

Sesión 1.

Diseñada en el marco del curso “Adaptación de materiales docentes y guía rápida de pronunciación para la docencia en inglés y las asignaturas English friendly”.

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About the sesión:

- The session has been designed in the frame of the healthy diet theme.
- Subject: Biology, health and infant nutrition.
- 2nd course, 2nd semester.
- Degree in Infant Education.

Groups of food

1. Classify the following types of food into the suitable group. Write the name of each food into the tables. Work in pairs and discuss your answers using the expression in the box

- What do you think _____ is/are?
- _____ is/are (a) _____
- Ok, I agree/I disagree.

Example: What do you think **milk** is?
I think milk is a **dairy product**.
Ok, I agree.

Discuss, explain and reach an agreement, following the prompts in the box

-I think/I believe/ In my opinion/ The way I see things/ In my view, turkey is white meat because is like chicken, isn't it?
- Oh, yes, you are right/ I do not think so. I think...

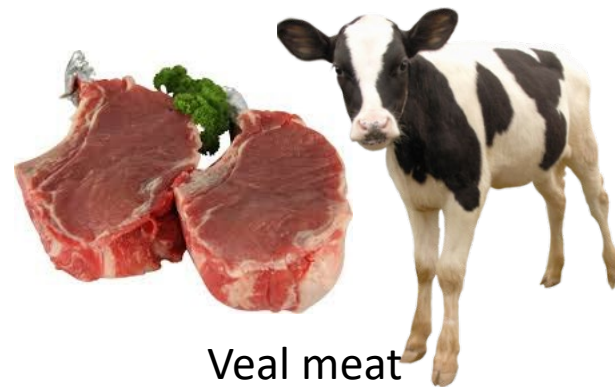
DAIRY PRODUCTS	RED MEAT		WHITE MEAT	PROCESSED MEAT	FISH	
SEAFOOD	WHOLE GRAIN PRODUCTS		REFINED GRAIN PRODUCTS	FRUITS	VEGETABLES	
ALCOHOLIC DRINKS	LIGHT DRINKS	SUGARED DRINKS	NUTS	HEALTHY FATS	INDUSTRIAL BAKING	



Yoghourt



Salmon



Veal meat



Whole grain bread



Cheese



Walnuts



Poultry meat



Shrimps



Cold cuts



Brown rice



Peach



Grapes



Milk



Sardines



White rice

Happy
Thanksgiving



Turkey meat



Deer meat



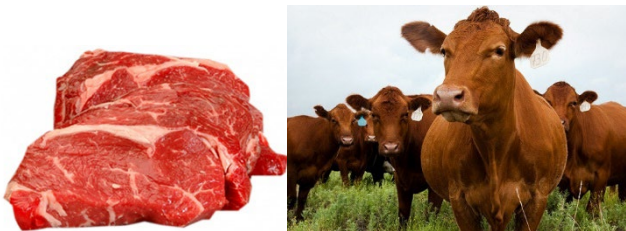
Watermelon



Refined grain pasta



Low-fat cheese



Beef meat



Pineapple juice



Olive oil



Light cola



White bread



Duck meat



Muesli



Hazelnuts



Hake



Mussel



Sunflower oil



Skimmed milk



Orange juice



Whole grain pasta



Hamburger



Kiwi



Lamb chops





Butter



Crab



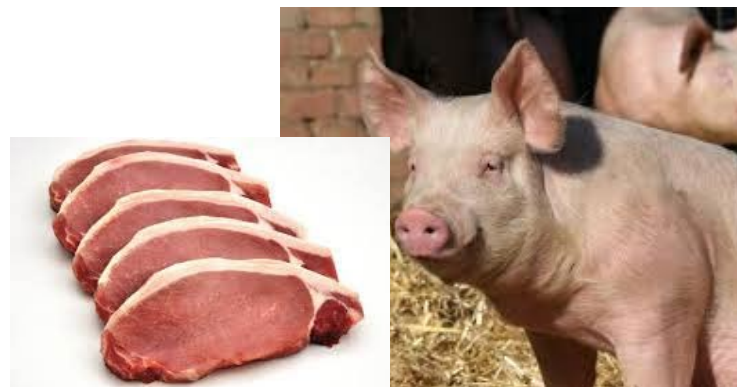
Cola drink



Oysters



Pineapple



Pork meat



Wine



Peanuts



Rabbit meat



Liquid yoghurt



Chestnuts



Doughnuts



Carrots



Legumes



Spinach leaves



Tomato



Cauliflower



Pepper



Salad / lettuce

2. In groups of four, please, check your answers. You have to ask each other about his/her classification.

What are the _____ you have?
We have _____

- Example:
- What are the dairy products you have?
 - We have milk,
 - And you?
 - The same/ We don't have milk.

Game:

In pairs, choose five kinds of food/drink and ask your peer the group it belongs.

The student with more positive answers wins the game.

Example:



Anchovies

- What kind of food are anchovies?
- Anchovies are fish.

Example:



Yoghourt

- What kind of food is yoghurt?
- Yogourth is a dairy product.

Example:



Olive oil

- What kind of food is olive oil?
- Olive oil is a healthy fat.