







1. Healthy choices - Describe a poster

► Name the 6 foods presented in the document below.

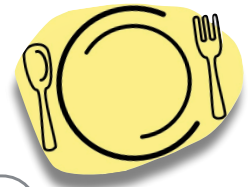
Good Choice		Bad Choice	• ()	• ()
			• (fruit)	• ()
			• ()	• ()
				
				
				

► Give more details about their types

vegetable • fruit • sweet snack • dessert • pastry • sandwich • side dish

► Each horizontal line corresponds to a course, name them.

Line 1 = _____
 Line 2 = _____
 Line 3 = _____



side dish • main course • starters • appetizers • drinks

2. Healthy choices - Make comments on a poster

► Where can you typically find the foods from the right column?

► Why are the the foods from the left column labelled as a “Good choice“?



► What are the characteristics of the foods labeled as a “Bad Choice“?



► Do you know other foods that can be considered as a “Bad Choice“ ?

► What was the intention of the person who created this poster?



3. Food groups and healthy eating

► Complete this chart with the elements below.

Nutrient groups	What they are needed for?	Examples of foods that are rich in this nutrient
Carbohydrates	_____	• _____ • _____
Proteins	_____	• _____ • _____ • _____ • _____
Fats	_____	• _____ • _____ • _____ • _____ • _____



4. Healthy eating habits for a good health

► Use the words below to complete the following text.

Healthy eating

We _____ consume food from all the food _____ to get all the nutrients that we _____. Consuming this _____ of food will help us maintain a healthy body _____, and _____/_____ a number of diet-related _____ including heart disease, some cancers, osteoporosis and _____. It is important to vary your dietary intake not necessarily for every meal, but _____ over the whole day and over the _____.

variety • groups • must • need • prevent/reduce • diseases • week • balanced • diabetes • weight

► Based on details from the text, what are the benefits of healthy eating habits?



► Make a list of other tips for keeping healthy and fit.

• _____

• _____