



Good Evening
Everyone
It's nice to meet you

Introductions 😊

- What's your name?
- What's your major?
- Where do you work?
- What are your hobbies?
- Do you have any siblings ? (if yes, please share their name/names)

Find someone who...

...has a pet.	...likes very spicy food.	...takes baths instead of showers.	...bites his/her fingernails.
...ate at McDonalds® in the last week	...is a lefty (left handed)	...owns more than two watches.	... lived abroad.
... drank coffee at breakfast today	... has a celebrity autograph.	... speaks more than two languages	... was born in January
...is a vegetarian.	... does not like broccoli	... snores.	... wears socks to bed.
...who is afraid of spiders.	...wakes up early.	...has twins.	...can't swim.

- What is your favorite food?
- Which meal of the day do you enjoy the most?
- What foods did you buy at the store last time you went shopping?
 - What foods would you like to try?
 - Do you prefer fruits or vegetables?
- What are you going to eat for dinner tonight?

Memory game

Read the list in 15 seconds

Write the words you remember from the list in the chat-box

Try it again with list B

List A :

Plum	Elbow	Giraffe	Caravan
Puppy	Banana	Foot	Apple
Pony	Cherry	Barge	Bungalow

List B:

<u>Fruit</u>	<u>Animal</u>	<u>Home</u>	<u>Body</u>
Plum	Giraffe	House	Foot
Banana	Puppy	Apartment	Knee
Apple	Donkey	Bungalow	Elbow
Cherry	Pony	Caravan	Hand

Facts & Opinions:

Fact : Grouping similar items together helps the brain memorize words easier

Opinion: The time was too short.

Fact: Using group headings helps divide the information into manageable tasks

Opinion: The words were too many.

Interesting Facts about Chocolate

- Chocolate is made from cocoa beans, and about 66 percent of the world's cocoa production comes from the west of Africa.
 - Commercial chocolate often contains more sugar than cocoa.
- Chocolate can actually be good for you. Studies show that dark chocolate is able to lower cholesterol, reduce blood pressure, stimulate the brain and prevent cancer.
 - The first milk chocolate was made in 1875, by Henri Nestle.
 - Chocolate does contain caffeine, although only a very small amount. You would have to eat 10 chocolate bars to get as much caffeine as is in a cup of coffee.
- Over 17,000 people in Belgium work in the chocolate industry. The country has over 2,000 chocolate shops and produces an estimated 2,000 tons of chocolate in a year.
- It is extremely rare to have an allergy to chocolate and it can actually help to cure depression. Women are much more likely to be addicted to it than men, and more men prefer dark chocolate to the milk variety.
- Chocolate chips were first used in baking in 1937 and today over 17 billion chocolate chips are eaten every year.

Give me your opinion on chocolate

Listen to CD (1.03) match the food with their benefits...

◦ 1. Chocolate

a. improve motor skills

◦ 2. Blueberries

b. help the heart

◦ 3. Whole grains

c. help you focus

Vocabulary Time !!

1. Most kinds of foods have health **benefits**.

a. Advantages

b. Disadvantages

2. The best way to get nourishment is to **consume** five pieces of fruits every day.

a. eat, drink, or use

b. avoid

3. The health benefits of food **diminish** over time- fresh food is best.

a. Become larger

b. become smaller

4. If you want to stay healthy, the **key** is to eat well.

a. Least important thing

b. Most important thing

5. Drinking caffeine helps **lengthen** your attention span.

a. Make shorter

b. Make longer

6. Eating breakfast before school is **recommended**.

a. Reserved

b. advised

7. The effects from caffeine are only **temporary**.

a. Existing for a short period of time

b. existing forever

Brain food

- What do you think brain food is?
- What are examples of brain food?
- What are benefits of eating brain food?



Let's discuss these questions based on the video.

- What happens to us when we get older?
- What happens to us when we are teenagers?
- When does our memory start to decline?
- What happens in our near 40s?
- When does our hair begin to gray and thin?
- What can regular exercise do for us?
- What foods should be added to our diets?
- What are some things that are reduced when following a healthy diet?

Activity Time: Role play

- One will be a nutritionist and the other will be patient talking about some problems they are facing due to the lack of nutrition.
- Use your vocabulary words please:
- (diminish- benefits- consume- key- lengthen- recommended – temporary)

Listen to CD (1.02): check the
Food/drinks that the doctor talks about

Chocolate
Vegetables
Coffee
Strawberries
Fish
Rice

Listen to CD (1.02) Listen and circle the best answer.

- Coffee and chocolate have (similar/ different) benefits.
- Brain foods (can/ cannot) raise your IQ.
- The (memory/ heart) benefits when someone consumes sugar.
- The benefits from sugar and chocolate last for a (short/ long) time.
- People should avoid too much (chocolate/ fish).
- The doctor says that fish has (bad/ good) fats.
- Memory is better after a healthy (breakfast / lunch)

Discuss this with a partner...

- Do you eat any of the brain foods mentioned in the passage? Which ones? Do you think they provide any benefits.
- Were you always like this or just lately?
- What differences do you see in yourself when you eat brain food?
- What impact do you think food has on intellect?

Assignment 😊:

Tell the class about a meal you once had whether you cooked it or you ate it out?

- Use words to express in detail:
- Chop up
- Pick up
- Heat up
- Cool down
- Dine in
- Take away
- Take out