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!

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

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

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
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!

Jason.K 8C
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
- Use a lot of salt and sugar
- Replace fries by vegetables
- Eat cookies before going to bed
- Cook your own food
- Eat more fruit
What we learned from the article: Quantities

Our problems

- much junk food
- much salt
- many sweet drinks
- many problems

Some solutions

- a little water
- a little exercise
- a few fruits
- a few vegetables

A large quantity

- much junk food
- much salt
- many sweet drinks
- many problems

A small quantity

- a little water
- a little exercise
- a few fruits
- a few vegetables
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

<table>
<thead>
<tr>
<th>Help Box</th>
<th>XXXXXXXXXXXXXXXXXXX</th>
<th>XXX</th>
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</thead>
<tbody>
<tr>
<td>1-2-3</td>
<td>many</td>
<td>a few</td>
</tr>
<tr>
<td>1-2-3</td>
<td>much</td>
<td>a little</td>
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</table>
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

<table>
<thead>
<tr>
<th>Ingredients (vocabulary)</th>
<th>Recipes (structures)</th>
<th>Justification</th>
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</thead>
<tbody>
<tr>
<td>crisps</td>
<td>You should + V</td>
<td>because</td>
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<tr>
<td>sandwiches</td>
<td>You shouldn’t + V</td>
<td>and</td>
</tr>
<tr>
<td>fruit</td>
<td>You can + V</td>
<td>but</td>
</tr>
<tr>
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<td>You must + V</td>
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<td>for you</td>
</tr>
<tr>
<td>soda</td>
<td>a little</td>
<td>delicious</td>
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</tbody>
</table>
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

• R 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!