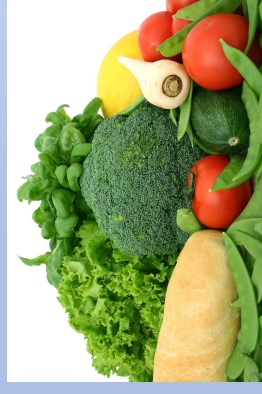


KEEP CALM
AND SPEAK
ENGLISH



Food and health: junk food vs healthy food



Dans ce cours tu vas revoir:

- Du vocabulaire sur la nourriture.**
- Comment donner des conseils**
- Comment dire les grands nombres**
- Comment exprimer des quantités**
- Comment répondre à un courrier**



You are what you eat!

The food corner

Dear readers,

We all like fast food and we often eat this kind of food. But what do we really eat? Read this article and find out if you have balanced meals!

Did you know that the average daily quantity of calories for a teen is between 1,800 and 2,000?

Let's check the calorie content in our favourite food!



266 calories for 100 gr of pizza

312 calories for 100 gr of French fries

310 calories for a burger

263 calories for a hot dog

205 calories for a burrito

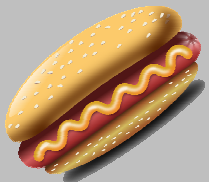
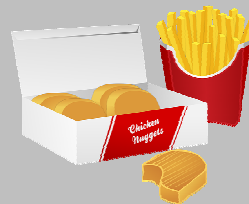
291 calories for 100 gr of fried chicken

180 calories for a can of soda

160 calories for an orange juice



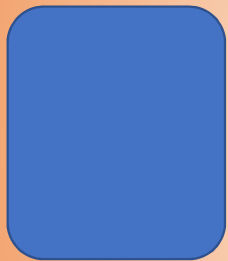
Take your calculators and check your calories amount!



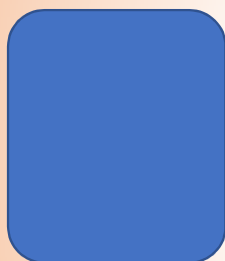
Jason.K 8C

Put them into order!

- Calories +++



160



180



205



263



266



291



310



312

Recap on numbers

The tens end with a **Y**

30 vs 13 40 vs 14

53 : fifty-three

100 : one hundred

1,000 : one thousand

2 000 vs 2,000







2,5 vs 2.5

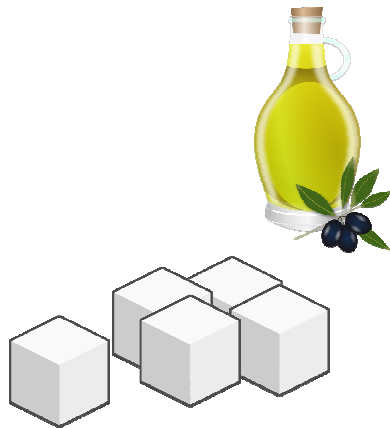


AND + UNIT

AND + TENS

Count the calories: menu 1

 $+$  $+$  $+$  $=$ **992 calories !!!**
310 **312** **180** **190**



Too many calories
Too much fat
Too much sugar



Count the calories: menu 2



291

+



230

+



160

+



480

=

1,161 calories !!!

Too many calories

Too much fat

Too much sugar



You are what you eat!

An answer from your mag!

Dear readers,

After our last article, many students were a bit panicked and needed a little help!

Here we are with a few tips for you!

First, you **shouldn't** eat too much junk food like burgers, fries and pizza.

You **should** cut on salt and sugar because too much salt and sugar is really bad for your health!

You can have many problems later!

You **shouldn't** eat fries many times a week.

Drink a little water before eating, that's very good!

You **should** always have a few fruit ready just in case you're a bit hungry.

Do not have too many sugary drinks! And you **should do a** little exercise regularly!

Remember... You feel good for 5 minutes with junk food but you'll feel good much longer with healthy food!

Expressing good ideas and bad ideas

Pour donner un conseil à quelqu'un tu utilises:

should + un verbe

eg: *You should eat more vegetables!*

Pour déconseiller à quelqu'un de faire quelque chose , tu utilises:

shouldn't + un verbe

eg: *You shouldn't drink too much soda!*

Let's practise!



Drink soda for breakfast

Replace fries by vegetables

Eat cookies before going to bed

Use a lot of salt and sugar

Eat more fruit

Cook your own food

What we learned from the article:

Quantities

a large quantity

much junk food

much salt



many sweet drinks

many problems



Our problems

a small quantity

a little water



a little exercise

a few fruit

a few vegetables



Some solutions

1,2,3...

1,2,3...

Let's practise: what have I got in my fridge?



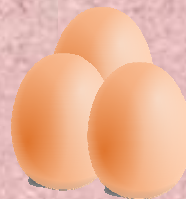
many apples



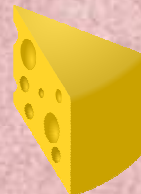
a little milk



much water
many bottles



a few eggs



a little cheese

Help Box	XXXXXXXXXXXXXXXXXX	XXX
1-2-3	many	a few
1-2-3	much	a little

FINAL CHALLENGE You're the reporter!

Here's a letter the mag received. Get ready to answer!

Hi dear Mag,

We're going on a school trip next week and we need a packed lunch. I usually have crisps and mum buys one or two sandwiches at the supermarket for me. I always take a can of soda, some biscuits and sometimes a packet of sweets. Can you help me prepare a healthier packed lunch? Thx

Ally 8B

Ingredients (vocabulary)	Recipes (structures)	Justification
crisps sandwiches fruit vegetables sweets carrots water soda	You should + V You shouldn't + V You can + V You must + V much many a few a little	because and but healthy greasy caloric bad / good for you delicious

An answer to Ally

Ingredients	Recipes	Justification
crisps sandwiches fruit vegetables sweets carrots water soda	You should + V You shouldn't + V You must + V You can + V much many a few a little	because and but healthy greasy caloric bad / good for you delicious

Dear Ally,

Thank you for writing us. First, you shouldn't take a soda but water instead because it's better for you.

You should prepare your sandwiches at home because they will be healthier!

And you shouldn't have crisps because they're too greasy. You must take a few vegetables, like carrots, they're delicious!

You can take a few sweets but you mustn't eat too many! We hope you'll enjoy your healthy trip!

The school Mag team

Méthodologie de la production écrite

- **Bien comprendre ce qui est attendu**
- **Rassembler le vocabulaire + les structures utiles**
- **Rédiger en justifiant et en utilisant des mots de liaison !**

Dans ce cours tu as appris :

- **Du vocabulaire sur la nourriture**
- **À utiliser des grands nombres en anglais**
- **À donner des conseils**
- **À exprimer des quantités**
- **À te préparer à rédiger un texte**

Thank you very much, see you soon!

