

WHAT SHOULD I EAT?

Aim: Give Ss practice using count and noncount nouns and vocabulary for food.

Preparation: Make one copy of the worksheet for every S.

Materials: None

Plan

- Give each S a worksheet.
- Focus Ss' attention on the pictures. As a review, elicit the names of the foods. Then have Ss answer the questions.
- Explain the difference between a diet to lose weight and a diet based on lifestyle choices (e.g., for health, fitness, religious or personal beliefs).
- Ask the class: "What do you know about these diets?" Elicit answers. If necessary, explain to Ss what each diet includes:

A low-carb diet includes lots of meat, eggs, and fish and very little white bread, pasta, rice, or potatoes.

A low-fat diet includes a lot of vegetables, fruit, and lean proteins like fish and chicken.

An ovo-lacto vegetarian diet does not include any kind of meat, but does include eggs, milk, and cheese.

A raw food diet includes only uncooked foods.

A vegan diet does not include meat or any kind of food that comes from an animal.

Prepare

A

- Divide the class into small groups.
- Explain the task. Ss choose one of the diets to research. Tell Ss to make a list of foods that the diet allows.

B

- Have Ss plan a three-day menu for someone on the diet. Remind them to include three meals a day and snacks and to consider portion size.

Present

- Have groups explain their menus to the class. Encourage other Ss to ask questions.
- **Option:** Have Ss prepare a dish from their menu for everyone to taste.

WHAT SHOULD I EAT?

Plan

Look at the pictures. Answer these questions.

Which diet probably includes foods that you like? _____

Which diet probably includes foods that you don't like? _____



low-carb diet



low-fat diet



ovo-lacto
vegetarian diet



raw-food diet



vegan diet

Prepare

A GROUP WORK Choose one of the diets above or a diet that is very different from your own. Then research the diet on the Internet. Make a list of foods that a person on the diet can eat.

B GROUP WORK Use the information to plan a three-day menu. Remember to include breakfast, lunch, dinner, and a snack for each day.

Present

CLASS ACTIVITY Explain the diet to the class. Then present your three-day menu.