

## What food can you eat to have a healthy diet?

### Before you start, answer the following questions

- Do you have a healthy lifestyle?  
Can you mention 5 food items that are healthy?  
Can you mention 5 food items that are unhealthy?



**Pista:** Recordá que al final de la ficha encontrarás la **clave de respuestas** de las actividades para revisar tu trabajo.

1. How much do you know about healthy eating? Read these food facts taken from a health blog and use these words to complete the sentences as in the example (f): **diet - vegan - healthy - irritable - option - disease**.

### Healthy Food Facts

- a. Eating a lot of sugar-based drinks isn't \_\_\_\_\_ .  
b. Drinking too much coffee can make you feel \_\_\_\_\_ .  
c. Eating honey instead of dulce de leche is a good \_\_\_\_\_ .  
d. Not eating vegetables isn't advisable for a balanced \_\_\_\_\_ .  
e. In Argentina, many people are going vegetarian or \_\_\_\_\_ .  
f. Eating less red meat and more vegetables can reduce the risk of heart **disease**.



2. You're going to watch a video by the World Health Organization (WHO). This institution believes that a healthy diet makes a healthier world. Before you watch the video, match pictures (a-f) with these words/phrases.

**fresh fruits / vegetables / pregnancy / obesity / salty food / red meat**



a. \_\_\_\_\_ b. \_\_\_\_\_ c. \_\_\_\_\_



d. \_\_\_\_\_ e. \_\_\_\_\_ f. \_\_\_\_\_

3. Which of the options mentioned above will appear in the video? Tick ✓ your answers to make your predictions.

a.  b.  c.  d.  e.  f.



Scan the QR code to watch the [video](#) and check your predictions.

*A healthy diet, a healthier world*  
World Health Organization (WHO)  
<https://bit.ly/3NliGHk>

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4. Watch the video again and choose the right option to complete the following sentences.

1. Obesity and undernutrition affect...

- a. a country    b. a home    c. a person  
d. all of the previously mentioned

2. Marketing influences ....

- a. the production of unhealthy food  
b. the consumption of unhealthy food

3. Change towards a positive future is .....

- a. impossible    b. probable

4. Good nutrition during ..... is essential for healthy future generations.

- a. pregnancy    b. adulthood

5. If we work ....., we can create a healthier world.

- a. all together    b. very hard

5. Read the article "Snack Culture" and tick ✓ the topics mentioned in the text.

Healthy food     Marketing     Unhealthy food

Government policies     Advertising

### Snack Culture

Would you like a tasty bag of crisps? How about a yummy chocolate bar? British people love their snacks, but what about their health?

While crisps, chocolate and other snacks can be delicious, many people are worried that young people eat too much of these kinds of foods. Some parents are not happy that their children can buy snacks high in sugar, salt or fat (such as sweets, biscuits and crisps) from vending machines in schools. Some schools have prohibited these types of vending machines.

Advertising and marketing is another controversial area. Some people feel that children and teenagers should not be exposed to advertising for junk food and unhealthy snacks. One option is to stop this kind of advertising before 9 p.m. on television to protect young people. Another option is to have more controls over websites. What do you think?

Adapted version from "[Snack culture](#)"

6. Read the article again and decide if the statements below are true or false. Underline the information in the text to justify your answers.

In the UK ...

- a. some parents are worried about their children's health. ....  
b. all schools have machines that sell unhealthy snacks. ....  
c. advertising for junk food is prohibited before 9.00 pm. ....  
d. some people would like more control on the internet. ....

7. A recipe to be healthy: read the instructions to prepare homemade granola bars from a cooking blog and then choose the right option in sentences (a-b) below.
- a. To give instructions, we use **verbs / nouns** (Help: look at the underlined words in the text)
  - b. To express sequence, we use **connectors / adjectives** (Help: look at **the bold** words in the text)

### Homemade Granola Bars

For this recipe, you need 7 basic ingredients to prepare in 7 basic steps. It's very easy and you'll love it!

**Ingredients:** peanut butter, honey, rolled oats, vanilla extract, salt, nuts and chocolate chips.

**First**, put together in a bowl all the wet ingredients: the butter, the honey and the vanilla extract. Also, add some salt. **Then**, mix all the ingredients. **After that**, add the dry ingredients: the oats, the nuts and the chocolate chips. **Then** put the mixture into a pan and shape it into bars. **Finally**, put the bars in the fridge for one hour. That's it, as simple as that for a healthy snack!

Adapted version from "[Homemade Granola Bars](#)"

### Before you finish

Think about this question: What food can you eat to have a healthy diet? Write a recipe for a healthy snack after school. You can use the vocabulary in this unit.

### Further practice

Jamie Oliver is a British chef who is famous for promoting healthy eating habits. Here is a video about some lovely recipes and tips for snacking after school. Scan the QR code to watch the video.



*Snack Tips*

Jamie Oliver.

<https://bit.ly/3wFy7UY>

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**Keys for correction 1)** a. healthy; b. irritable; c. option; d. diet; e.vegan **2)** a. vegetables; b. obesity; c. salty food; d. red meat; e. fresh fruits; f. pregnancy **3)** a; b; c; e; f; g **4)** 1.d; 2.b; 3.b; 4.a; 5.a; **5)** Unhealthy food; Marketing; Advertising; **6)** a. True; b. False; c. False; d. True; 7) a. verbs; b. connectors