

Topic

Healthy eating

Aims

- To celebrate World Food Day on 16th of October
- To encourage children to make healthy food choices
- To practise food vocabulary and identify some food categories
- To extend students' ideas by talking about good food choices and comparing food around the world
- To practise language for making choices, the first conditional with will and to practise simple phrases related to food.

Age group

Young learners aged 6-8 years

Level

CEF level A1 - beginners

Time

50 - 60 minutes

Materials

- The 'My Healthy Lunch' template (to draw or project onto the board for children to copy into their notebooks)
- The 'Food Options' worksheet (to draw or project onto the board while playing the game)
- One dice per group of students
- Optional: coloured pencils, pens or crayons to colour the lunches; paper, pens and coloured pencils for extending the lesson to include a healthy lunch food display
- LearnEnglish Kids website (see links below)

Introduction

In this lesson children draw a lunch setting and then play a dice game to decide what to eat from a selection of foods which include many healthy choices. This game can be played as part of World Food Day, which is celebrated on the 16th of October each year or whenever you cover the topic of food with your young learners. Ideas for extending the lesson are provided below.

Procedure

Before the lesson	<p>Set up your computer to project the <i>My Healthy Lunch</i> and the <i>Food Options</i> templates on the board. If you are going to draw the templates yourself, print them out to copy. Alternatively, draw the <i>My Healthy Lunch</i> template on the board and print out a <i>Food Options</i> worksheet for each group of students to copy from while playing the game.</p> <p><i>Note: If the food options in this game are too different from those of your students, you could use the game to compare diets around the world. You may also want to change some or all of the food options to include food your students are familiar with. Your students could choose the food as part of the activity.</i></p>
Warmer (10 minutes)	<p>Play a food guessing game to remind your students of food vocabulary and to prepare for the game by showing them how easy it is to draw food. Your students will love this game even more if you're not fantastic at drawing!</p> <p>In teams, children take turns guessing the food and drink you draw on the board.</p> <p>Some simple-to-draw examples: <i>apple, banana, pear, watermelon, cherries, burger, sandwich, chicken leg, fish, soup, water, milk, juice, rice, beans, tomato, carrot, salad, bread, cake, yoghurt, biscuits.</i></p> <p>With stronger classes, discuss which of the foods you've drawn on the board are healthy and get them to put the foods into the categories: fruit, vegetables, meat, drinks, desserts.</p>
Activity 2 (10-15 minutes)	<p>Project the picture of the <i>My Healthy Lunch</i> template onto the board or show students the drawing. Students copy the template into their notebooks.</p> <p>Explain that they are going to play a dice game and that it is important that the numbers 1-6 are written on their templates. Go through the possibilities of the kind of food or drink that could be found at each number on the template. Ask students to tell you if their suggestions are healthy or not.</p> <p>Ask students to guess what foods might be included as options in the game.</p>
Activity 3 (5-10 minutes)	<p>Put the students into groups.</p> <p>Project the <i>Food Options</i> worksheet onto the board or show students the drawing. Go through the options for each number and explain that when children roll the dice, they choose between one of the two items corresponding to the number and draw it on their template.</p> <p><i>Notes on the options: A burger can be made from vegetables, fish, chicken, red meat, beans or tofu. The beans option could include lentils, curries, stews and soups. Bread can be gluten-free and yoghurt and ice-cream can be dairy-free.</i></p>
Activity 4 (10-15 minutes)	<p>Give each group of students a dice. Students take turns rolling the dice and drawing the food choices next to the numbers on the template until all students have completed their healthy lunches.</p> <p>The student who completes their healthy lunch first is the winner in their group.</p>

	<p>Students keep playing until everyone has completed their healthy lunch.</p> <p>Early finishers can colour their pictures while waiting for the others. Move around the room asking children why they have chosen certain foods and which of the foods they like or don't like.</p>
Activity 5 (10-15 minutes)	<p>Students compare the meals they've chosen and say which food options they like and don't like.</p> <p>Ask students what they had or will be having for lunch today, deciding together what food items are healthy.</p> <p>With stronger classes, ask them why the food is healthy or not (e.g. it is nutritious, it has too much sugar, etc). Ask students to compare the meal they made from the game with a typical lunch that they eat.</p> <p>If their typical lunch is very different, this could lead to an extension activity based on researching typical meals around the world.</p>
Extension activities	<p>Research typical meals around the world. In groups, students make posters to show different lunches (e.g. Japan, USA, Spain and Nigeria all have very different lunches). Display the posters on the classroom wall or in corridors.</p> <p>Revise and extend the topic using the following activities from the LearnEnglish Kids website:</p> <p>Use these flashcards, worksheets and games to extend children's food vocabulary:</p> <p>https://learnenglishkids.britishcouncil.org/word-games/food-1</p> <p>https://learnenglishkids.britishcouncil.org/word-games/food-2</p> <p>https://learnenglishkids.britishcouncil.org/worksheets/fruit</p> <p>https://learnenglishkids.britishcouncil.org/sites/kids/files/attachment/worksheets-drinks.pdf</p> <p>The <i>I don't like eggs chant</i> is a fun chant related to the topic:</p> <p>https://learnenglishkids.britishcouncil.org/grammar-chants/i-dont-eggs</p> <p>Here's another chant about having friends for lunch:</p> <p>https://learnenglishkids.britishcouncil.org/grammar-chants/some-friends-are-here-play</p> <p>With older students, use this worksheet to compare typical dishes and to draw a typical dish from their country.</p> <p>https://learnenglishkids.britishcouncil.org/sites/kids/files/attachment/worksheets-typical-dish.pdf</p>

Contributed by

Karen Elliott