

How do we eat?

Introduction



A healthy mind and body require oxygen, exercise, sleep, water and nutrients. Nutrients are found in the foods we eat. A nutrient is a substance needed for the body to develop and function properly. These are the 6 most important nutrients:

1. water.....necessary to life
2. Carbohydrates.....»go» foods
3. Fats.....concentrated «go» foods
4. Proteins.....»grow» foods
5. Vitamins.....»glow» foods
6. Minerals.....»glow» foods



Go foods provide energy, these are :

Bread, pasta, rice

Grow foods enhance growth development, these are:

Meat and dairy products

Glow foods enhance the quality of the glow of our skin, these are

Green leafy vegetables and all vitamin D vegetables



Teach Vocabulary:

Lipids

Proteins

Simple complex/ carbohydrates

Amino acids

Allergies and Intolerances



Have you ever suffered from any type of allergy or intolerance?

If so, what caused it?

What symptoms did you have?

Are you following a special diet now?

The use of the past simple, present perfect and present continuous are the tenses used for answering these questions.

EATING DISORDERS

- What is/ are the difference between Bulimia and Anorexia?
- What are the main causes of these conditions?
- Do you think parents are to blame because they are unaware of their children illness?
- Do you know of anyone or VIPs who suffer from Anorexia?

Word match

- 1. Breastfeeding
 - 2. Liver
 - 3. Shortage
 - 4. Deficiency
 - 5. Intake
 - 6. Supply
- a) Lack
 - b) absence
 - c) giving a baby it's mothers milk
 - d) amount of something ready to be used
 - e) organ of the body which cleans blood & produces bile
 - f) the amount of something you can eat