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.

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/#.UlpYr8bv6Jc
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.
   
<table>
<thead>
<tr>
<th>eat</th>
<th>make</th>
<th>drink</th>
<th>do</th>
<th>go</th>
<th>use</th>
</tr>
</thead>
</table>
   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

WHAT IS IT?

seldom
meat

occasionally
eggs
cheese
yogurt
chicken
potatoes

often
fish
seafood

always
pasta
rice
vegetables
couscous

olives
bread
nuts

fruit
olive oil
cereal

legumes (peas, beans etc.)

HOW TO FOLLOW IT

The Mediterranean diet follows the original eating habits of Greece, Southern Italy, Spain and Morocco. It is a plant-based diet that recommends you always make every meal with food from the main group that contains vegetables, bread, rice etc. Other recommendations are: eat fish and seafood at least twice a week. Eat chicken and potatoes once a week. Restrict dairy products, which include eggs and yogurt, to once a week. Don't eat sweet things with processed sugar very often - eat natural sugar. For example, you can eat fruit for dessert instead of cakes. Eat red meat twice a month - this includes beef, lamb and pork.

WATER

Drink between 6 and 8 glasses of water a day. Drink more in hot weather.

Do regular exercise. Go on long walks. Go jogging, cycling or swimming for 30 minutes every day.

Snacks - eat fruit, dried fruit and unsalted nuts - not sweets, cakes and biscuits.

Use herbs and spices to flavour your meals - not salt.

Use olive oil instead of butter.