



THE MEDITERRANEAN DIET

Level: Pre-intermediate (equivalent to CEFR level A2)

Age: Teenagers / Adults

Time: 60 minutes

Summary: This infographic lesson looks at interesting facts about the Mediterranean diet.

Materials: One copy of the worksheet per student; access to a projector or IWB to project the infographic from onestopenglish.

HOW TO USE THE LESSON

1 To warm students up, ask them what they had for their last meal and get some answers from the class. Ask your students to look at exercise 1 and compile a list of food words individually. Be prepared to help them with difficult vocabulary at this stage. When they have finished, ask them to compare their answers in pairs or small groups.

2 Now ask them to look at exercise 2. Students read the first part of the infographic (the food pyramid) and compare their lists to the Mediterranean diet. You could give students the infographic as a printed worksheet or display it on the board from the Global website. Ask them to notice which of their food words appear in the categories *always*, *often*, *occasionally* and *seldom*. Be prepared to clarify the meaning of any difficult vocabulary. To increase the challenge, ask students to turn over their papers then try to remember which of their words appeared in each category of the pyramid. This may be a good opportunity to work on pronunciation of the food words. Write a list of words that are difficult for them to pronounce on the board and drill pronunciation.

3 Ask students to look at exercise 3. Tell them to find the words that match each definition. Remind them that they will find the words in all parts of the infographic.

4 Ask students if they think their diet is similar to the Mediterranean one. Get a few answers from the group. Tell them that they are going to do a more detailed analysis. Ask them to look at exercise 4. Students read the information in all of the infographic and write sentences using the verbs provided to indicate what they do and don't do.

5 Students now turn to exercise 5 and compare their answers with a partner. Ask them to decide if their diets are similar or different.

6 Students now work in small groups to answer the questions in exercise 6. Remind them to give reasons for their answers. Take notes during the discussion for feedback on language output later – do a correction slot if necessary after the speaking activity. To round off, have a whole class discussion of the questions.

Key:

1 *Students' own answers.*

2 *Students' own answers.*

- 3**
- 1 *(eating) habits*
 - 2 *plant-based*
 - 3 *meal*
 - 4 *dairy products*
 - 5 *sugar*
 - 6 *dessert*
 - 7 *herbs*
 - 8 *spices*
 - 9 *snacks*
 - 10 *biscuits*

4 *Suggested sentences:*

- I eat vegetables.*
- I don't eat meat.*
- I never make meals with pasta.*
- I always make meals with vegetables.*
- I eat red meat once a week.*
- I eat rice every day.*
- I drink a lot of water.*
- I don't drink much water.*
- I do a lot of exercise.*
- I don't do much exercise.*
- I go on short walks.*
- I don't go jogging.*



THE MEDITERRANEAN DIET

*I use spices to flavour my food.
I don't use herbs to flavour my food.*

5 6 Students' own answers.

RELATED WEBSITES

The following websites might be useful for either you or your students.

oldwayspt.org/programs/mediterranean-foods-alliance/what-mediterranean-diet

www.medicalnewstoday.com/articles/149090.php

nutrition.about.com/od/foodfun/a/mediterranean.htm

www.drgourmet.com/mediterraneandiet/#.UlpYrBbv6Jc

www.bbcgoodfood.com/recipes/collection/mediterranean



THE MEDITERRANEAN DIET

- 1 You are going to read about the Mediterranean diet. Make a list of the things you eat in a typical week.
- 2 Now read the first part of the infographic. How many of your food words are in the categories *always, often, occasionally* and *seldom*?
- 3 Find words in the infographic that mean the following:
 - 1 something that you do regularly _____
 - 2 a diet that has few animal products _____
 - 3 the food that you serve or eat at one time _____
 - 4 products that are made from milk _____
 - 5 a sweet substance consisting of small white or brown pieces _____
 - 6 sweet food that you eat after your main meal _____
 - 7 plants used for adding flavour _____
 - 8 substances made from plants to add flavour _____
 - 9 small amounts of food that you eat between meals _____
 - 10 type of cake that is usually round, hard and sweet _____
- 4 Read the infographic again and write affirmative and negative sentences using the following verbs.

eat make drink do go use

Example: *I eat fish. I don't use spices.*

- 5 Compare your sentences with a partner. How similar are your diets?
- 6 Work in a group and discuss the following questions. Give reasons for your answers.
 - How different is your diet from the Mediterranean one?
 - Is the Mediterranean diet healthy?
 - Is your diet good for you?
 - Is there anything in the Mediterranean diet that you can't do?



THE MEDITERRANEAN DIET

