activity Four: What do you use when you are cooking?**

As fast as you can, draw five things that you use in the kitchen.  
Then pass your paper to someone else in the class. They have to label your drawings.

**Activity Five: Class vote**

What's the most popular food in the class?

Fish, Meat, Milk, Pasta, Pita, Green Beans, Cucumber, Apple, Banana, Chocolate Cake

**Activity Six: Safety in the kitchen**

Look at the image below. With your partner, discuss the dangers.

**Activity Seven: Food Pictionary**

See if your team can guess what you are drawing!

**Activity Eight: Breakfast - Lunch - Dinner**

1. What time of day do we have each meal?
2. Which is your favorite meal of the day?
3. What did you eat yesterday for breakfast? Lunch? Dinner?

**Activity Nine: Ordering Food**

Waiter: Welcome to Valentino's. Here are your menus. Today's special is grilled chicken salad. I'll be back to take your order in a minute. . . .

Waiter: Are you ready to order?

Customer 1: I'd like the seafood spaghetti.

Waiter: And you?

Customer 2: I'll have a Lasagna please.

Waiter: Would you like anything to drink?

Customer 1: I'll have a coke, please.

Waiter: And for you?

Customer 2: Just water, please.

Waiter: OK. So that's one seafood spaghetti, one Lasagna, one coke, and one water. I'll take your menus. . . .

Waiter: Here is your food. Enjoy your meal.

Customers: Thanks a lot. . . .

Waiter: How was everything?

Customers Both: Delicious, thanks.

Waiter: Would you like anything for dessert?

Customer 1: No, just the bill please.

### **Activity Ten: At a restaurant**

Order from this menu -Your teacher will take your order! Remember to be very polite. Ask any questions you want to ask. Maybe even give a tip at the end! :)



**G**  
**RUSSELL'S**  
A RESTAURANT WITH ROOMS

**Starters**

- Sweetcorn Soup  
Chorizo Oil
- Steamed Mussels  
Oyster Sauce, Coriander
- Pan Fried Chicken Livers  
Asparagus, Watercress

**Main Course**

- Rump of Beef Pavé  
Sauté Potatoes, Carrots & Shallots
- Cornish Hake  
Leeks, Heirloom Tomatoes, Crayfish Bisque
- Lemon & Roast Garlic Risotto

**Pudding**

- Dark Chocolate Tart  
Raspberry Sorbet
- Vanilla Rice Pudding  
Fresh Raspberries
- Lemon Posset  
Shortbread Biscuit



### **Activity Eleven: What's on the menu?**

With a different partner, invent a healthy/ unhealthy menu for a restaurant. Your teacher will tell you which to invent. Then read it out to the class. They will order something from your menu and tell you what they prefer from that menu and why. They have to guess if it's supposed to be healthy or unhealthy!