



INVESTICE DO ROZVOJE VZDĚLÁVÁNÍ

HEALTHY / FAST FOOD

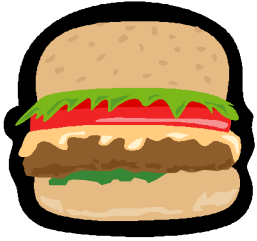
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Vzdělávací oblast: Jazyk a jazyková komunikace

Vzdělávací obor: Anglický jazyk

Ročník: 6.-7.

HEALTHY / FAST FOOD



1. Fast food restaurants are called :

- a) get-away b) take-away c) grasp-away

2. How often do you go to the fast food restaurants and what do you order ? (Work in pairs)

- **never** - **very rarely** (once / twice a year) - **quite often** (once/ twice /three times)
 --**often**(once/ twice/ three times a week)

3. Choose which one is **healthy (H)** or **fast** (junk) food **(F)** :

Quick, easy meal to take on the go	For many of us it tastes good
Food high in fat and calories	It makes you keep or lose your weight
Well-balanced and nutritious food	Made and prepared in a very short time
It makes you feel well and fit	Low-fat dairy products (cheese, yoghurt)
It makes you put on your weight	Fresh fruit and vegetables
Vitamins, minerals and proteins	A whole-grain bread, rolls and cereals
It takes more time to prepare it	Cheep and eating on the run
Fish and seafood	High in sodium (salt)
Fried or cooked in oil or butter	It helps against illnesses
Non-fat milk, unsweetened and clean water	Soft soda, juice, lemonade, cola
It is always lower in fibre	It is made in factories and frozen

4. Mickey and Millie are going to do some shopping . Circle only healthy things on their shopping list:

- mozzarella coca-cola bean tomato hamburger high-fat Cheddar cucumber*
- chips hot dog carrots Milk chocolate lamb pasta chicken mayonnaise*
- sardine pork green tea Mars bar French fries onions smoked beef*
- lentil Acquila rice apple juice lettuce olive oil sprite*
- waffles*

5. Ask your partner about these things and use these expressions :

packet(s) of , glass(es) of , bottle(s) of , bar(s) of , box(es) of , sack(s) of ,

5. Fried food is good for your health.

T / F / N

6. People like doing different activities than cooking at home.

T / F / N

9. Listen and complete the song (Project 2, Unit 4, p. 49) and then check :

raspberries toast pie sausages peas ice-cream
fruit pepper coffee strawberries chips

Sausages with ice-cream

Verse 1

I like _____ with cheese

Katy likes _____ with _____

Verse 2

I like sticky _____

Donna likes a cup of _____

Peter puts _____ on his baked beans Daniel likes a nice _____
salad,

Edward likes _____

it seems Wendy loves apple

And Jessica loves _____

But nobody can tell us why

But John likes sausages with _____ John likes _____ with
ice-cream.

Zdroje : vlastní,uč.Project 2 (Oxford, 2010)

Název materiálu: Healthy / Fast food

Druh materiálu: DUM (pracovní list)

Autor: Dita Havelková

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Vzdělávací oblast: Jazyk a jazyková komunikace

Vzdělávací obor: Anglický jazyk

Tematický okruh: Healthy / Fast food

Metodický list:

- 1.Jak se nazývá restaurace rychlého občerstvení.
- 2.Jak často chodíš do těchto restaurací a co si objednáš ? Použij daná frekvenční příslovce.
3. Označ , která věta patří ke zdravému nebo nezdravému jídlu.
4. Zakroužkuj pouze zdravé jídlo.
5. Pokládej otázky typu : Kolik balíčků lupínků potřebujeme ?
6. Dokonči přísloví o jídle a vysvětli jejich význam.
7. Čti a doplň text slovy z nabídky.
8. Která věta (na základě předchozího textu) je pravdivá/nepravdivá anebo o ní není v textu zmínka?
9. Poslouchej písničku a doplň slovy z nabídky. Pak zkontroluj.

Pracovní list slouží k rozšíření slovní zásoby o jídle , které je zdraví prospěšné a které nikoliv. Zároveň k četbě a poslechu s porozuměním.

Solution-Řešení:

1.take-away 3.

F	Quick,easymeal to take on the go	F	For manyofusittastesgood
F	Food high in fat and calories	H	Itmakesyoukeepor lose yourweight
H	Well-balancedand nutritiousfood	F	Made and prepared in a very shorttime
H	Itmakesyoufeelwell and fit	H	Low-fat dairyproducts(cheese, yoghurt)
F	Itmakesyouput on yourweight	H	Freshfruit and vegetables
H	Vitamins,minerals and proteins	H	A whole-grain bread,rolls and cereals

H	It takes more time to prepare it	F	Cheep and eating on the run
H	Fish and seafood	F	High in sodium (salt)
F	Fried or cooked in oil or butter	H	It helps against illnesses
H	Non-fat milk, unsweetened and clean water	F	Soft soda, juice, lemonade, cola
F	It is always lower in fibre	F	It is made in factories and frozen

4. mozzarella, beans, tomatoes, cucumber, carrots, lamb, pasta, chicken, sardine, green tea, onions, lentil, Acquila, rice, lettuce, olive oil

6. 1. Eat to live, not live to eat. 2. Take all you want, but eat all you take.

3. An apple a day keeps the doctor away. 4. Bread today is better than cake tomorrow.

5. Hunger is a good kitchen.

7. 1-fast 2-healthy 3-tasty 4-meal 5-fresh 6-prefer 7-fruit 8-energy 9-Fried 10-fish 11-sweet

8. 1-T 2-F 3-T 4-N 5-F 6-T

9. Verse 1 - toast, chips, pies, pepper, raspberries, strawberries, ice-cream

Verse 2 - toffee, coffee, fruit, pie sausages