Lesson 38

Topic: Healthy Eating

Objectives: To learn nutritional vocabulary, understand the "Eatwell Plate" concept, and practice giving advice using modal verbs.

1. Warm-up: "You Are What You Eat"

Коротке обговорення: 1) Do you usually eat breakfast? Why or why not?

2) What is your favorite "guilty pleasure" food?
3) On a scale of 1 to 10, how healthy is your current diet?

2. Vocabulary: The Building Blocks

Term	**Translation**	**Function**
Nutrients	Поживні речовини	Substances that provide nourishment.
Carbohydrates	Вуглеводи	The body's main source of energy (bread, pasta).
Proteins	Білки	Essential for muscle growth (meat, beans, eggs).
Fibre	Клітковина	Helps digestion (vegetables, whole grains).
Saturated fats	Насичені жири	"Unhealthy" fats found in butter and fried food.
Processed food	Оброблена їжа	Food that has been chemically altered (chips, soda).

3. The Concept: The "Eatwell Plate"

Правило збалансованої тарілки (The Balanced Plate Rule):

1. **50% Vegetables and Fruits:** Focus on color and variety.
2. **25% Whole Grains:** Brown rice, whole-wheat bread.

3. **25% Protein:** Fish, poultry, beans, or nuts.
4. **Hydration:** Water is the best choice; limit sugary drinks.

4. Grammar Focus: Advice & Recommendations

Використовуйте модальні дієслова для обговорення звичок:

- *You **should** drink at least 1.5 litres of water a day.*
- *You **ought to** limit your intake of processed sugar.*
- *You **had better** avoid eating late at night if you want to sleep well.*

5. Activity: Food Myths (Fact or Fiction?)

Обговоріть ці твердження в парах:

1. *"Eating fat makes you fat."* (**Fiction:** Your body needs healthy fats for the brain).
2. *"Fresh vegetables are always better than frozen."* (**Fiction:** Frozen veggies often keep more vitamins).
3. *"Drinking fruit juice is as healthy as eating whole fruit."* (**Fiction:** Juice lacks fibre and has too much sugar).

6. Writing Task: "The Health Coach"

Task: Imagine your friend eats only fast food and feels tired all the time. Write 5-7 tips for them using the new vocabulary (carbs, protein, processed food) and modal verbs (*should, ought to*).

7. Home Assignment

Option A: Keep a "Food Diary" for two days and analyze if your diet is balanced according to the Eatwell Plate.

Option B: Research a "Superfood" (e.g., blueberries, spinach, chia seeds) and write 5 sentences about its benefits.