

Food: "Eat to Live"

Pre-listening Activity

Take the "Healthy Eating Quiz" :

<http://www.nhs.uk/Tools/Documents/Healthy%20Eating%20Quiz.htm>

Video 1:

<https://www.youtube.com/watch?v=VrwlCSfLCmg>

Pre-listening – Answer the following questions in pairs or small groups:

- 1) What kind of food did your high school cafeteria serve? Was it healthy?
- 2) What unhealthy food do you eat now?
- 3) How can food affect your health?

Idioms and vocabulary:

apple of any parent's eye

leading edge

obesity epidemic

What happens in _____ stays in _____.

Comprehension Questions

- 1) What was the percentage of obese students?
- 2) How often does the school cafeteria serve French fries?
- 3) What does the reporter mean by "citywide food fight"?
- 4) What is Somerville doing to fight obesity?

Video 2:

<https://www.youtube.com/watch?v=djmVkyxXi2o>

7 Super Foods for Beautiful Skin – Fill in the Chart

Food	Value

Video 3

<https://www.ihealthtube.com/video/what-soft-drinks-do-your-body>

Pre-listening

- 1) How many soft drinks do you have a day?
- 2) How do you feel after drinking a cola?
- 3) How much sugar do you think is in a can of cola?

Idioms

grew up on

bottle of pop

I won't touch...

everything in moderation

Comprehension Questions

- 1) What happens in the first ten minutes of drinking a coke?
- 2) What happens after twenty minutes?
- 3) What happens after forty minutes?

Video 4:

<http://www.youtube.com/watch?v=LPcWGsSUllg>

What do these idioms mean:

- 1) Everything but the kitchen sink
- 2) Out of the frying pan and into the fire
- 3) If you can't stand (take) the heat get out of the kitchen

Video 5:

<https://www.youtube.com/watch?v=XnvT9ZOtJcs>

Comprehension Questions

- 1) What is the main ingredient?
- 2) What else will the woman use?

List the steps for making potato salad:

- 1)
- 2)
- 3)
- 4)
- 5)
- 6)
- 7)
- 8)
- 9)
- 10)
- 11)
- 12)

Video 6:

<http://www.youtube.com/watch?v=YQF38qysPiE>

1) What are the women making?	List the steps: 1)
2) Why does she use a glass dish?	2)
3) What kind of apples are best?	3)
	4)
4) Why does she use salt?	5)
5) Why does she make slits?	6)
	7)