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| ☐ Listening ☐ Speaking ☐ Reading ☐ Grammar ☐ Writing |
| **Topic: healthy food.** |

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| Instructor:  **David.** | Level:  **Intermediate** | Students:  **7** | Length:  **45 Minutes** |

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| Materials:  The articles about ***"why overeating healthy food is almost as bad as eating junk food***" and ***"6 foods that marketers want you to think are healthy?"(7pieces)***  ***Worksheet (7 pieces)***  White board, marker.  Tables, chairs.  Beam projector. |

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| Aims:  Students will be familiar with key vocabulary through teacher`s explanation and CCQ  Students will practice reading comprehension skills and strategies by retelling their worksheet to partner  Students will improve their reading skills by filling the blank.  Students will improve their speaking skills by sharing their idea.  Students will |

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| Language Skills:  Reading: reading the two articles.  Listening: teacher`s explanation and the elicitation of the healthy food.  Speaking: sharing and answering questions within their groups and partner.  Writing: filling in the blanks worksheet. |

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| Language Systems:  Lexis: vocabulary used in articl. (walnut, healthy, dense, guru)  Phonology: (walnut, healthy, dense, guru)  Function:  Discourse: sharing and giving information about article. |

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| Assumptions:  Students will be familiar with healthy food.  Students will have enough ability to read a little difficult article. |

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| Anticipated Errors and Solutions:  Students may not be familiar with some vocabularies.   * Fill in the blank on their vocabularies worksheet.   Students may need more time to read articles.   * Give them more time to read.   Students may not be able to understand some sentence.   * Give them some examples. |

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| References:  ss  http://www.businessinsider.com/overeating-healthy-food-is-almost-as-bad-as-eating-junk-food-2017-8  https://www.washingtonpost.com/lifestyle/wellness/how-many-of-these-6-foods-have-marketers-tricked-you-into-thinking-are-healthy/2017/08/11/87cfc832-70bd-11e7-9eac-d56bd5568db8\_story.html?utm\_term=.80da41d99b2 |

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| **Pre-task** | | | |
| Materials: | | | |
| Time | Set Up | Student Activity | Teacher Talk |
| 3min | Whole class | Answering Questions | **Greet**  T: Hi everyone. It is been a while. How are you today?  **Eliciting.**  T: Are you interested in your health? So what have you done in order to keep your body in good condition?  (wait for expected answer)  T: Yes, you are right!  **Introducing today`s topic:**  ***Today, we will talk about “healthy food”*** |

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| **Task Preparation** | | | |
| Materials: beam projector, board. Marker. | | | |
| Time | Set Up | Student Activity | Teacher Talk |
| 2min  4min | Whole class | Answer the question. | **Procedure:**  **1.vocabulary**  Let`s learn vocabulary that will help you to read the text.  **1) Healthy** a) presentation (write ‘healthy on the board)  T: If we eat Kim chi. Would it be food for us? (possible answer is ‘YES’)  T: Yes, ‘Kim chi’ is healthy food. Please repeat after me.  **2) Dense** a) show the picture of the fog and write ‘Dense’ on the board  Ex) Thick fog is difficult to see through, because it is very heavy and dark.  T: How can we change ‘Thick’ to another same synonym? (possible answer is ‘Dense’  Please repeat after me  **3)walnut** (show the picture of walnut on the board)  T: What do you think this picture is? (possible answer is ‘Walnut’)  **4)starchy**  (ask them first what does it mean)  (show the picture)  T: It means. Containing a lot of carbohydrates. Bread has lots of carbohydrates. |

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| **Task Realization** | | | |
| Materials: | | | |
| Time | Set Up | Student Activity | Teacher Talk |
| 2min  10min  2min  3min  3 min  10 min  3min | Whole class  Individually or group  Group  Whole class.  Individually.  Whole class | Repeat as they can see.  Read the article.  Make a group in pairs.  Share their idea with each other.  Guess proper title of article.  Listen to introduction.  Read a article and share it with the partner.  Share their thinking.  Answer the question. | **Procedure:**  **Introduction**  ***(Write “the wrong awareness of healthy food”)***  T: What did I write? Let`s read this together. Think about the answer as you read this article.  T: I will give you 10minute.  **CCQ**  What will you do as you read?  Do you read with your partner?  How much time do you have?  .  (pass out the text and run the task)  You may begin  **Feedback**  T: Do you need more time to read?  (if yes-give 1 minute extra reading time)  (if no-have student share their idea in groups)  T: So times up. Now I want you to make a group in pairs. And share your idea of the question that I told you a few minute ago.  I will give you 3minute.  T: What can be proper title of the article?  (Have all group answer)  (expected answer is “overeating is not good”  (if they do not say expected answer, have them read the article again)  T: Yes, the reason which overeat healthy food is that it contains a lot of calories that you have been expecting. So it is not that health.  **2) Comparing.**  **Introduction**  T: Now I will hand out another worksheet that covers another different healthy food. It is also trying to deceive you. Like it is healthy.    T: I want you to read it first, and then figure out what is different awareness of the healthy food that we think when compare with previous article and share it with your partner.  I will give you 10 minute.  **CCQ**  What do you do after reading article?  How much time do you have?  T: Times up. Do you need more time?  (If they say yes, give them 1minute.  (If they say no, ask them some questions)  What is different thing between first article, and this article. They focus on another thing. Like first one focused on overeating foods, and the others focus on ingredients. Even if we choose healthier foods, there are other bad things in foods in order to make good favor.  So, I want to ask you some questions.  \* How much fat does baked potato have?  (expected answer is "65 percent"  \* Why does baked potato chip more harm than fried potato?  (expected answer is "sodium"  \* if we want to have potato chip more healthily, what would you do?  (expected answer is "stay away from salt"  But it is "open question" |

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| **Post Activity** | | | |
| Materials: | | | |
| Time | Set Up | Student Activity | Teacher Talk |
| 3 min | Whole class | Answers the question. | **Feedback**  T: Do you enjoy today class? I hope it is really useful to you. What I try to say is that healthy food is not always good for our body. So we have to eat that more properly.  Today, there is no homework. Have nice day. |

**Worksheet (1) Reading.**



Health in media can be quite deceiving—everybody claims to be an expert, yet each person has a different opinion. Especially when it comes to weight loss, the world wide web on information can seem daunting to someone just starting out. Due to this, I want to point something out that may seem obvious to some, but can really make or break someone's weight loss journey: calories taken in (through food and drink) must be less than calories burned (through exercise and [just living](https://www.fitnessblender.com/blog/calories-burned-at-rest-how-many-calories-do-i-burn-doing-nothing)) in order to lose weight. This is where the problem of overeating comes in.

For example, one whole avocado has around 320 calories. However, a Snickers Bar only has 215 calories. Even though the avocado is better for you, the calories can add up fast. So, go for the healthier choice whenever possible, but eat a smaller portion of it. When trying to lose weight, [portion size is **everything**](http://spoonuniversity.com/how-to/how-to-measure-portion-sizes-with-objects-at-home)**.**

Another example of a high calorie "healthy" food is any type of nut. They are seen as a healthy, protein-packed snack to eat when trying to lose weight. However, nuts are extremely calorie dense, meaning that only a small amount of them will contain a hefty amount of calories. For instance, only four walnuts will bring tack on 100 calories to your snack.

Most people can eat way over triple that amount in one sitting without realizing how many calories they have consumed. For about the same amount of calories as eight walnuts, you could eat a milk chocolate Hershey's Bar. Again, always choose the more nutritious option, but watch out for overeating.

So, what I am trying to say is that food labeled as "healthy" doesn't mean that you could eat as much as you want of it and still lose weight. You can eat almost anythingyou want on a diet, and still lose weight as long as you have a calories deficit (more calories out than in). So, whether you are in the mood for a [healthy well-balanced meal](http://spoonuniversity.com/recipe/this-healthy-turkey-chili-will-change-your-meal-prep-game) or ice cream, eat what you want. Just go easy with your food intake, and you'll be on your way to a body that makes you happy.

**Worksheet (2)**

***"6 foods that marketers want you***

***to think are healthy"***

You probably already know that real food is healthier than processed food. But sometimes it`s hard to tell what`s real because of the way foods are marketed. Once-healthy items such as vegetables, beans, nuts can become processed foods. Even if they start out as something good, what matters most is how they end up. Foods are manipulated and then advertised with words such as "healthy", "real" and "contains vegetables" to make them sound more nutritious than they really are- but don`t be fooled. Here`s how some well-marketed processed foods compare with the real thing.

**Fried vs. baked potato chips :** marketing has led us to believe that baked snacks are healthier than deep-fried ones. A bag of baked chips boasts "65 percent less fat" so what? That claim was powerful in the '90s, when we were taught that fat is bad. We now know that`s not true, yet the claim persists. Here`s the skinny: in most cases, both types of chips have about the same number of calories, and the baked version often has more sodium to make up for the lack of flavor when the fat is removed. Plus, the baked version is higher in starchy carbs, which studies show are worse for you than a bit of vegetable oil. Although it`s not a health food, when you are craving chips, go for a small portion of the real deal.