

CLIL - JUNK FOOD AND HEALTH

Scuola Secondaria di primo grado di Vailate
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CLIL : JUNK FOOD AND HEALTH, progetto di
inglese e tecnologia

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Classi coinvolte : classi 2A e 2B della scuola
secondaria di primo grado di Vailate

WARMING UP:ACTIVITY 1: BRAINSTORMING

Complete the chart with the name of the food for each meal

Breakfast	Dinner	Lunch
	Breaktime	

The Balance of Good Health

Fruit and vegetables

Bread, other cereals and potatoes



Meat, fish and alternatives

Foods containing fat
Foods and drinks containing sugar

Milk and dairy foods

There are five main groups of valuable foods

INFO & SOME GOOD ADVICE

- We can divide food into different groups. We need to eat from each group to stay healthy .Food gives us the energy we need for normal body functions .It is important to eat the right quantity of food from each group and to make sure we get the correct nutrients otherwise the body will not work properly.
- The biggest proportion of food should come from bread , potatoes and cereals, fruit and vegetables .Milk and dairy foods and meat ,fish or alternatives should follow . The smallest amount of food we get ,should be that containing fats and sugars

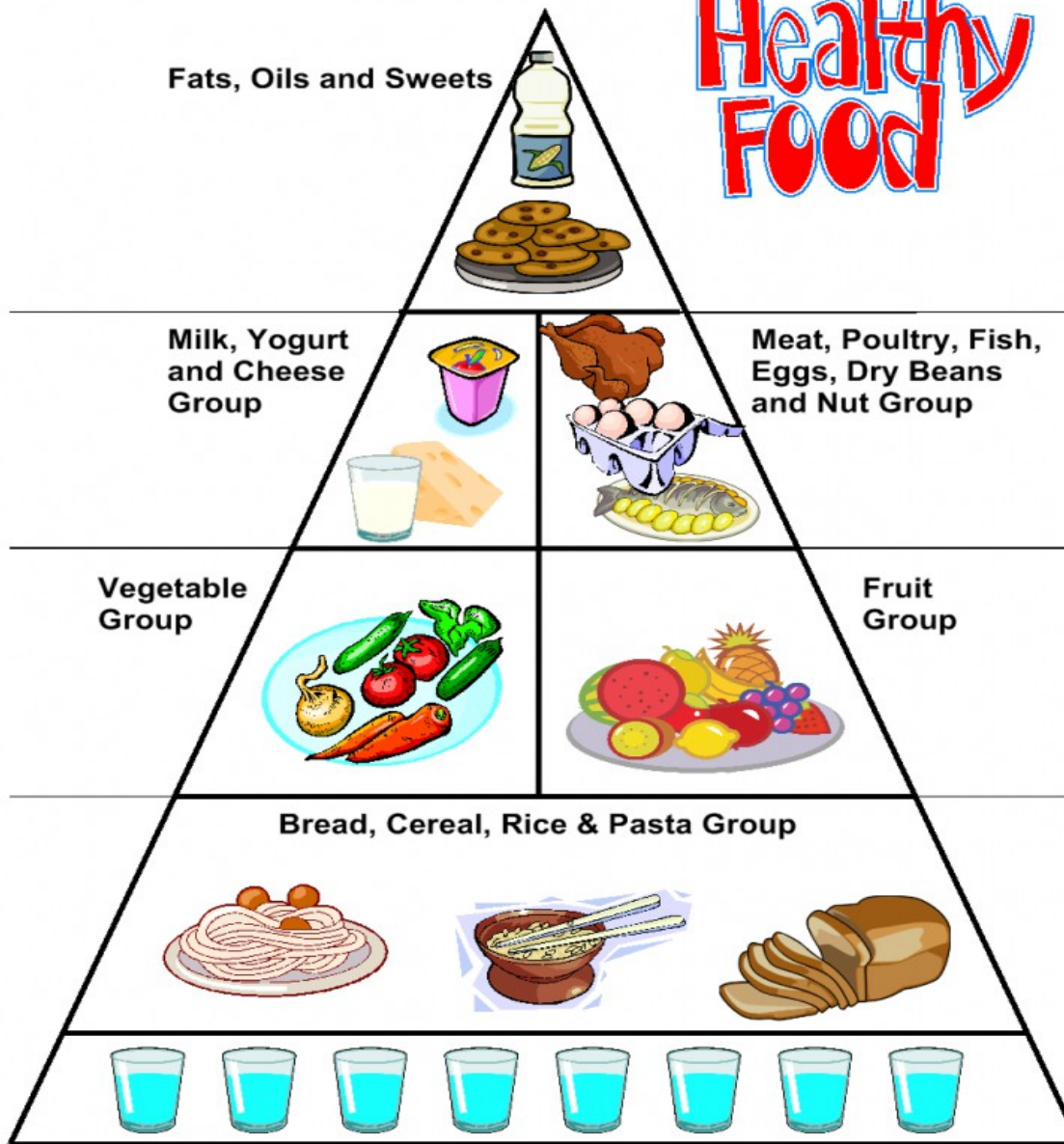
ACTIVITY 2

* Number the groups of foods according to the importance for a healthy diet

- Fats and sugars
- Milk and dairy foods , meat , fish
- Bread , potatoes and cereals , fruit and vegetables

Food Pyramid

Healthy Food



Fats, Oils and Sweets

Milk, Yogurt and Cheese Group

Meat, Poultry, Fish, Eggs, Dry Beans and Nut Group

Vegetable Group

Fruit Group

Bread, Cereal, Rice & Pasta Group

Water







Healthy eating tips

- The right type of food in the right quantity : this is the best thing to do.
- Each food group contains specific nutrients :carbohydrates, lipids , proteins , water , minerals and vitamins .
- The top part of the pyramid is the worst , the most dangerous for our health , the lowest ones are the best

The essential nutrients

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Nutrients in Humans

Classification	Name of the Nutrient	Sources	Function	
Energy giving food	Carbohydrates (energy giving food)	Rice, potato, wheat, sugar	Provides energy	
Energy giving food	Fats (energy giving food)	Butter, ghee, milk, cheese	Gives more energy compared to carbohydrates	
Body building food	Vitamins and Minerals (protective food)	Fruits and vegetables	Required for normal growth and development	
Protective food	Proteins (body building food)	Milk, eggs, meat, fish, soybean	Helps in building and repair of body	
	Water	Water, fruits and vegetables rich in water	Helps in digestion	
Fibres	Roughage (fibres)	Green leafy vegetables, cucumber	To get rid of undigested food	

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PS- Water helps to maintain your body temperature and carries nutrients to cells

ACTIVITY 3 : True/false

- 1-There are 3 groups of nutrients T F
- 2- Carbohydrates contain sugars T F
- 3- Carbohydrates give more calories than fats T F
- 4- Meat , eggs and fish give proteins T F
- 5- Water is important for the body temperature and for cells nutrition T F
- 6- Vegetables and fruit give energy T F

ACTIVITY 4: MATCHING

- 1- Carbohydrates
- 2 – Fats/lipids
- 3- Proteins
- 4- Minerals and vitamins
- 5- Water
- a- they are energy reserves , give a lot of calories and little nutritional value
- b- they give energy
- c-it helps digestion , it helps to mantain the body temperature and it nourishes its cells
- d- they help the body to function well and to stay strong and healthy
- e- they help to build and repair cells and muscles

What is a Junk Food?

Any food that has poor nutritional value is considered unhealthy and may be called a junk food. A food that is high in fat, sodium, and/or sugar is known as a junk food. Junk food is easy to carry, purchase and consume. Generally, a junk food is given a very attractive appearance by adding food additives and colors to enhance flavor, texture, appearance, and increasing long self life. A fast food may also be a junk food.



The typical tasty goodies that bodybuilder's will PIG OUT on right after a competition!

A SHORT HISTORY OF JUNK FOOD

In 1972 Michael Jacobson used for the first time the term «junk food» for food containing a large quantity of ingredients rich in calories and salt. Junk food is easy to consume, but in some countries it is considered a serious health problem.

In the 1950s children ate a lot of bread and drank a lot of milk, and had red meat and vegetables. They certainly did more exercises.

Nowdays children fill their stomachs with crisps, snacks and coke, while they are lying on their sofa.

Industry is making changes and currently the fat content of children's favourite food is reduced.

ACTIVITY 5: ANSWER THE QUESTIONS

- What is junk food?
- Is a diet based on junk food balanced?
- What is the difference between children's food habits in the 1950s and children's food habits today?
- What is industry doing today about the fat content in junk food?
- Do you consume junk food? What in particular? Why?

BIG MAC AND A COKE ...MMMM

What's in that Big Mac?

High Fructose Corn Syrup
(Causes heart disease, liver failure and tooth decay)

Bleached White Flour
(with alloxan - a poison)

Ammonium Sulfate
(steel and synthetic fiber byproducts)

Mercury
(A toxic metal. Yum.)



Sodium Stearoyl Lactylate
(Causes allergies and food intolerance)

Bleached White Flour
(with alloxan - a poison)

Guar Gum
(Can cause swelling of the esophagus and intestines.)

Sorbic Acid
(Can damage eyes, skin, and respiratory tract.)

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ACTIVITY 6: PROS AND CONS OF JUNK FOOD

PROS

-It's fast to eat - it's in a ready- to- eat form

- it's good and tasty - it's rich in calories and salt - it's cheap - it causes obesity and diseases - it contains unhealthy ingredients

- it contains food additives to preserve flavor or improve taste and appearance

CONS

JUNK FOOD CURIOSITY CORNER

- Coca Cola takes its name from the coca leaves from South America but now it doesn't contain coca leaf extract .
- Ice cream flavours such as chocolate and vanilla come from South America , the former comes from a Mexican indian word “chocolatl”, the latter comes from the Spanish “vainilla”
- Hamburgers come from the German city Hamburg
- Mayonnaise comes originally from Mahon in Mallorca , Spain
- Fried potatoes or French fries (BE chips) come from South America, potato comes from “patata” in Spanish

ACTIVITY 7: JUNK FOOD MEMORY GAME

- Coca Cola comes from
- Chocolate comes from
- Vanilla comes from
- Hamburgers come from
- Mayonnaise comes from
- Fried potatoes come from.....

ACTIVITY 7 : IT'S UP TO YOU , CREATE YOUR OWN HEALTHY MENU!

- BREAKFAST
.....
- LUNCH
.....
- DINNER
.....
- SNACK
.....