Lesson Plan © Easy Access English



Cured by Food

EAE Learning objectives for this lesson

Review and practice prepositions of place and time. Comprehension activities.

Activity 1: **Q & A – Ask and answer the questions with your partner**

a. Do you eat healthy food or junk food?

b. Can food help prevent disease? Give examples

c. Do you study the effect of food on diseases?



Activity 2: **Preposition review**

Prepositions can be a bit confusing! Here is a chart to help you see how they work!

	TIME	PLACE
AT	We use **AT** for a PRECISE TIME	We use **AT** for a POINT and INSTITUTIONS
	> *at 7 o'clock* > *at 10.45 am* > *at noon* > *at dinnertime* > *at bedtime* > *at sunrise* > *at sunset* > *at the moment*	> *at the corner* > *at the bus stop* > *at the door* > *at the bottom of the page* > *at the end of the road* > *at the entrance* > *at the crossroads* > *at the front desk*
IN	We use **IN** for MONTHS, YEARS, CENTURIES and LONG PERIODS	We use **IN** for an ENCLOSED SPACE and GEOGRAPHICAL REGIONS
	> *in July* > *in winter* > *in the summer* > *in 2013* > *in the 1980s* > *in the next century* > *in the Stone Age* > *in the past / future*	> *in the garden* > *in Manchester* > *in England* > *in a box* > *in my pocket* > *in my wallet* > *in a building* > *in a car*
ON	We use **ON** for DAYS and DATES	We use **ON** for a SURFACE and PUBLIC TRANSPORT
	> *on Saturday* > *on Mondays* > *on 11 July* > *on 23 March 2013* > *on Christmas Day* > *on my birthday* > *on Independence Day* > *on New Year's Eve*	> *on the wall* > *on the ceiling* > *on the door* > *on the cover* > *on the floor* > *on the carpet* > *on the menu* > *on a page*

Activity 3: **Preposition gap fill - Fill in the gaps with the correct preposition (beware of traps)**

a. We have a medical conference _____ the weekend.

b. I was born _____ 3.30 _____ a Friday afternoon _____ the spring.

c. There are lots of different topics to discuss _____ the agenda.

d. We are going _____ New York for a seminar _____ heart disease.

e. Medincell is located _____ Jacou, not far _____ the tram stop.

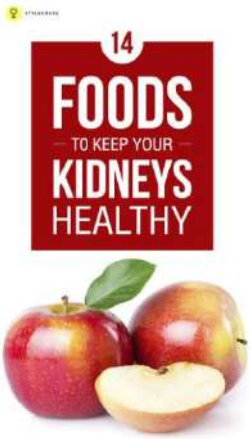
f. There is too much sugar _____ his blood.

g. He is clearly _____ drugs, because he fell asleep _____ the bus stop.

h. _____ the olden days, ether was used as an anaesthetic.

i. You can find more information about diabetes _____ our website

j. The Medincell Christmas party will be _____ Buckingham Palace _____ London.



Activity 4: **Text – and answer the questions – Food as Medicine**

http://www.medicaldaily.com/high-blood-pressure-food-medicine-epilepsy-384129

1. Mediterranean Diet: Heart Disease
Heart disease is the number one cause of death among both men and women, killing nearly 800,000 people every year. The heart is the engine of the body, which requires clean fuel in order to run properly. According to the American Heart Association (AHA), a healthy diet and lifestyle are the best weapons against heart disease risk.
In 2015, a group of cardiologists from the Cleveland Clinic created a wellness plan designed to address the pitfalls in America's diet. Central to their recommendations were wholesome foods that most closely align with the Mediterranean diet, including olive oil, fatty fish high in omega fatty acids, and cultured yogurt. The AHA's current recommendations also follow the basis for the Mediterranean diet, which is the elimination or minimization of processed foods, sugars, salts, and an emphasis on healthy, whole foods.
The Mediterranean diet is based on the typical meal found on Crete, one of the small Greek islands in the Mediterranean Sea. Its people have the lowest death rate from diseases ranging from heart disease to cancer. They eat off the land, which provides them plenty of fruits, vegetables, unrefined whole grains, nuts, and legumes. The small portion of protein they consume is typically fish or lamb cooked in olive oil and served with greens and fibrous whole grains.

Questions

1. Do you agree with the points in the text?

2. What types of food does the 'Mediterranean diet try to eliminate?

3. What is the healthiest meat, and why?

4. Give a definition for each word that is underlined



Activity 5: **Fact or fiction? – in teams, say if each fact about food is TRUE or FALSE**

a. Portobello mushrooms contain as much potassium as bananas

b. For a long time in Europe potatoes were mainly given to animals, because people didn't trust this strange food from the Americas

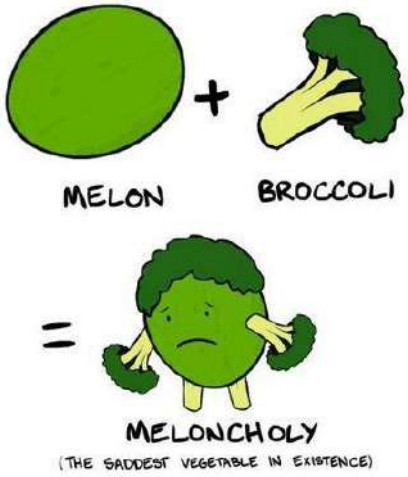
c. Carrots can improve your eyesight if you eat enough

d. Eating chocolate can help to combat stress

e. White wine is healthier than red wine

f. Broccoli is a natural aphrodisiac

g. Butter is healthier than margarine



Activity 6: **Let's watch the video and answer questions**

https://www.youtube.com/watch?v=wn5LKJNnYQU

a. What were Ivy Larson's 3 options after she was diagnosed?

b. What does she have in the morning to start the day?

c. What disease was she diagnosed with?

d. What is her husband's job?

e. What are some examples of anti-inflammatory foods?

Activity 7: **TEAM RACE! – The teacher will write some foods on the board.**

You must say if each food is good or bad for you, and why?

The first team to finish wins!

Activity 8: **Roleplays**

a. Your friend loves eating meat. You try to convince him/her of the medical benefits of being a vegetarian.

b. Your friend buys only organic food because they think it's healthier. You don't really agree.

c. You and your partner want to start a cake/sweet shop, but you want to make it healthier. You brainstorm some ideas together.

d. Your friend never takes time to have breakfast, you try to show them the health benefits.

Activity 9: **Listen to the song and fill in the gaps**



Bruce Springsteen – Streets of Philadelphia

https://www.youtube.com/watch?v=4z2DtNW79sQ

I was _____ and battered, I couldn't tell what I felt
I was unrecognizable to myself
I saw my reflection in a window, I didn't know my own _____
Oh brother are you gonna leave me wastin' away
On the Streets of Philadelphia

I walked the avenue, 'til my _____ felt like stone
I heard the voices of friends vanished and gone
At night I could hear the blood in my _____
Just as black and whispering as the rain
On the Streets of Philadelphia



Ain't no _____ gonna greet me
It's just you and I my friend
And my _____ don't fit me no more
I walked a thousand miles
Just to slip this _____

The night has fallen, I'm lyin' awake
I can feel myself _____ away
So receive me brother with your faithless kiss
Or will we _____ each other alone like this
On the Streets of Philadelphia

