1 курс

Topic: Healthy and Nutritious Food

1. Warm-up

- *What did you have for breakfast today? Was it "fuel" or just "filling"?*
- *How do you define "healthy food"? Is it only about salads?*

2. Essential Vocabulary

Word / Phrase	**Translation**	**Context Example**
Nutrient-dense	Багатий на поживні речовини	Spinach is more *nutrient-dense* than lettuce.
Processed food	Оброблена їжа	Try to avoid *processed food* like sausages or chips.
Whole grains	Цільнозернові продукти	*Whole grains* provide long-lasting energy.
Wholesome	Корисний, здоровий	A *wholesome* meal includes proteins, fats, and carbs.
To cut down on	Зменшити споживання	You should *cut down on* refined sugar.
Fiber	Клітковина	Fruits and vegetables are high in *fiber*.

3. Reading & Discussion: The "Eatwell" Plat

Концепція тарілки здорового харчування. Вона має містити:

1. **50% Vegetables and Fruits:** Focus on color and variety.
2. **25% Whole Grains:** Brown rice, oats, or whole-wheat bread.
3. **25% Protein:** Fish, poultry, beans, and nuts.

Questions for discussion:

- Why is it important to have a "rainbow" on your plate?
- Do you think school lunches follow these proportions

4. Grammar Focus: Modals of Advice (Should/Ought to/Had better)

Нагадайте учням, як давати поради щодо здоров'я:

- **Should / Ought to:** General advice (*You should drink more water*).
- **Had better:** Strong advice with a potential consequence (*You'd better stop eating so much salt, or you'll have heart issues*).

5. Practical Task: "The Healthy Hack" (Group Work)

Розділіть клас на групи. Кожна група отримує "шкідливе" меню і має перетворити його на "здорове".

- **Original:** Cheeseburger, French fries, and a large Cola.
- **Healthy Hack:** *Example: A grilled chicken wrap with avocado, baked sweet potato wedges, and sparkling water with lemon.*

6. Homework (Домашнє завдання)

Option A (Creative): Create a 1-minute video "What's in my fridge?" in English, highlighting healthy items.

Option B (Writing): Write a short essay (120-150 words): *"Is it possible to eat healthily on a tight budget?"*