



**Welcome to our
class**

Unit 12: LET'S EAT

- Period 76: Lesson 5: B2

❖ Warm up:



1. Pre_reading:

a New words:



Balance diet (n):

Khẩu phần ăn hợp lý

Moderate amount:

Khối lượng hợp lý

Fatty food (n):

thức ăn giàu chất béo

Dairy product (n):

thực phẩm bơ sữa

Body_building food (n):

thức ăn giúp phát triển cơ bắp

Energy (n):

năng lượng

Cereal (n):

ngũ cốc



✳ Matching:

- | | | | |
|----------------------|---|---|------------------------------------|
| ❶ Fatty food | ● | ● | a. Thực phẩm bơ sữa. |
| ❷ Moderate amount | ● | ● | b. Thức ăn giàu chất béo. |
| ❸ Balance diet | ● | ● | c. Khẩu phần ăn hợp lý. |
| ❹ Dairy product | ● | ● | d. Khối lượng hợp lý. |
| ❺ Body_building food | ● | ● | e. Thức ăn giúp phát triển cơ bắp. |

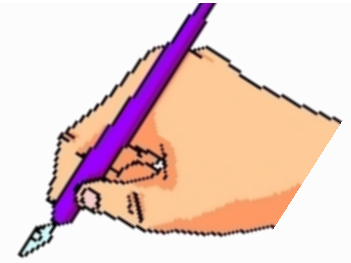
1. B 2. D 3. C 4. A 5. E



b. Structure:

Why/Why not?

Because.....



Ex: Do you like pork? Why/Why not?

Yes, I do. Because It's delicious.

No, I don't. Because It's too much fat.



Why/Why not?
Because.....



★ True/false prediction:

True/false statement	Guess		Check
	T	F	
1. Sugar is an unhealthy food.			
2. Sugar adds taste to food and gives you energy.			
3. We should eat plenty of fatty food and sugar.			
4. We need a balanced diet and exercise to keep a healthy lifestyle.			

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■ Listen and read:

A balanced diet

We know that the food we eat affects our whole life. For example, there is sugar in many kinds of food. It adds taste to food. Sugar is not unhealthy food. We need sugar to live. In moderate amounts, it is good for you. It gives you energy and you feel less hungry.

But we must remember to eat sensibly. We should have a balanced diet. We should:

- eat a moderate amount of fatty food and sugar.
- eat some body-building foods, like meat and dairy products.
- eat plenty of cereals, fruit and vegetables.



What does a 'balanced diet' It means? It means you eat a variety of foods without eating too much of anything. Moderation is very important. Eat the food you enjoy, but don't have too much. This will help you stay fit and healthy. Don't forget about exercise either! We all need exercise. Follow these guidelines and enjoy the food you eat-that is the key to a healthy lifestyle.



★ True/false prediction:

True/false statement	Check
1. Sugar is an unhealthy food.	F
2. Sugar adds taste to food and gives you energy.	T
3. We should eat <u>plenty</u> of fatty food and sugar.	F
4. We need a balanced diet and exercise to keep a healthy lifestyle.	T

2 While-reading:
Answer the questions:

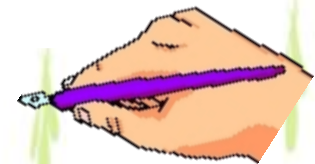


◆ Name two advantages of eating sugar.

→ *Sugar adds taste to food and gives you energy.*

◆ Is a balanced diet alone enough for a healthy lifestyle? Why/why not?

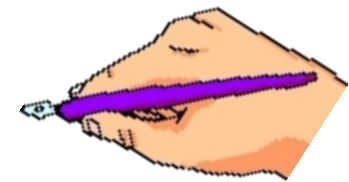
∇ *A balanced diet alone is not enough, all people need exercise to keep a healthy life.*



“About you”

Do you think your diet is balanced?
Why/Why not ?

→ No, I don't. Because I like meats
and I hate vegetables.



3 . post-reading:

Group 1-3: Do exercise 1: ask and answer:

1. Does sugar give you energy?
2. What foods should we eat plenty of?

Group 2-4: Do exercise 2: Fill in the blank:

Plenty of

too much

a little

We should:

1. eat.....cereals, fruit and vegetables.
2. eatmeat and fatty food.

We shouldn't:

- 3 . eatcandy and Deep-fried foods.



Exercise 1:

1 Does sugar give you energy?

→ Yes, it does.

2. What foods should we eat plenty of?

→ We should eat plenty of cereal, fruit and vegetables.



Homework:

- Learn vocabulary by heart and practice the dialogue.

Prepare for Unit 12- B 3,4 on page 120,121.



가장 소중한
가장 아름다운
가장 행복한
가장 사랑스러운
가장 소중한
가장 아름다운
가장 행복한
가장 사랑스러운



A Dreamy World
A man's dreams are an index to his greatness.

Thank you

