Food

Lesson 2

© ESL Pals

Warm up!

© ESL Pals

What do you every day?

Answer using complete sentences.

wink

scream

cry

smile

© ESL Pals

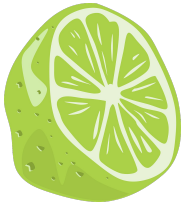
Review: Lesson 1

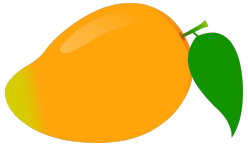
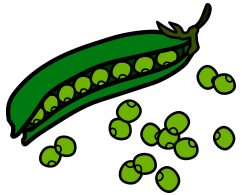
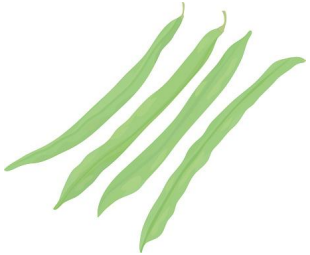
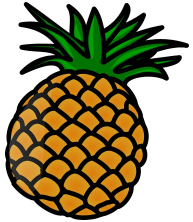
© ESL Pals

Let’s play!

Draw lines from the words to the pictures.

fruits	vegetables



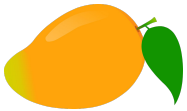
© ESL Pals

Let's match!

Match the description to the picture.

1

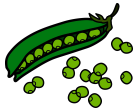
It is green on the outside and red on the inside.

2 

It is an orange vegetable.

3

They are green, small and round.

4 

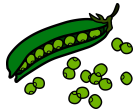
It is an orange fruit and it is sweet.

© ESL Pals

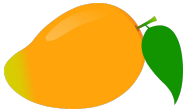
Check your answers!

It is green on the outside and red on the inside.

It is an orange vegetable.



They are green, small and round.

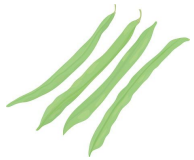


It is an orange fruit and it is sweet.

© ESL Pals

Let's match!

Match the description to the picture.

5 

It is a vegetable. It is white on the inside.

6

They are green, long and thin.

7

It is green and looks like a lemon. It tastes sour.

8

It is yellow on the inside and sweet.

© ESL Pals

Check your answers!

It is a vegetable. It is white on the inside.

They are green, long and thin.

It is green and looks like a lemon. It tastes sour.

It is yellow on the inside and sweet.

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New words!

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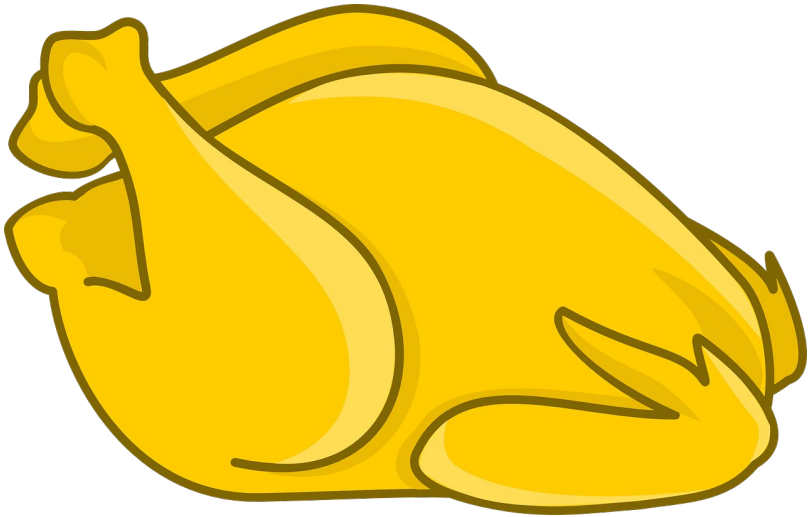
chicken



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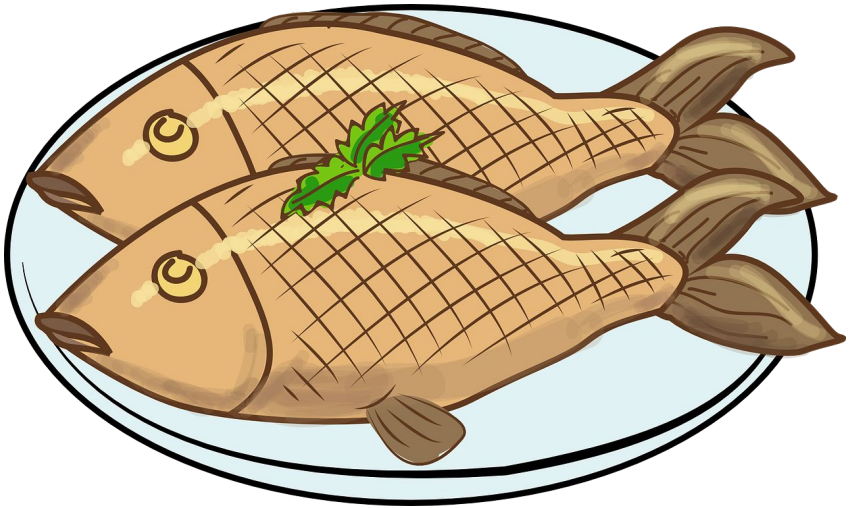
fish



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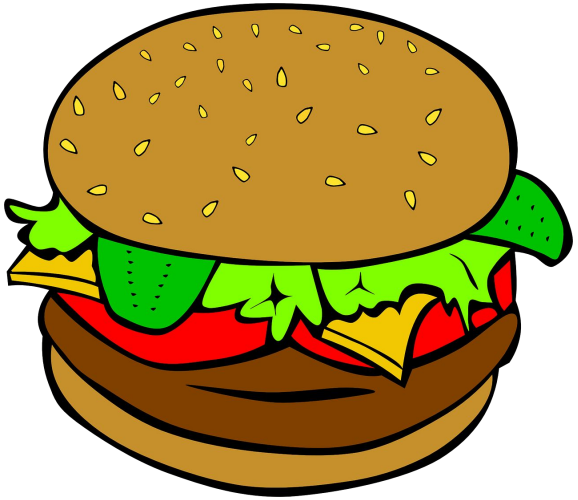
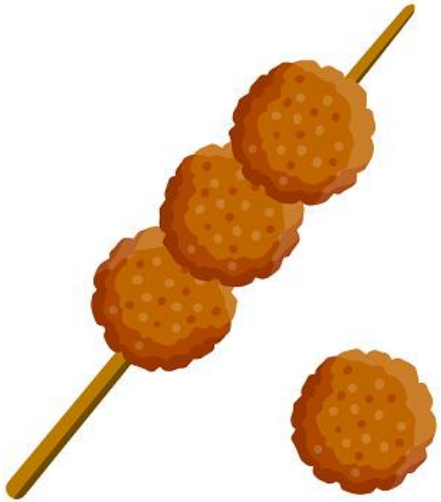
burger



© ESL Pals

meatballs



© ESL Pals

rice

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ice cream

© ESL Pals

chocolate

© ESL Pals

Let’s practice!

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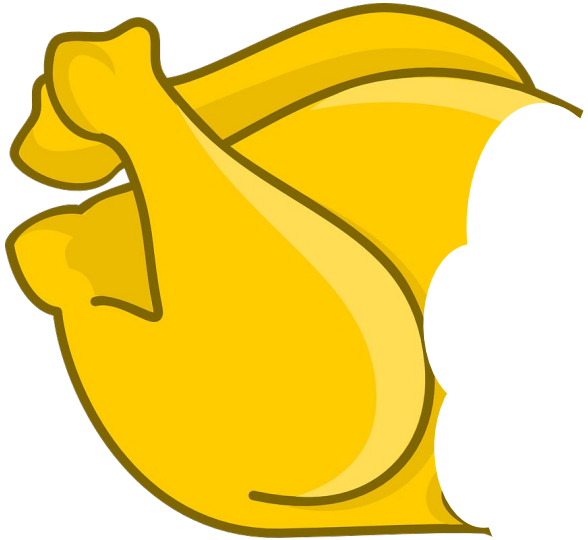
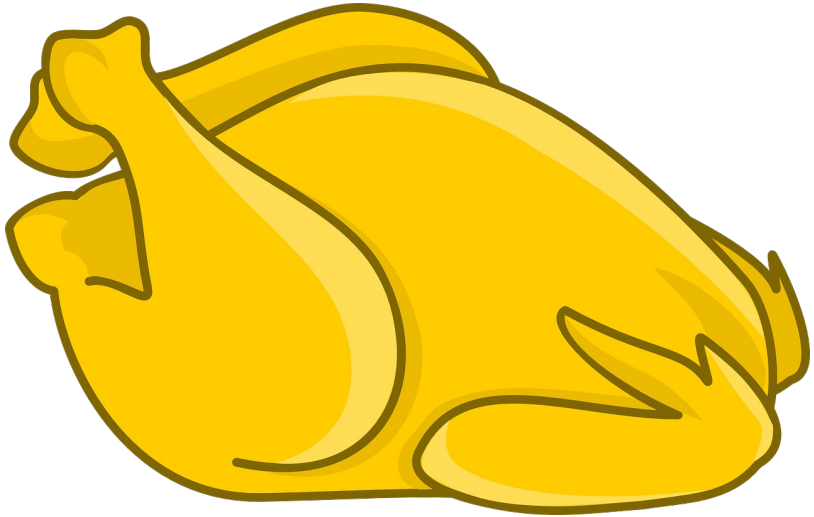
What is it?



It is _____ meat.

© ESL Pals

Check your answer!



It is **chicken** meat.

Do you like to eat chicken?

© ESL Pals

What is it?

It is _____.

© ESL Pals

Check your answer!

It is **chocolate**.

Is chocolate
sweet or sour?

© ESL Pals

What is it?

It is _____.

© ESL Pals

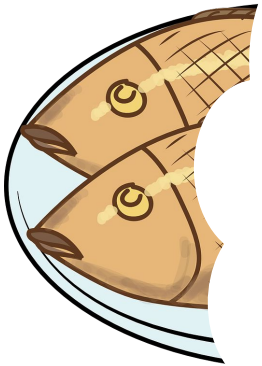
Check your answer!

It is **rice**.

Is it common to eat rice in your country?

© ESL Pals

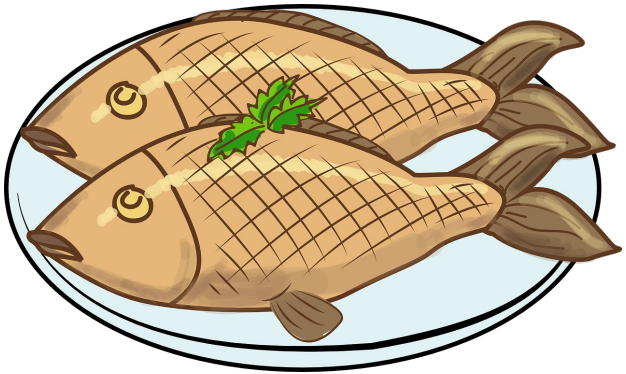
What is it?



It is _____ meat.

© ESL Pals

Check your answer!



It is **fish** meat.

Do you like to eat fish?

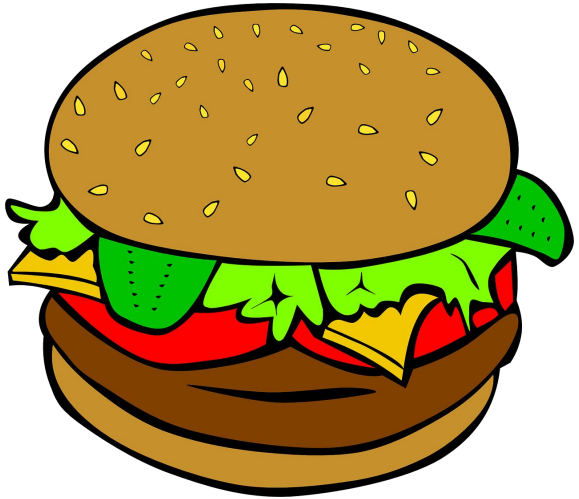
© ESL Pals

What can you see?

It is a _____.

© ESL Pals

Check your answer!



It is a **burger**.

Where can you buy a burger?

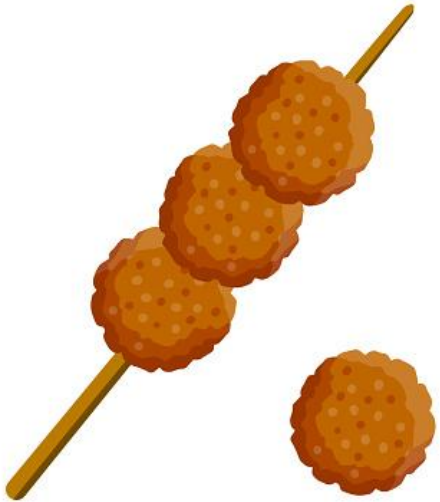
© ESL Pals

What is it?

They are _____.

© ESL Pals

Check your answer!



They are **meatballs**.

Are meatballs popular in your country?

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What is it?

It is an _____.

© ESL Pals

Check your answer!

It is an ice cream.

What flavour is your favourite ice cream?

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Grammar in Use!

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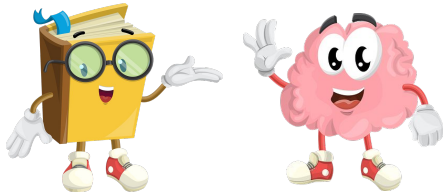
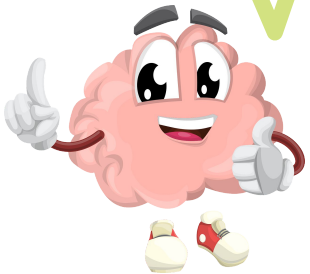
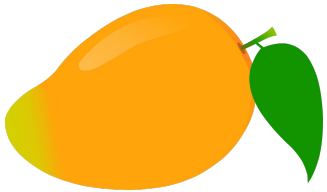
Conjunctions



“And” is used to connect two parts of a sentence.

“And” is used to give more information.





AND

Example:

My favourite fruits are mango and watermelon.

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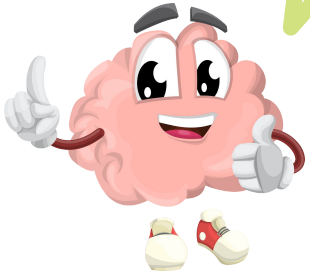
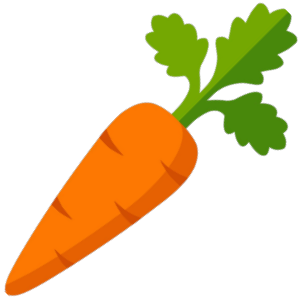
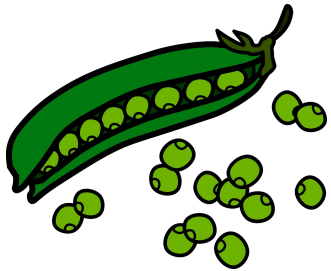
Conjunctions

“Or” is used when you have to choose between two or more options







OR

Example:

Would you like to eat carrots or peas?

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Let's make sentences!

Put the words in order to create a question.

What | desserts ? | favourite

your | are

© ESL Pals

Check your answer!

What are your favourite desserts?

Answer the question using “and”.

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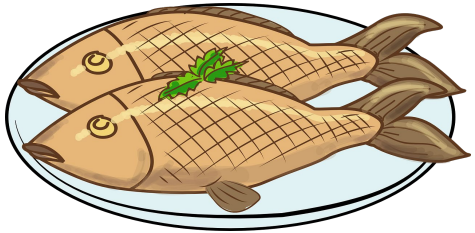
Let’s make sentences!

Put the words in order to create a question.

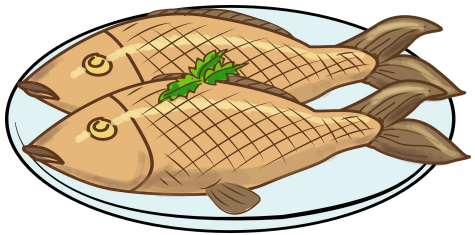


Would | like | or

you | fish | chicken?

© ESL Pals

Check your answer!



Would you like fish or chicken?

Answer the question.

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Conjunctions

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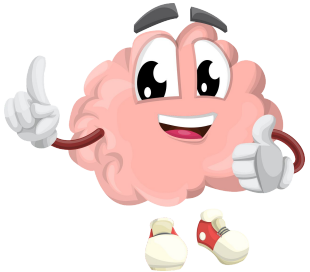
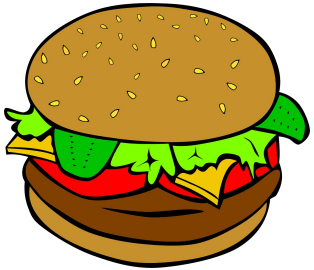
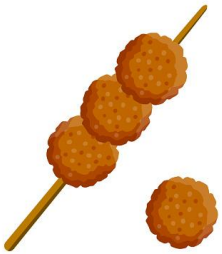
Conjunctions

It is used to talk about differences.







BUT

Example:

I like burgers but meatballs are better.

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Conjunctions

It is used to give reasons.

BECAUSE

Example:

My favourite dessert is ice cream because it is sweet.

© ESL Pals

Let’s practice!

© ESL Pals

Let's practice!

Use "but" or "because" to complete the sentences.

1. I like ice cream.
   Chocolate is better.

2. I don't like meatballs.
   I don't like meat.

3. Usually he eats chicken.
   Today he wants to eat fish.

© ESL Pals

Check your answers!

1. I like ice cream.
   Chocolate is better.

   I like ice cream **but** chocolate is better.

2. I don't like meatballs.
   I don't like meat.

   I don't like meatballs **because** I don't like meat.

3. Usually he eats chicken.
   Today he wants to eat fish.

   Usually he eats chicken **but** today he wants to eat fish.

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Practice: Part 2

Use ”but” or ”because” to complete the sentences.

4 My brother loves rice.
It is very tasty.

5 I like the Italian restaurant.
They make delicious pizzas.

6 She doesn’t like chocolate.
She loves vanilla ice cream.

© ESL Pals

Check your answers!

4

My brother loves rice.
It is very tasty.

My brother loves rice **because** it is very tasty.

5

I like the Italian restaurant.
They make delicious pizzas.

I like the Italian restaurant **because** they make delicious pizzas.

6

She doesn't like chocolate.
She loves vanilla ice cream.

She doesn't like chocolate **but** she loves vanilla ice cream.

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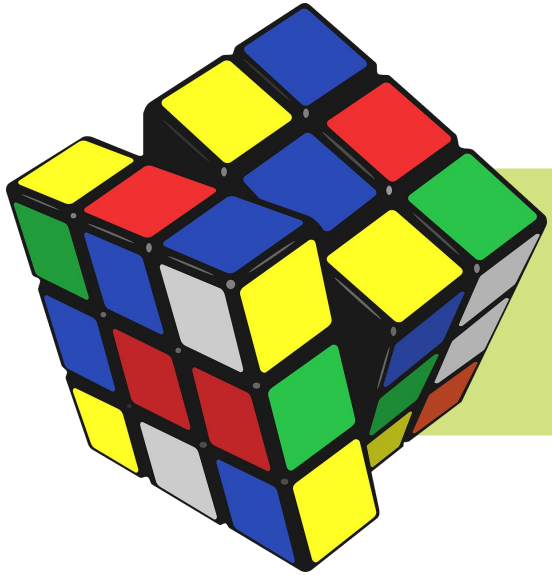


Let’s play!

© ESL Pals

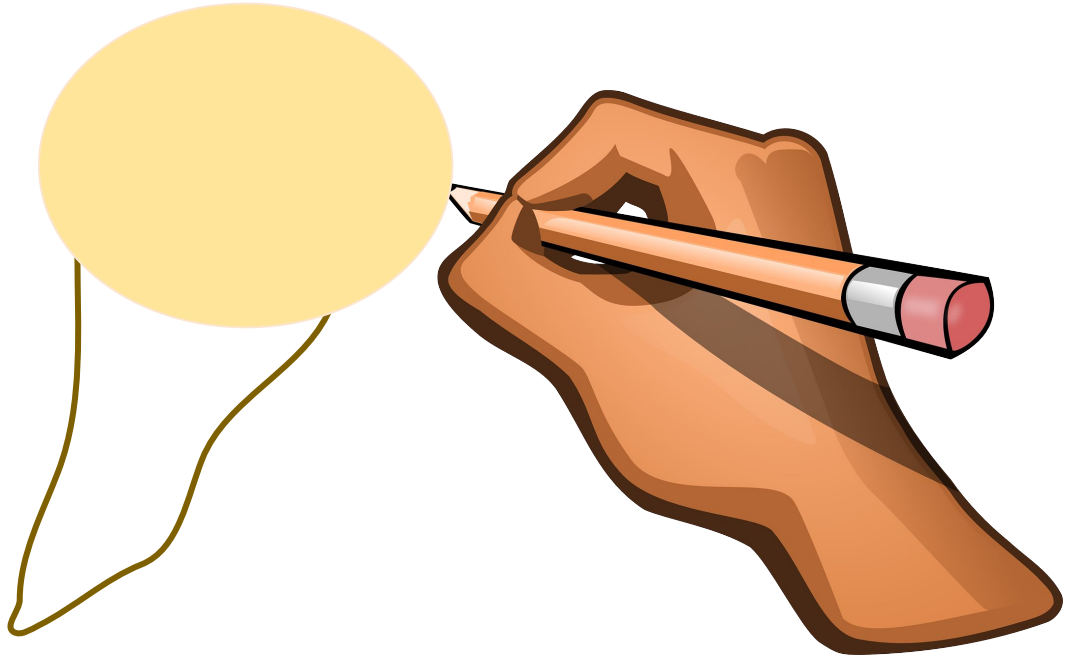
Let's play!

Play “Pictionary”.

Begin by reading the example below.

It is an ice cream!

It is a burger!



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Let's play!

Use this slide to draw your word. Have fun!

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Reading!

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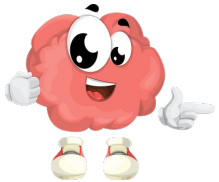
The Food Pyramid



Look at the food pyramid on this page. What foods can you see?

In 1974, Sweden made a food pyramid to help people eat healthy. The food pyramid shows people what kinds of food they need to eat to be healthy.

It is shaped like a triangle and has different sections that show different types of food. The sections at the bottom are the largest because we should eat more of those foods.

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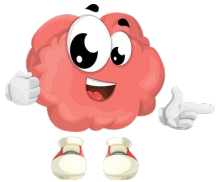
Part 2: The Food Pyramid



The bottom part is for fruits and vegetables, we should eat a lot of them. The next part is for grains, which give us energy. The third part is for protein, which helps our muscles grow. The top part is for sweets and fats, we should eat only a little bit of them.

Remember, the food pyramid is a guide to help us eat healthy, but we don't have to follow it exactly. It's important to listen to our bodies and eat when we're hungry, and stop when we're full. By eating a variety of foods and being active every day, we can stay healthy and strong.

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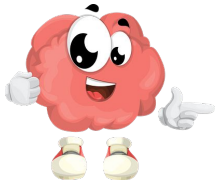
Complete the text!



Look at the food pyramid on this page. What _____ can you see?

In 1974, _____ made a food pyramid to help people eat healthy. The food pyramid shows people what kinds of food they need to eat to be _____.

It is shaped like a _____ and has different sections that show different types of food. The sections at the bottom are the largest because we should eat _____ of those foods.

healthy

foods

Sweden

triangle

more

© ESL Pals

Check your answers!

Look at the food pyramid on this page. What **foods** can you see?

In 1974, **Sweden** made a food pyramid to help people eat healthy. The food pyramid shows people what kinds of food they need to eat to be **healthy**.

It is shaped like a **triangle** and has different sections that show different types of food. The sections at the bottom are the largest because we should eat **more** of those foods.

healthy

foods

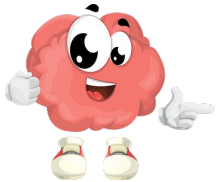
Sweden

triangle

more

© ESL Pals

Part 2: Complete the text!



The bottom part is for fruits and _____, we should eat a lot of them. The next part is for grains, which give us _____. The third part is for protein, which helps our _____ grow. The top part is for sweets and fats, we should eat only a little bit of them.

Remember, the food pyramid is a guide to help us eat healthy but we don't have to follow it exactly. It's important to listen to our bodies and eat when we're _____, and stop when we're full. By eating a variety of foods and being active every day, we can stay healthy and _____.

energy

muscles

hungry

strong

vegetables

© ESL Pals

Check your answers!

The bottom part is for fruits and **vegetables**, we should eat a lot of them. The next part is for grains, which give us **energy**. The third part is for protein, which helps our **muscles** grow. The top part is for sweets and fats, we should eat only a little bit of them.

Remember, the food pyramid is a guide to help us eat healthy but we don't have to follow it exactly. It's important to listen to our bodies and eat when we're **hungry**, and stop when we're full. By eating a variety of foods and being active every day, we can stay healthy and **strong**.

energy

muscles

hungry

strong

vegetables

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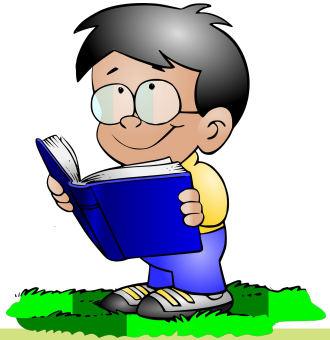

Reading Comprehension

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True or False?

The first food pyramid was from Denmark in 1982.

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Correct the statement.

True or False?

The first food pyramid was from Denmark in 1982.

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True or False?

The top part of the pyramid is for fruits and vegetables because we should not eat a lot of them.

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Where are fruits and vegetables on the pyramid?

True or False?

The top part of the pyramid is for fruits and vegetables because we should not eat a lot of them.

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True or False?

By eating a variety of foods and being active every day, we can stay healthy and strong.

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Name some healthy and unhealthy foods.

True or False?

By eating a variety of foods and being active every day, we can stay healthy and strong.

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Let’s chat!

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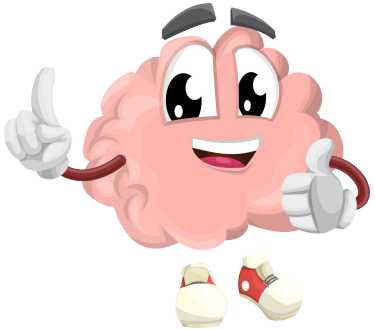
Let's chat!

What fruits do you eat every day?



What vegetables do you eat every day?

What dessert do you not like?

Do you like to eat meat?

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Part 2: Let's chat!

Do you prefer to eat dinner at home or in a restaurant?

Do you like salty food or sweet food?

What is your best friend's favourite food?

What foods are popular to eat for breakfast?

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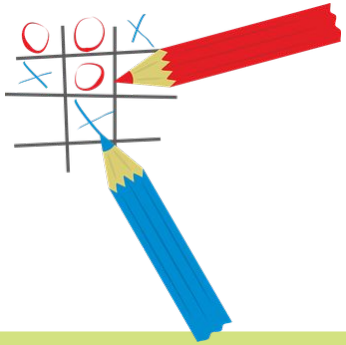

Noughts and crosses

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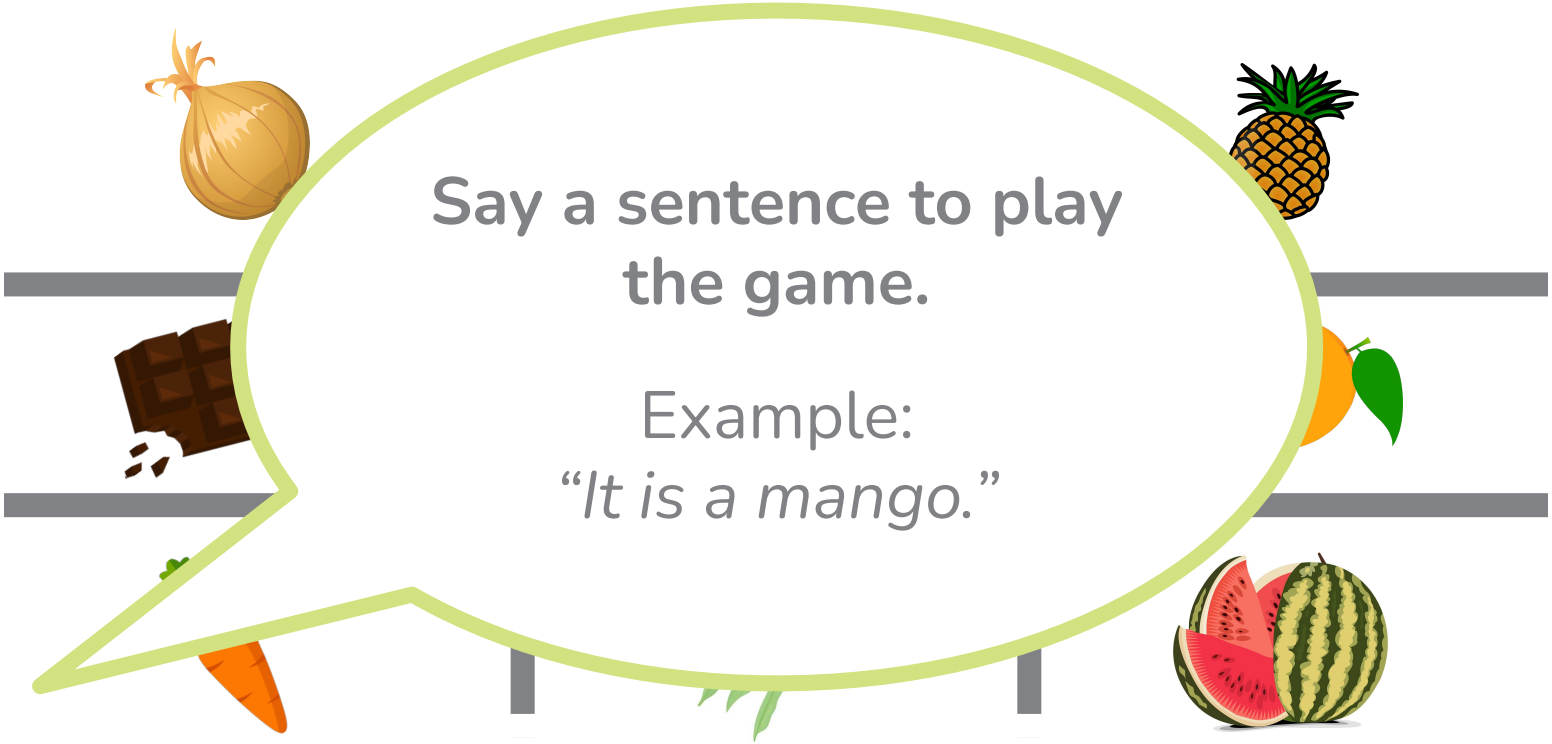
Let’s play noughts and crosses!



Say a sentence to play the game.

Example:
“It is a mango.”

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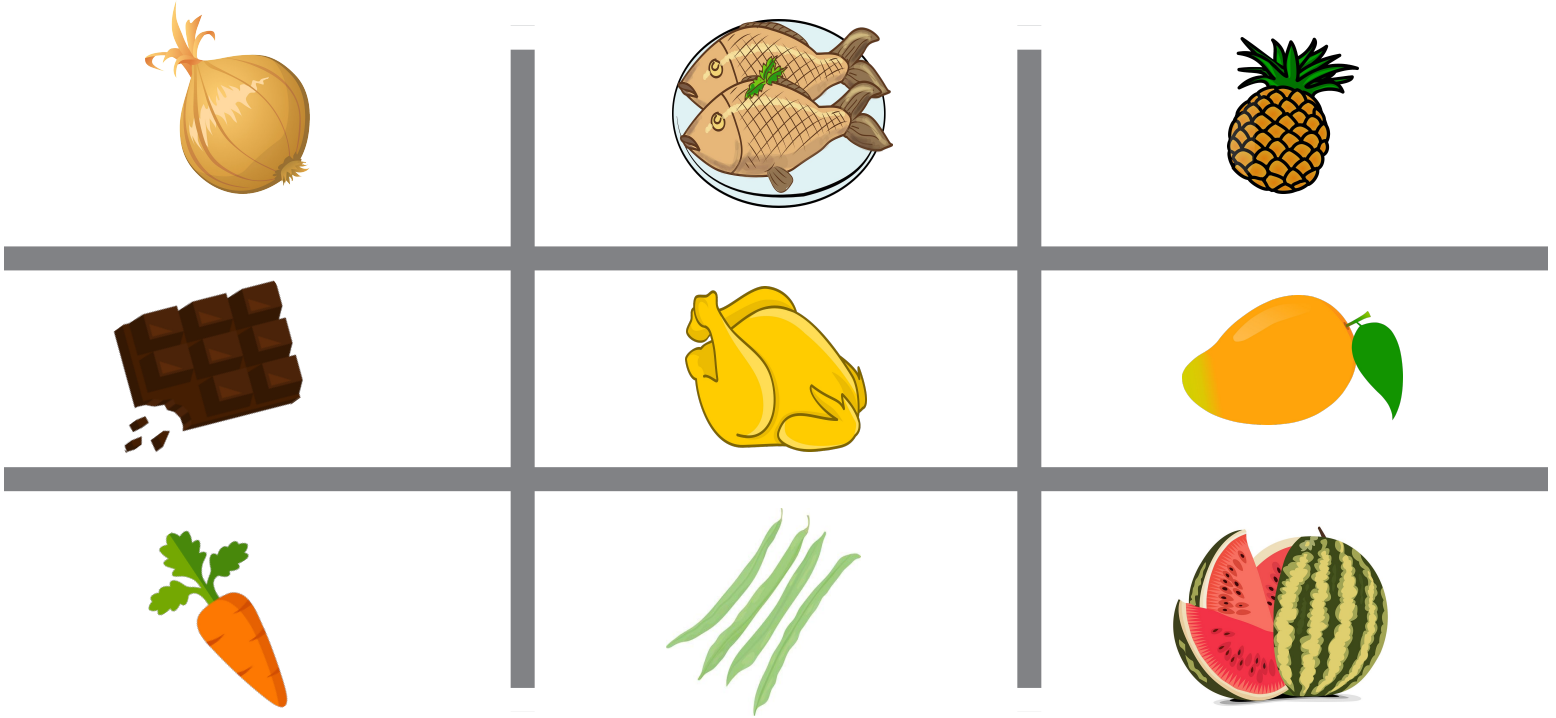
Let’s play noughts and crosses!



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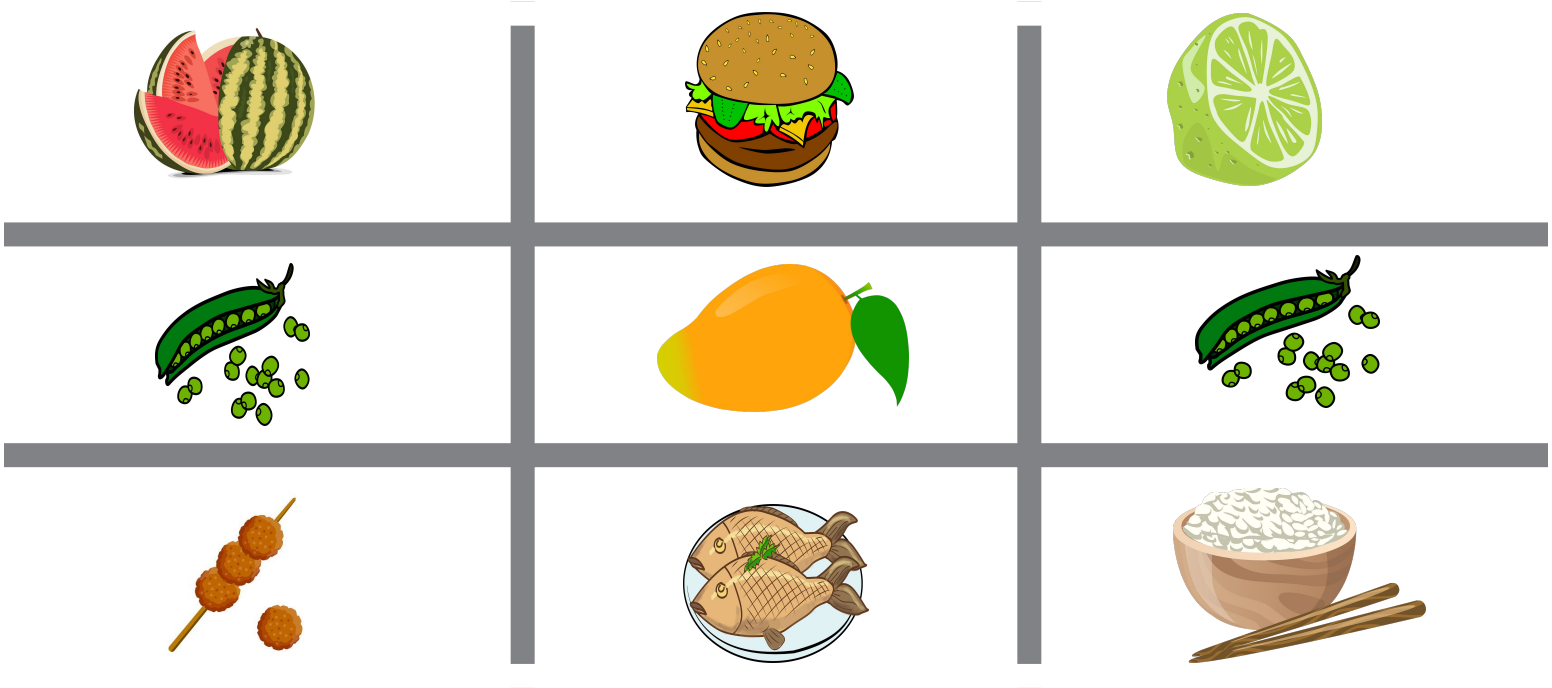
Let’s play noughts and crosses!



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Goodbye!
See you
next time!

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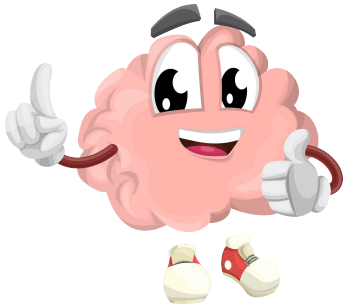
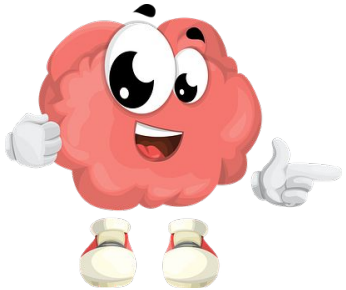
References:

- Adapted from Food Pyramid: Wikipedia, the free encyclopedia. Link: Article





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