

EVERYDAY LIFE

MELTING POT

Age: Teenager/Adult

Level: Intermediate (B1)

Time: 30 minutes +

Activity: In this lesson, students will:

1. categorize words about food;
2. read and discuss an article about obesity.

Language focus: types of food; adjectives to describe food

Materials: one copy of the worksheet per student; before class, write all the words in Exercise 1 on slips of paper; a pot to put the slips of paper in (or other receptacle)

PROCEDURE

Ask students to tell you some typical ingredients of dishes in their country. Then ask them for some adjectives to describe the food in their country.

Hand out copies of the worksheet. In Exercise 1, students look at the words above the pot and divide them into two categories: types of food and adjectives to describe food. Check the answers and practise the pronunciation of the words.

Students discuss in pairs which of the kinds of food are typical in their country and which of the adjectives they can use to describe the food.

Put all the words on slips of paper in a pot. Students work in small groups. Each group takes out three of the words and thinks of a dish that includes the other ingredients or can be described using the adjectives. They can use any other ingredients they like. If they can't think of a dish, they have to invent one. Read these out and compare them in class.

Write on the board: *Bigger and bigger*. Tell students this is the headline of a news article they are going to read. In pairs, they discuss what they think the article is about. Write their ideas in a list on the board under the headline.

Students look at Exercise 2 and read the first paragraph of the article to find out if anyone was right.

The first paragraph ends with three questions. Ask students to discuss the answers to the questions in small groups using their own ideas. Then they read the rest of the article and see if they agree.

Students discuss the sentences in Exercise 3 in pairs and decide whether they are true or false.

As an extension activity, you could ask students to work in pairs or small groups and design a leaflet to inform

other students about obesity and how to avoid it. They can use the information from the article and draw pictures to illustrate it. Alternatively, this could be an individual project for homework.

Key:

Exercise 1: The melting pot

Kinds of food: rice, onion, corn, eggs, beans, potato, flour, tomato, garlic, pasta

Adjectives: tasty, bland, spicy, delicious, mild, sweet, salty, hot, bitter, horrible

Exercise 2: Bigger and bigger

Obesity exists because people eat more now than in the past, because food contains more fat and sugar, because people eat bigger meals, because people eat more snacks and fast food and because people don't exercise enough and spend more time watching TV.

It's a serious problem because it causes heart disease, high blood pressure and diabetes.

We can prevent it by watching less TV, by not eating junk food and by taking exercise.

Exercise 3: True or false?

1. false (including developed countries)
2. false (if you eat more calories than you use)
3. true
4. false (more likely)
5. true

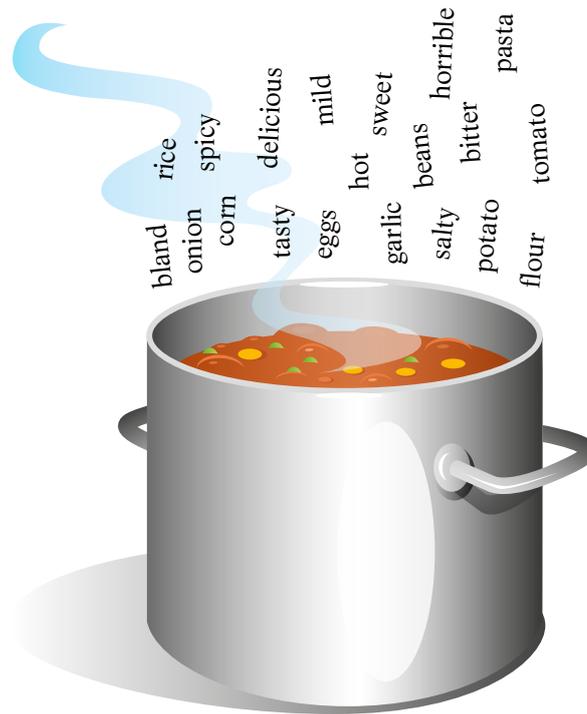
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MELTING POT

WORKSHEET

EXERCISE 1: THE MELTING POT

Look at the melting pot. Do you know what all the words mean? Divide them into two groups: types of food and adjectives to describe food. Use the words to describe a typical dish from your native country.



Type of food	Adjectives used to describe food



EXERCISE 2: BIGGER AND BIGGER

Bigger and bigger

By Brian Wyndham, Health Correspondent

Obesity is now a problem all over the world, including in developing countries. Why does obesity exist in the world today? Why is it a serious problem? And what can we do about it?

The definition

Obesity happens when you take in more calories than you use. If you eat more calories than you use, the body produces fat.

The causes

- In general, people eat more now than in the past.
- Food contains more fat and sugar.
- People eat bigger meals.
- People eat more snacks and fast food.
- People don't exercise enough and spend more time watching TV.

The problem

The World Health Organization (WHO) says that obesity is a serious health problem. It causes heart disease, high blood pressure and diabetes. Experts say that the number of people with diabetes will double in the next 25 years.

The remedy

Turn off the TV! These days, children start watching TV when they are two years old, and more and more young children have TVs in their bedroom. A Columbia University study found that children who have a TV in their bedroom have a higher chance of becoming obese than those who don't.

Stop eating junk food! Many US schools have stopped serving junk food in their cafeterias. Others are banning soft drinks, sweets and French fries, and are serving healthy food such as grilled chicken, salads, and fruit juices in place of junk food.

Exercise!

Experts say a bad diet and little exercise are making obesity a serious problem. Exercising is a great way to fight obesity and feel healthier.

EXERCISE 3: TRUE OR FALSE

Discuss the statements below in pairs. Are they true or false?

1. Obesity is a problem only in developed countries.
2. It happens if you eat too much fat.
3. Diabetes will probably happen as a result of obesity.
4. Children who have a television in their room are less likely to become obese.
5. Many schools in the United States are trying to prevent obesity.