

AS HUNGRY AS A BEAR

Food habits, food and its components

Progetto realizzato da
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OBIETTIVI LINGUISTICI

Riconoscere e saper nominare il lessico relativo agli alimenti, ai gruppi alimentari e ai nutrienti.

Conoscere e utilizzare espressioni utili per ordinare al ristorante

Imparare modi di dire legati all'alimentazione

CONTENUTO

Saper distinguere e collocare i gruppi alimentari e i nutrienti nella piramide alimentare
Imparare ad ordinare del cibo a seconda del tipo di ristorante scelto (fast food or restaurant) elaborare un proprio menù (role play).

TITOLO

AS HUNGRY AS A BEAR

OBIETTIVI TRASVERSALI (saper fare)

Cercare soluzioni per risolvere un problema.
Comprendere il contenuto e saperlo applicare in contesti di role play.
Lavorare in gruppo e cooperare

OBIETTIVI TRASVERSALI (conoscere)

Conoscere menu provenienti da altri paesi, culture e tradizioni

OBIETTIVI DIDATTICI DISCIPLINARI

Conoscere e comprendere il concetto di gruppo alimentare e di nutriente
Saper riconoscere le caratteristiche nutrizionali dei cibi
Conoscere e rispettare le diverse abitudini alimentari
Saper giustificare le proprie scelte



AS HUNGRY AS A BEAR



I FOR INTERVIEW

1. Who do you eat breakfast with?
2. What do you eat for breakfast?
3. Where do you usually have lunch?
4. Who do you eat lunch with?
5. Where do you usually have dinner?
6. What time do you usually eat dinner?
7. Who cooks in your family?
8. Do you go to fast-food restaurants?
9. What is your favorite fast-food or restaurant?
10. Do you prefer fast-food or your mom's cooking?
11. Do you ever eat take away food?
12. Do you enjoy spicy food?
13. Do you usually leave a tip?

Survey on Eating

WHAT DO YOU NEED TO GROW?

All living things need ..



ENERGY

WHAT IS IT ?

Energy is



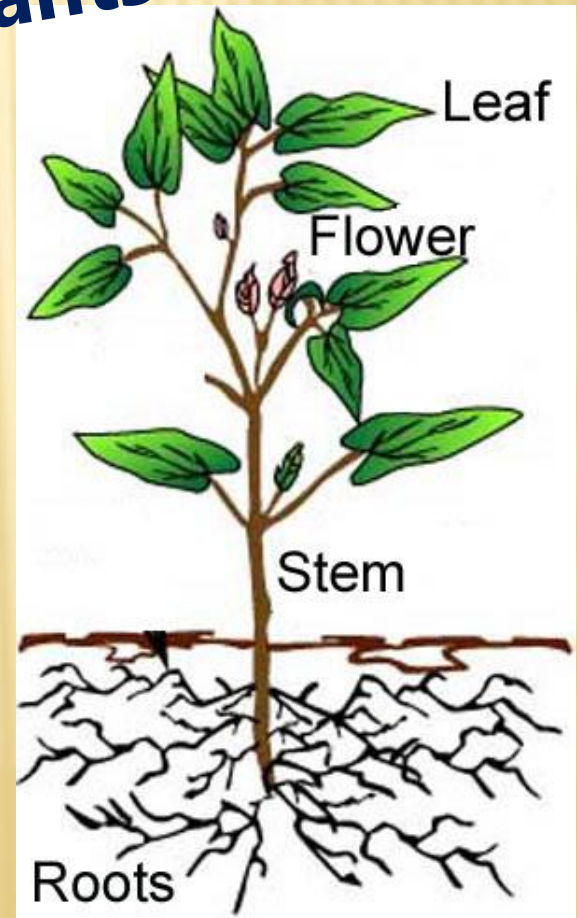
what something needs to make it move

HOW DO PEOPLE MAKE ENERGY?

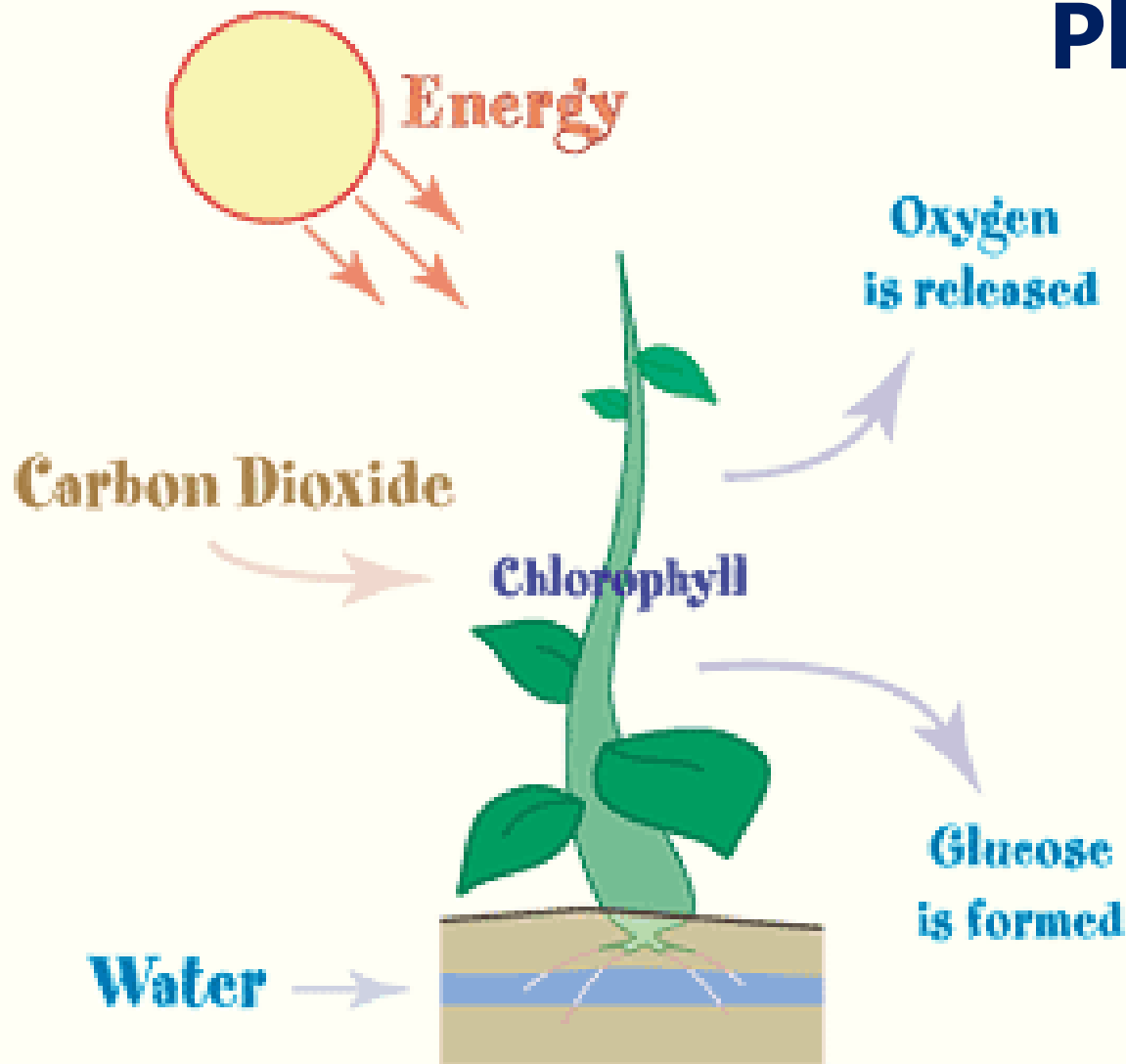
Humans eat food



Do plants eat food?



Plants can make their own food



The **sun**, **water**, **minerals** and **carbon dioxide** are all absorbed by the plant. The plant uses them to make its food.

Oxygen is also produced.

Have you noticed how clean the air is when there are plants around?

Photosynthesis

We are what we eat



Plants are producers
they make their own food

Humans and animals are



consumers
they consume, eat food.

LET'S TALK ABOUT FOOD



WHERE DO THEY GROW?

Apples grow on the tree.





Bananas grow on the tree.

Salad grows in the soil.



Carrots grow under the soil.



Potatoes grow under the soil.



Where do pears grow?



**Pears grow ..
.. on the tree.**

Where does spinach grow?



**Spinach grows ..
.. in the soil.**

Where do onions grow?



**onions grow ..
.. under the soil.**



Eggs come from the hen.





Milk comes from the cow.



And the goat





Ham comes from the pig.



Where does cheese come from?



Cheese comes from..



Where do sausages come from?



**Sausages
come from..
.. the pig.**



Where does pasta grow?

From wheat



to flour



Pasta is a mix of



Fresh pasta



Dried pasta

FOOD CONTAINS THE NUTRIENTS

There are six large categories of nutrients. These are **carbohydrates**, **proteins**, **fats**, **vitamins**, **minerals**, in particular **calcium**.

help us grow and stay strong



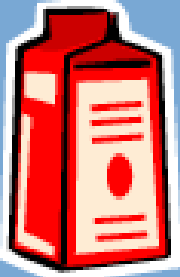
LOOK AT THE PICTURES READ AND CONNECT

carbohydrates **proteins** **fats** **calcium**
vitamins **minerals**



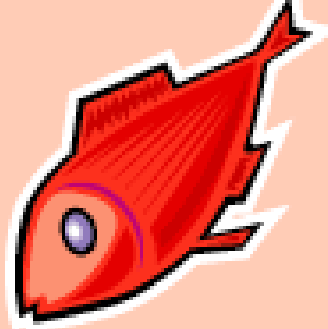
HOW DO NUTRIENTS HELP US?

Calcium



**strengthen
your bones
and teeth**

Protein



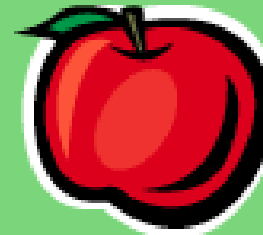
**build,
repair
cells
and
muscles**

Carbohydrates



**provide
energy**

Vitamins and
minerals



**protect
the body
from
illness**

Fats



**give energy if
you don't eat
too much**

WATER

**is not a nutrient
but**

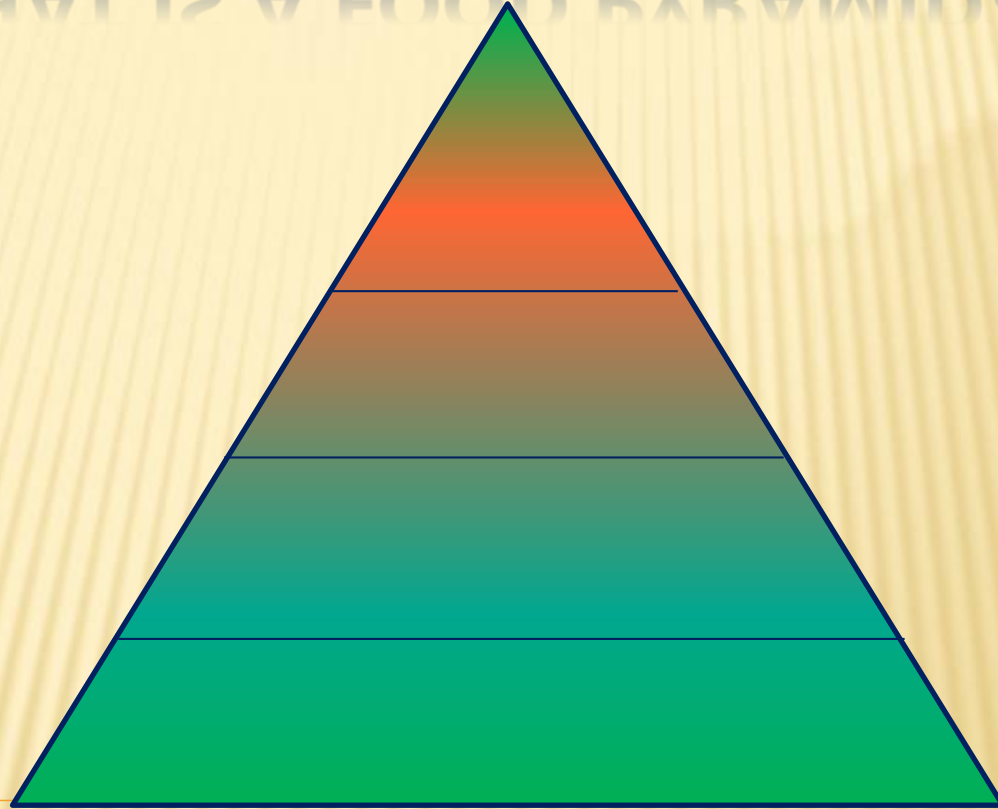
**it's very important for
our body**

**70% of the body is made up of water. We should drink between 8-10 cups of water a day.
More when we exercise or in hot weather.**



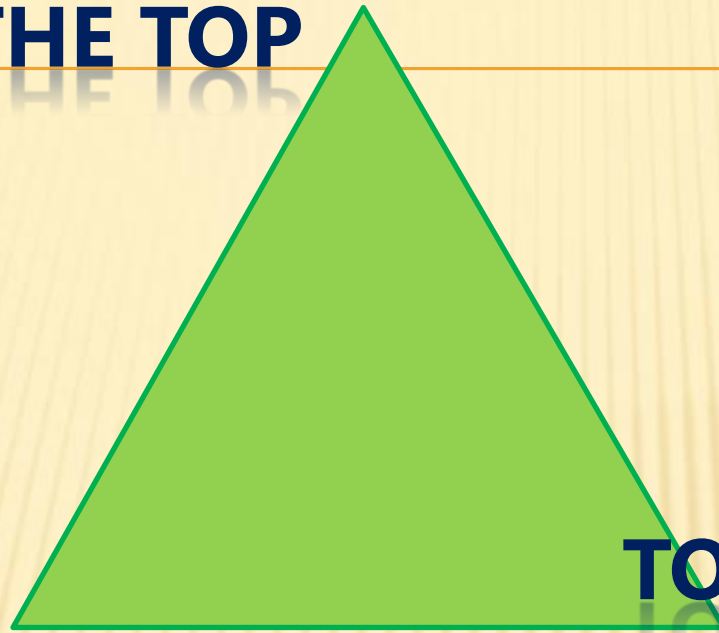
“WHO HAS SEEN THIS BEFORE?”

WHAT IS A FOOD PYRAMID?



It shows food groups and what food to eat

FROM THE TOP



TO THE BOTTOM

**WHAT ?
FOOD GROUP
WHY ?**

FILL IN YOUR FOOD PYRAMID

FOOD PYRAMID

**FAT, OIL AND SWEET
GROUP**

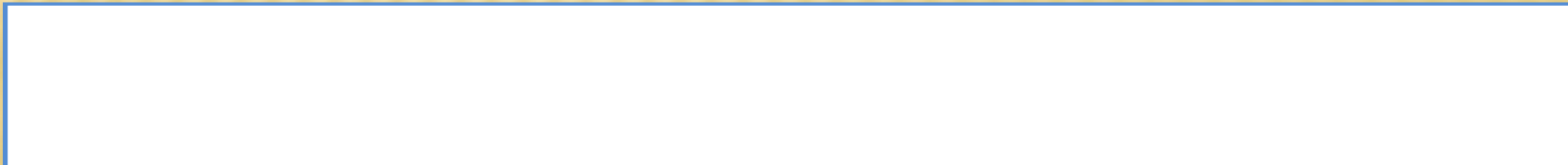
**DIARY
GROUP**

**PROTEIN
GROUPS**

**CARBOHYDRATE
GROUP**

**VEGGIE
GROUP**

**FRUIT
GROUP**



The Shakespeare

99 Buckingham Palace Road, Victoria, London SW1

Tel: 0171 828 4913

Starters

- Soup of the Day* ~ Please ask your server for today's choice.. £1.95
Deep Fried Whitebait £2.95
Prawn Platter ~
Prawns topped with seafood sauce on a bed of crisp lettuce £3.75

Main Course

All main courses are served with chips

Cooked in Shakespeare's own secret Beer Batter

- Haddock Fillet (regular)* £5.95
 (William's Size) £6.95
Cod Fillet (regular) £5.95
 (William's Size) £6.95
Fish Cakes ~
William's luxury fish cakes...coated in crispy batter..... £4.95

- Cod & Broccoli Mornay* £5.95
Cumberland Curl and Onion Gravy £4.95
Steak & Kidney Pudding £5.75
Battered Scampi £5.95
Vegetarian Dish of the Day ~
Please ask your server for today's choice £5.95
Seafarer Salad ~
A crisp mixed salad topped with a selection of seafoods £5.45



Shakespeare's Feast £10.95

An extra large fillet of fish cooked in his
own secret Beer Batter.

Served with chips, bread and butter.

Tea & Coffee always available.

Side Orders

- Red Cabbage* 60p
Wally 60p
Pickled Onions 60p
Mushy Peas 95p
Garden Peas 95p
Mixed Salad £1.95
Bread and Butter 75p

Sweets

- Dairy Ice Cream* £1.95
Apple & Blackberry Crumble with Custard £2.95
Spotted Dick with Custard £2.95
Chocolate Steam Pudding with Custard £2.95

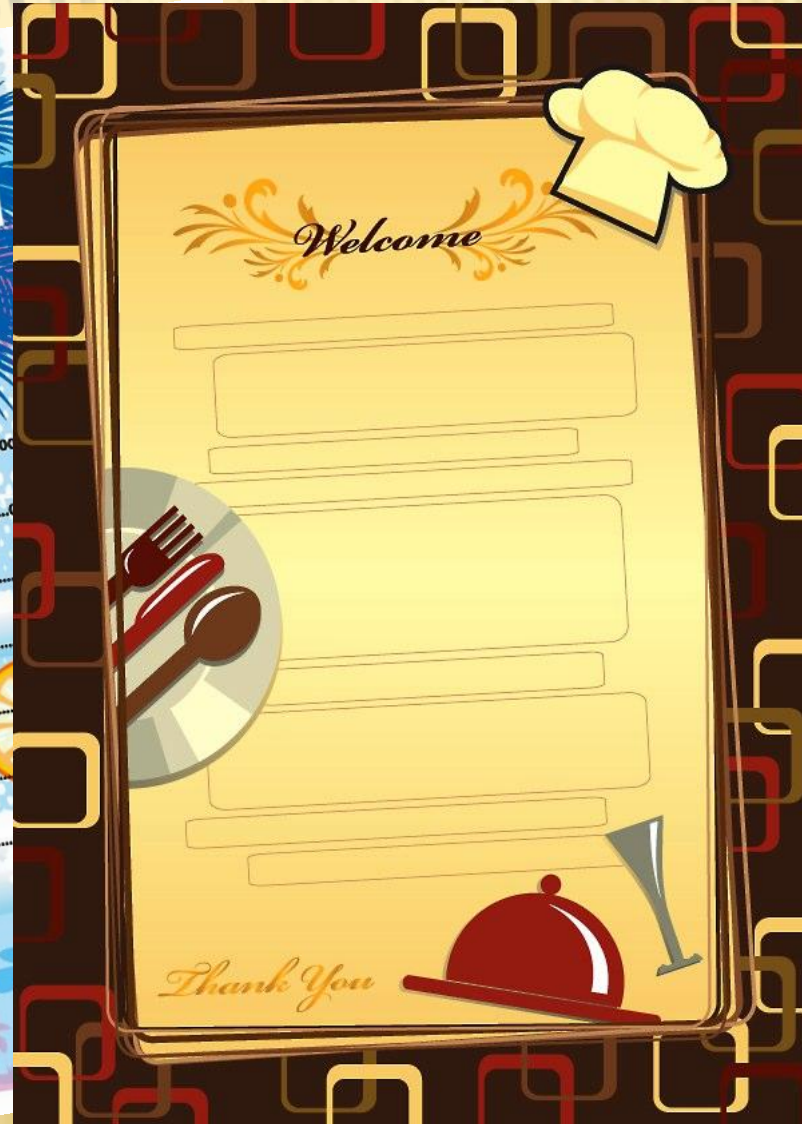
Children's Menu for under 12's

All served with chips

- Haddock or Cod* £3.75
Fish Fingers £3.75
Sausages £3.75
Fish Cake £3.75

NOW IT'S YOUR TURN CREATE YOUR OWN MENU

CHEF
RECOMMENDS



.... AND ACT IT

- **AT THE RESTAURANT**
- **CONVERSATION 1**

- **Waiter** Welcome to Benito's. Here are your menus. Today's special is grilled salmon. I'll be back to take your order in a minute.
- **Costumers** Thank you
- **Waiter** Are you ready to order?
- **Customer 1** I'd like the seafood spaghetti.
- **Waiter** And you?
- **Customer 2** I'll have a hamburger and fries.
- **Waiter** Would you like anything to drink?
- **Customer 1** I'll have a coke, please.
- **Waiter** And for you?
- **Customer 2** Just water, please.
- **Waiter** OK. So that's one seafood spaghetti, one hamburger and fries, one coke, and one water.
- **Waiter** Here is your food. Enjoy your meal.
- **Waiter** How was everything?
- **Customers 2** Delicious, thanks.
- **Waiter** Would you like anything for dessert?
- **Customer 1** No, just the bill please.

AT A FAST FOOD CONVERSATION 2

Darren and Belinda are in a fast food restaurant. They are ordering food.

- Waiter May I take your order, sir?**
- Darren Yes, I would like a hamburger, please.**
- Waiter Would you like something to drink?**
- Darren Yes, I would like coffee, please.**
- Waiter What will you have, ma'am?**
- Belinda I would like a cheeseburger and french fries.**
- Waiter Would you like something to drink?**
- Belinda Yes, I will have ice tea, please.**
- Waiter Will that be all?**
- Belinda Yes, thank you.**
- Waiter Your total is \$7.25.**
- Belinda Here's \$10.00.**
- Waiter Your change is \$2.75. Thank you and come again!**