

What should you eat? by Eva Oros

Age:	Teenagers / Adults
Level:	Intermediate / Upper-intermediate
Time:	25 minutes
Objective:	A warmer or filler to practise vocabulary associated with healthy eating
Key skills:	Speaking, listening
Materials:	One copy of the worksheet per student; equipment on which to play a YouTube video

Procedure

1. Hand out the worksheet and ask students to discuss the questions in activity 1.
2. Discuss possible answers to the questions in activity 2. Don't provide any answers for now.
3. Ask students to watch the video (BuzzFeed Presents 'What You Should Eat When': www.youtube.com/watch?v=mCM6q1Tdst0) and complete the sentences.

Key: 1. citrus, water; 2. eggs; coffee; 3. dark chocolate; avocados; garlic; 4. cherries; almonds; bananas

4. Check the answers with the students.

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1. Discuss your answers to the questions below with a partner.

- How much tea or coffee do you drink every day?
- What's your preferred soft drink?
- What's your biggest meal of the day?
- What are your favourite pizza toppings?
- What is a traditional dish from your country or region?

2. What should you eat when ...

- ... you need an energy boost?
- ... you need to focus?
- ... you want to relieve stress?
- ... you need to go to sleep?

3. Watch the video and complete the following sentences.

www.youtube.com/watch?v=mCM6q1Tdst0

1. You should eat _____ or drink _____ when you need an energy boost.
2. You should eat _____ or drink _____ when you need to focus.
3. You should eat _____, _____ or _____ when you want to relieve stress.
4. You should eat _____, _____ or _____ when you need to go to sleep.