THE DAY CAMP

Lesson Plan © Easy Access English

FAST FOOD SLOW FOOD

Activity One - Today we will talk about, think about and work on FOOD.
Let's start with a survey in the class. Ask the following questions to your partner. Then find out what you have in common and report back to the class about which favorites and which eating habits you share.

First though - we are using **COMPARATIVES and SUPERLATIVES** in this discussion.
For example:

- *This chocolate is **tasty**.*
- *It's **tastier** than the other chocolate.*
- *It's the **tastiest** chocolate!*

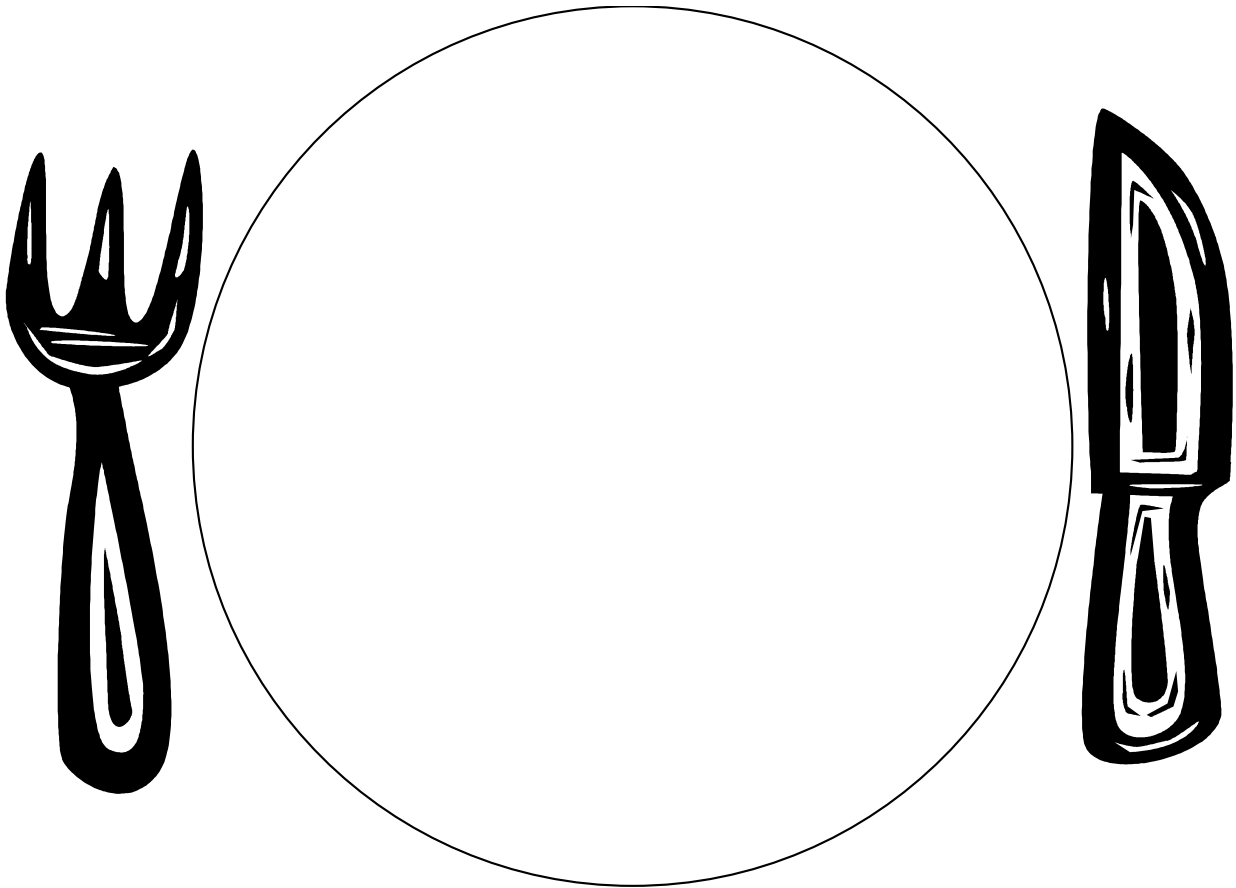
Can you think of some other examples like this?

YOUR ANSWERS:

SURVEY - With your Partner.

1. What food do you like the best?
2. What food do you like the least?
3. What food do you eat the most often?
4. What food do you eat the least often?
5. Is the food you eat often also the food you prefer?
6. What is the most nourishing thing you will eat today?
7. What's the least nourishing thing you will eat today?
8. What's the worst thing you have ever tasted?
9. What's the best thing you have ever tasted?
10. What's your favourite thing to drink?

Activity Two - An Ideal Meal - Write a list of your favourite things on the plate. Make it into a menu!



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Activity Three - HEALTHY EATING. With your partner ***LABEL*** the CATEGORIES of food which make up a healthy diet. Then give some **examples** inside the diagram…

Meat, fish and Alternatives
for growth

Milk and dairy foods
for growth

Foods containing fat
Foods containing sugar

Bread, cereals and potatoes
for energy

Fruit and vegetables
for health

