

Sesión 2.

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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Nutrients







Please, in pairs, mark using a cross (X), **two nutrients maximum** that we can get by eating/drinking the following types of food/drinks:




- What main nutrients do you think can we get by eating _____?
- I think that by eating _____, we can get _____ and _____.
- Ok, That's right/ I don't agree/why not _____ and _____?

- Example:
- What main nutrients can we get by eating DAIRY PRODUCTS?
 - By eating DAIRY PRODUCTS we can get PROTEINS and SATURATED FATS.

	PROTEINS	CARBOHYDRATES	UNSATURATED FATS	SATURATED FATS	TRANS FATS	VITAMINS
DAIRY PRODUCTS 	X			X		
EGGS 						
RED MEAT 						
POULTRY MEAT 						
PROCESSED MEAT 						
RABBIT MEAT 						

		PROTEINS	CARBOHYDRATES	UNSATURATED FATS	SATURATED FATS	TRANS FATS	VITAMINS
FISH							
SEAFOOD							
WHOLE GRAIN PRODUCTS							
REFINED GRAIN PRODUCTS							
SUGARED DRINKS							

		PROTEINS	CARBOHYDRATES	UNSATURATED FATS	SATURATED FATS	TRANS FATS	VITAMINS
NUTS							
JUICES							
INDUSTRIAL BAKERY							
HEALTHY FATS/ OILS							
FRUITS							
VEGETABLES							

	PROTEINS	CARBOHYDRATES	UNSATURATED FATS	SATURATED FATS	TRANS FATS	VITAMINS
BUTTER 						
ALCOHOL 						
POTATOES 						

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

What main nutrients can we get by eating _____?
By eating _____, we can get _____ and _____.

What main nutrients can we get by eating DAIRY PRODUCTS?
By eating DAIRY PRODUCTS we can take PROTEINS and SATURATED FATS.

Do you have any doubts?

We don't know what kind of nutrients there are in _____ .

Game:

In pairs, choose five kinds of food/drink and ask your peer the main nutrients they have.

The student with more positive answers wins the game.

Example:



Anchovies

- What main nutrients are there in anchovies?
- Anchovies have proteins and unsaturated fats.