







### INVESTICE DO ROZVOJE VZDĚLÁVÁNÍ

# HEALTHY / FAST FOOD

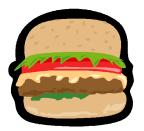
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Vzdělávací oblast: Jazyk a jazyková komunikace

Vzdělávací obor: Anglický jazyk

Ročník: 6.-7.

## HEALTHY / FAST FOOD



- 1. Fast food restaurants are called:
- a) get-away b) take-away c) grasp-away
- 2. How often do you go to the fast food restaurants and what do you order ? (Work in pairs )
- never very rarely (once / twice a year) quite often (once/ twice / three times)--often(once/ twice/ three times a week)
- 3.Choose which one is **healthy (H)** or **fast** (junk) food **(F)**:

Quick,easymeal to take on the go	For manyofusittastesgood
Food high in fat and calories	Itmakesyoukeepor lose yourweight
Well-balancedand nutritiousfood	Made and prepared in a very shorttime
Itmakesyoufeelwell and fit	Low-fat dairyproducts(cheese, yoghurt)
Itmakesyouput on yourweight	Freshfruit and vegetables
Vitamins, minerals and proteins	A whole-grain bread, rolls and cereals
Ittakes more time to prepareit	Cheep and eating on the run
Fish and seafood	High in sodium (salt)
Friedorcooked in oilorbutter	Ithelpsagainstillnesses
Non-fat milk, unsweetened and cleanwater	Soft soda, juice, lemonade, cola
Italwayslower in fibre	Itis made in factories and frozen

4. Mickey and Millie are going to do some shopping . Circle only healthy things on their shopping list:

coca-colabeanstomatoeshamburger high-fat Cheddar mozzarella cucumber chips hot dog carrotsMilkchocolate pasta lamb chicken mayonnaize sardine Mars bar French fries onions smoked beef pork green tea lentil Acquila lettuce olive oil rice apple juice sprite waffles

5. Ask your partner about these things and use these expressions:

packet(s) of, glass(es) of, bottle(s) of, bar(s) of, box(es) of, sack(s) of,

e.g. <b>How many</b> packets of crisps <b>/ How much</b> milk do w	ve need?
6. Finish these proverbs about food and discuss their	r meaning :
1.Eat to live,	(eat/not/to/live)
2.Take all you want ,	.(all/eat/but/take/ you)
3.An apple	
4.Bread today	<u> </u>
5.Hunger is a	(odog / ekhnitc )
7.Read the text and complete blanks from given words :	
prefer tasty fresh healthy fried fast s	sweet energy fruit meal fis
Healthy food	
There are many 1 food restaurants around but it isn't 2 They eat this food because it's 3 tasty 4	s, but everybody can have a
The only problem is that buying 5 product people 6 to spend time doing other activities friends, walking in the parks etc. Everybody knows that good for health. They give you 8 for the day unhealthy, like all fried food. Very healthy meal is 10 many 11 things: chocola	ities, such as watching films, meeting fresh 7 or vegetables are v. 9 potatoes are nice but And for desert? Don't eat too
8.Which statement is true or false or there is no men	tion in the text :
1.People eat fast food because is delicious.	T/F/N
2.People can't have a tasty meal at home.	T/F/N
3.It takes a lot of time to prepare a healthy meal at home.	. T/F/N
1 People like ordering supersized portions	T/F/N

	9. Listen a	nd comple	te the song (Pro	oject 2,Uni	it 4,p. 49)	and then cl	neck :	
	raspber	ries	toast	pie	saus	sages	peas	ice-cream
	fruit	pepper	coffe	e	strawb	perries	chip	S
Sausag	es with ic	e-cream	1					
Verse 1	1 Verse 2							
	I like		_ with cheese	9	1	like sticky	<i>'</i>	
	Katy likes		with		[	Donna like	es a cup of	
salad,	Peter puts	s	on h	is baked	beans [	Daniel like	s a nice	
	Edward lik	kes		_	i	it seems V	Vendy loves	apple
	And Jessic	ca loves _			1	But noboo	dy can tell u	s why
	But John I	likes saus	ages with			John likes		with
ice-cre	eam.							

T/F/N

T/F/N

5. Fried food is good for your health.

6.People like doing different activities than cooking at home.

Zdroje: vlastní, uč. Project 2 (Oxford, 2010)

Název materiálu: Healthy / Fast food

<u>Druh materiálu</u>: DUM (pracovní list)

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Vzdělávací oblast: Jazyk a jazyková komunikace

Vzdělávací obor: Anglický jazyk

Tematický okruh: Healthy / Fast food

#### Metodický list:

1. Jak se nazývá restaurace rychlého občerstvení.

- 2. Jak často chodíš do těchto restaurací a co si objednáváš ? Použij daná frekvenční příslovce.
- 3. Označ, která věta patří ke zdravému nebo nezdravému jídlu.
- 4. Zakroužkuj pouze zdravé jídlo.
- 5. Pokládej otázky typu : Kolik balíčků lupínků potřebujeme ?
- 6. Dokonči přísloví o jídle a vysvětli jejich význam.
- 7. Čti a dopň text slovy z nabídky.
- 8. Která věta (na základě předchozího textu) je pravdivá/nepravdivá anebo o ní není v textu zmínka?
- 9. Poslouchej písničku a doplň slovy z nabídky. Pak zkontroluj.

Pracovní list slouží k rozšíření slovní zásoby o jídle , které je zdraví prospěšné a které nikoliv. Zároveň k četbě a poslechu s porozuměním.

#### Solution-Řešení:

#### 1.take-away 3.

F	Quick,easymeal to take on the go	F	For manyofusittastesgood
F	Food high in fat and calories	Η	Itmakesyoukeepor lose yourweight
Н	Well-balancedand nutritiousfood	F	Made and prepared in a very shorttime
Н	Itmakesyoufeelwell and fit	Н	Low-fat dairyproducts(cheese, yoghurt)
F	Itmakesyouput on yourweight	Н	Freshfruit and vegetables
Н	Vitamins, minerals and proteins	Н	A whole-grain bread, rolls and cereals

Н	Ittakes more time to prepareit	F	Cheep and eating on the run
Н	Fish and seafood	F	High in sodium (salt)
F	Friedorcooked in oilorbutter	Н	Ithelpsagainstillnesses
Н	Non-fat milk, unsweetened and cleanwater	F	Soft soda, juice, lemonade, cola
F	Italwayslower in fibre	F	Itis made in factories and frozen

- 4.mozzarella ,beans,tomatoes,cucumber, carrots, lamb, pasta, chicken ,sardine,green tea, onions, lentil, Acquila, rice, lettuce, olive oil
  - 6. 1.Eat to live, not live to eat.2. Take all you want, but eat all you take.
    - 3.An apple a day keeps the doctor away.4. Bread todayis better than cake tomorrow.
    - 5. Hunger is a good kitchen.
  - 7.1-fast 2-healthy 3-tasty 4- meal 5-fresh 6-prefer 7- fruit 8- energy 9- Fried 10- fish 11sweet
  - 8. 1-T 2-F 3-T 4-N 5-F 6-T
  - 9. Verse 1 toast, chips, pies, pepper, raspberries, strawberries, ice-cream

    Verse 2 -toffee, coffee, fruit, pie sausages