Lesson Plan © Easy Access English



Cured by Food

EAE Learning objectives for this lesson

Review and practice complex prepositions. Learn idiomatic expressions & phrasal verbs

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

a. Do you have a healthy diet? Explain why/why not

b. Can food really cure diseases? Is there any scientific proof?

c. Do you study the effects of different foods on diseases?



Activity 2: **Complex prepositions**

Complex prepositions are useful tools to connect and present your ideas in effective, and impactful ways.

They are especially valuable in professional environments, such as meetings or presentations!

Example: According to the results we are making progress, in spite of the difficulties we had in the trials

according to
along with
apart from
as for
as well as
aside from
because of
by means of
by way of
close to
contrary to
due to
except for
for lack of
in accordance with
in addition to
in back of
in between
in (the) case of
in exchange for
in light of
in place of
in (the) process of
in regard to
in spite of
instead of
in view of
next to
on account of
on behalf of
on top of
out of
outside of
owing to
prior to
subsequent to
such as
thanks to
together with

Activity 3: **Presentation – What foods cure diseases?**

In partners make a little presentation about 3-5 foods and the conditions/diseases that they cure. Include facts and scientific research to prove your point, and **use some complex prepositions** from *Activity 2.*

The other students are free to ask any questions at the end of your presentation, which you will have to try and answer!

Activity 4: **Text – and answer the questions – http://www.foodtrients.com/home-section-3/can-we-cure-disease-through-nutrition/**

Doctors are all for eating eggs because of their phospholipids which keep brain-cell membranes healthy, but they cautioned against frying or scrambling eggs because of the oxidation process that eggs go through when exposed to air and cooked at high temperatures. They recommended eating poached or boiled eggs instead. Be sure to chew those eggs thoroughly before swallowing, along with all the rest of the food you eat. Their research has shown that many foods are better digested by saliva (especially foods like pasta and bread) than stomach acid. And chewing tougher foods like meats and nuts helps the stomach acid break down the food further, allowing the intestines to glean more nutrients from the proteins. If you're over 40, your stomach may be producing inadequate amounts of acid, so supplements of hydrochloric acid and pepsin (given under a doctor's supervision) will help to digest protein. Impaired digestion can lead to memory loss, insomnia, and weak muscles.

It turns out that while eating cranberries is still effective in preventing urinary tract infections of all kinds, blueberries are more effective in preventing certain kinds of urinary tract infections (those caused by E. coli infections), according to doctors Gaby and Wright. So while cranberries and blueberries were validated as healthy food choices, cow's milk was not so lucky. The doctors like to say that cow's milk belongs in little cows and not in little people. Drinking cow's milk may increase the risk of developing insulin-dependent diabetes. And they suspect that homogenized milk is a cause of atherosclerosis, independent of its fat content.

And they gave these cooking tips: 1) a few drops of liquid potassium iodide—you can find this at Whole Foods markets—added to the water of beans during soaking will help make the beans more digestible and reduce their ability to produce gas. 2) If you must fry food—they prefer you don't—use coconut oil or olive oil instead of vegetable oil. Vegetable oil can form dangerous lipid peroxides when heated to a high temperature. 3) Low and slow is the best way to cook meats since animal fats produce more toxic byproducts when cooked at high temperatures. So keep the heat low and cook meats for a longer period of time—no grilling or broiling.

Questions



1. According to the text, how should you cook your eggs?

2. What is a diet related cause of insomnia?

3. What diseases to berries help to combat?

4. What is atherosclerosis?

5. What is wrong with frying food?

6. Find definitions for the underline words.

Here is a link about food myths you can have a look at if you are interested

http://www.cracked.com/article_25164_5-myths-about-food-you-believe-thanks-to-jerk-companies.html

Activity 5: **In partners match the idiomatic expression and phrasal verbs with the correct definitions**

Black out	a disease that seems to be getting better
Break down	to vomit
In remission	to recover from a serious illness or emergency
Nothing but skin and bones	not feeling well, to feel sick
On the mend	to lose consciousness, to faint
Out of shape	to be very thin or emaciated
Pass away	to lose control of one's emotions, to have a nervous collapse
Pull through	becoming better, healing
Throw up	not fit, not in good physical condition
Under the weather	to die

Activity 6: **Idiomatic expressions gap fill – Fill the gaps with the expressions from *Activity 5***

a. I need to go to the gym. I feel a bit _____

b. Driving in Paris caused her to have a nervous _____

c. The tests show that the cancer is _____, so that's great news!

d. He lost a lot of blood but I think that he is going to _____. Let's hope.

e. She drank too much and spent all night _____ in the toilet.

f. I can't go to work today. I feel a bit _____

g. Harambe the gorilla sadly _____ in 2016.

Activity 7: **Watch the video and answer the questions** https://www.youtube.com/watch?v=wn5LKJNnYQU

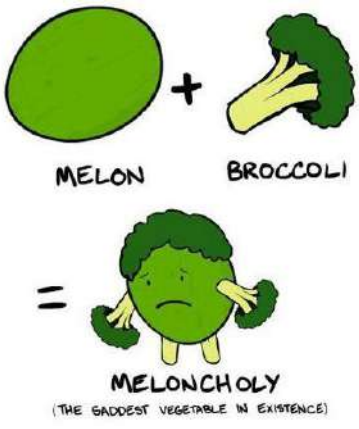
a. What were Ivy Larson's 3 options after she was diagnosed?

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 8: **Role-plays - Use the complex prepositions from *Activity 2* in your dialogues**

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: **TEAM GAME**

In teams you will stand up and face each other.

Each member will say a food and the person facing them will give its health benefits/risks



Activity 10: **Listen to the song and fill in the gaps, and then answer the questions**

Baz Luhrmann – Everybody's Free (https://www.youtube.com/watch?v=sTJ7AzBIJoI)

Ladies and Gentlemen of the class of '97. Wear _____.
If I could offer you only one tip for the future, _____ would be it.
The long term benefits of _____ have been proved by scientists,
whereas the rest of my advice has no basis more reliable than my own meandering experience...
I will dispense this advice now.

Enjoy the power and beauty of your _____; oh never mind; you will not understand the power and beauty of your _____ until they have faded.
But trust me, in 20 years you'll look back at photos of yourself and recall in a way you can't grasp now how much possibility lay before you and how fabulous you really looked...
You're not as _____ as you imagine.

Don't worry about the future; or worry, but know that worrying is as effective as trying to solve an algebra equation by chewing _____.
The real troubles in your life are apt to be things that never crossed your worried _____.
The kind that blindside you at _____ on some idle Tuesday.

Do one thing every day that scares you. _____.
Don't be reckless with other people's hearts, don't put up with people who are reckless with yours. _____.
Don't waste your time on jealousy; Sometimes you're ahead, sometimes you're behind.
The _____ is long, and in the end, it's only with yourself.

Remember the _____ you receive, forget the insults; If you succeed in doing this, tell me how.
Keep your old _____, throw away your old bank statements. _____.
Don't feel guilty if you don't know what you want to do with your Life.
The most interesting people I know didn't know at _____ what they wanted to do with their lives, some of the most interesting _____ year olds I know still don't.

Get plenty of _____. Be kind to your knees, you'll miss them when they're gone.

Maybe you'll marry, maybe you won't, maybe you'll have _____, maybe you won't, maybe you'll divorce at 40, maybe you'll dance the funky _____ on your 75th wedding anniversary.
Whatever you do, don't congratulate yourself too much or berate yourself either.
Your choices are half chance, so are everybody else's.
Enjoy your _____, use it every way you can... Don't be afraid of it, or what other people think of it,
It's the greatest _____ you'll ever own...

_____... even if you have nowhere to do it but in your own living room.
Read the directions, even if you don't follow them.
Do NOT read beauty magazines, they will only make you feel _____.

Questions

a. What medical advice does he give?

b. Do you agree/disagree strongly with any of the points he makes?

Activity 11: 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

