

CLIL Science Webquest

You are what you eat

1 Pre-reading

Read and tick for you.

How often do you ...

	Often	Sometimes	Never
1 eat fast food?			
2 drink fizzy drinks?			
3 eat fruit and vegetables?			
4 eat breakfast?			
5 eat sweets and chocolate?			

2 Reading

Read the text. Do you eat a balanced diet?

BALANCING ACT!

If you want to be healthy, a balanced diet is very important. Food gives us the energy and nutrients we need to live. There are no good and bad foods, but we need to get the right amount of each type of food to be strong and fit. Junk food and fast food are high in fats and sugar. These foods might be delicious and it's OK to enjoy them sometimes, but don't forget 'an apple a day keeps the doctor away'.

The five food groups

Everything we eat is from one of the five different food groups. Every day, our bodies need protein, carbohydrates and healthy fats to give us energy and good health.



1 Meat, fish and eggs

This group also includes beans and nuts. These foods have protein and this helps us grow.



2 Bread and cereals

Potatoes are in this group too. These foods give us energy.



3 Fruit and vegetables

It is very important to eat fruit and vegetables. These foods help our digestion and have lots of vitamins and minerals.



4 Milk and dairy

These foods have calcium, which is important for our bones and teeth.



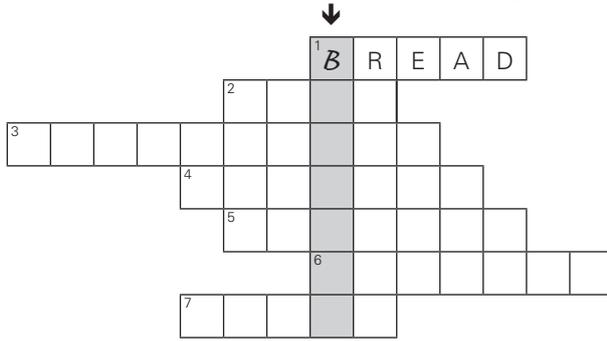
5 Fats and sugars

These foods are not very good for us so it is important not to eat them very often.

If you have a balanced diet, you will have more energy for school, for friends and for your hobbies!

3 Vocabulary

Complete the crossword and find the missing word.



- 1 I want to make a sandwich. I have some cheese and ... (5)
- 2 I love all kinds of ... – beef, pork, chicken and lamb. (4)
- 3 Carrots, peas and broccoli are all ... (10)
- 4 You can find lots of ... C in oranges. (7)
- 5 Iron is a very important You can find it in green vegetables like spinach. (7)
- 6 ... is a mineral you can find in milk and other dairy products. (7)
- 7 ... are white and hard. There are lots of them inside our bodies. (5)

4 Reading

Do an Internet search for *balanced diet* and label the 'eatwell plate' with the food groups from exercise 2.

The eatwell plate



5 Writing

Look at the 'eatwell plate' and answer the questions. You can visit these websites to help you:

www.food.gov.uk/multimedia/pdfs/publication/eatwellplate0907.pdf www.nhs.uk/Livewell/Goodfood/Pages/Healthyeating.aspx

- 1 Which foods does the plate tell us to eat often?
.....
- 2 Which foods does the plate tell us not to eat often?
.....
- 3 Is your diet balanced? Why/Why not?
.....

6 Reading

Find more information about healthy diets in the Internet. Then read the 'dos and don'ts' below and write *T* (true) or *F* (false). You can visit these websites to help you:

www.bbc.co.uk/health/treatments/healthy_living/nutrition/healthy_balance.shtml
kidshealth.org/kid/stay_healthy/food/pyramid.html#cat119

- 1 Do eat a variety of foods from different food groups.
- 2 Don't eat fruit and vegetables with every meal.
- 3 Do eat lots of fish.
- 4 Do 'super-size' your meals whenever you can.
- 5 Do eat lots of fats and sugars.
- 6 Do be active every day.
- 7 Do eat the same as a boy if you are a girl.
- 8 Do put apple pie in the 'fruits and vegetables' section of your plate.

7 Project

Keep a food diary. Follow these steps:

- Write down what you eat for breakfast, lunch, snacks and dinner for three days.
- Look at your diary and write five sentences about your diet, e.g. *I often eat fruit when I want a snack. I never eat chocolate between meals.*
- Compare your sentences with your classmates. Discuss how your diet can be healthier.

Believe it or not!
 The healthiest, low-calorie drink in the world is water!

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