

Nome _____

Classe _____

Data _____

SCHEDA DVD 3.5 HEALTHY FOOD**Before watching**

- 1** a. Write a list of five foods that you consider to be healthy and compare it with a partner.

.....

- b. Now write a list of five foods that you consider unhealthy and compare it with a partner.

.....

- 2** Write a short answer to the following questions.

1. How often do you buy organic food?
 Do you think it's important to buy organic products?

.....

2. Do you or your parents ever go to the market to buy fresh fruit and vegetables? If not, where do you / they normally get these products?

.....

Now exchange your answers with a partner and have a brief discussion about any differences or similarities.

While watching

- 3** Watch the first part of the video (up to 01.05) and complete the missing information.

- The market's open on Fridays from to
- There are stalls in the market.
- Fresh products arrive
- You can try cooked meals, and homemade pies.
- There are stalls selling organic food.
- 43% of are overweight in the UK.
- % of the population is clinically obese.
- The guidelines recommend that people eat portions of fruit and vegetables per day.
- This can be in the form of (also called "smoothies") or

SCHEDA DVD 3.5 HEALTHY FOOD

- 4** Now watch the second part (01.06-end) with the interviews with the following people and write the correct names in the spaces.



Sheila



Gerry



Becky



Marta



Sandra



Margaret

Write the name of the person who mentions that:

1. he / she eats unhealthy foods like sausage sandwiches:
2. organic food is better than supermarket food:
3. he / she usually buys ordinary food, not organic:
4. organic food is more expensive than ordinary food: and
5. he / she enjoys going to markets to buy food:
6. he / she eats in the college canteen:
7. he / she thinks that organic food tastes fresher:
8. he / she buys organic wine:
9. organic food has no chemical or pesticides:
10. he / she is tempted by unhealthy food:

After watching

- 5** Read more about the 5-a-day campaign (www.5aday.nhs.uk/). Then write a few sentences describing how much fruit and vegetables you eat and whether you eat healthily according to the guidelines. Indicate any changes you think you should make to your diet.
- 6** Work through the exercises at:
www.teachingenglish.org.uk/language-assistant/essential-uk/overweight-britain
- 7** Draw up a poster aimed at teenagers to make them aware of the risks of unhealthy eating and how they can switch to healthy food.