

COOPERATIVES OFFENES LERNEN

NAME: DATE:

4	Subject: ENGLISH	Jahrgang/Klasse 1CK									
TOPIC	HEALTHY FOOD VS TAKEAWAYS										
AIM	I can ➔ understand teenagers talking about takeaways (L/B1) ➔ role play a discussion (SI/B1) ➔ talk and write about my eating habits (SP/W/B1)	Feedback Please tick! <table style="display: inline-table; vertical-align: middle;"> <tr><td>☺</td><td>☹</td><td>☹</td></tr> <tr><td>☺</td><td>☹</td><td>☹</td></tr> <tr><td>☺</td><td>☹</td><td>☹</td></tr> </table>	☺	☹	☹	☺	☹	☹	☺	☹	☹
☺	☹	☹									
☺	☹	☹									
☺	☹	☹									
GROUPS	☺ ☺	MATERIAL ➔ Worksheets									
CHECK	Teacher and peers	DATE January 17/18, 2018									
		DEADLINE January 18, 2018									

Nr.	Task	PAIRS/ GROUP/IND	DONE
1	1. Read the article takeaway BRITAIN and summarize it → 10 bullet points minimum 2. Listening comprehension: TAKEAWAYS ➔ Watch the video and do the gap text "Takeaway" ➔ Listen to track 7 and fill in the worksheet REPORT	☺	<input type="checkbox"/>
2	3. DO WE HAVE A HEALTHY DIET ➔ Watch the video clips about the food revolution and Jamie versus Nuggets ¹ . ➔ Write an article for your school magazine. TOPIC: DO WE HAVE A HEALTHY DIET?	☺ ☺ / ☺	<input type="checkbox"/>

¹ <https://www.youtube.com/watch?v=olgmk323H6k>
<https://www.youtube.com/watch?v=VD3FiSta-fw>
<https://www.youtube.com/watch?v=RKCYucvop1U> **Jamie vs. Nuggets**

- summarize the facts about the diet of children and young people.
- write a paragraph about the snacks and the drinks sold at school including vending machines
- give tips to improve the situation the magazine clipping could serve as inspiration.

Write a well structured text of about 3 or 4 paragraphs (120 words).

3	<p>4. JAMIE OLIVER recipe</p> <ul style="list-style-type: none"> ⇒ Find a recipe of Jamie Oliver that you like <ul style="list-style-type: none"> → in the book → on the internet → in the magazine ⇒ Read the recipe and look up all the new words. Write a list. ⇒ Give instructions to your class how to prepare the meal. 		
4	<p>5. DISCUSSION</p> <ul style="list-style-type: none"> ⇒ Get together in groups of 4 ⇒ Prepare a discussion HEALTH FOOD VS TAKEAWAYS ⇒ Find at least 6 arguments and write them down ⇒ Record the discussion on your mobile phone 		

A Is For Apple²

With childhood obesity on the rise, students, parents and teachers are learning the importance of a healthy diet

By [SIMON ROBINSON | LONDON](#)

JAMIE'S TRYING: Jamie Oliver serves healthy food to school kids in Eltham, England



The students of class CM2 at the St. Joan of Arc elementary school are playing with their food — and their teacher is delighted. The kids, 11- and 12-year-olds from the town of Laventie in northern France, finger fleshy chunks of mango with fascination and wince as they suck on lime slices. During the course of the morning, the class learns that fruits contain minerals, fiber, sugar and vitamins. "Who knows why we need vitamin C?" asks Carole de Bailleul, a nutritionist employed by the local school district. Three hands shoot up. "Without it we become tired," answers Margo Demarey, with gleeful enthusiasm.

² <http://www.time.com/time/europe/magazine/article/0,13005,901050530-1064413,00.html>

Full article

The students of class CM2 at the St. Joan of Arc elementary school are playing with their food — and their teacher is delighted. The kids, 11- and 12-year-olds from the town of Laventie in northern France, finger fleshy chunks of mango with fascination and wince as they suck on lime slices. During the course of the morning, the class learns that fruits contain minerals, fiber, sugar and vitamins. "Who knows why we need vitamin C?" asks Carole de Bailleul, a nutritionist employed by the local school district. Three hands shoot up. "Without it we become tired," answers Margo Demarey, with gleeful enthusiasm.

If only more of Europe's children knew as much about healthy food. Just like their counterparts in the U.S., European kids increasingly feast on a diet high in fat and sugar and low in nutrition — and too often that includes what their schools feed them. The junk-food problem was highlighted recently by British television chef Jamie Oliver, who describes meals served in British schools as "mostly rubbish." Poor diets have fuelled a big increase in the number of obese children; levels of childhood obesity in Europe have increased from between 5% and 10% 25 years ago to as much as 25% in some countries today. It may also contribute to bad behavior and learning difficulties. A study by Oxford University's department of physiology published in this month's issue of the U.S. journal *Pediatrics* found that underachieving British children's reading and spelling abilities were dramatically improved when their diets were supplemented with fish oils containing omega-3 fatty acids — essential for brain development but missing from modern processed foods.

Schools and parents are finally waking up to the notion that poor diet is making kids fatter, angrier and less able to learn. The health-and-nutrition class at St. Joan of Arc, for instance, is part of a government-sponsored effort to tackle child obesity. Funded by European food and drug companies and France's Ministry of Health, the program is designed to make healthy eating part of children's everyday lives — at school and at home.

Nutritionists teach children from the age of 3 what, and how much, they should eat, and also train other teachers who can then incorporate the healthy-eating mantra into their classes. School lunches now replace unhealthy foods like French fries with vegetables such as beans. Children in the district also dig into a healthy preschool breakfast buffet intended to supplement the breakfast they ate — or sometimes did not eat — at home.

The results have been spectacular. The number of obese French kids — children are defined as obese if they are 20% or more above the recommended weight for their height and age — has doubled from 6% to 12% over the past decade. But the increase in obese students from Laventie and neighboring Fleurbaix, where the nutrition program also runs, has been an ultraslim 1%, one of the lowest rates in the country.

Families, too, benefit, as children teach their parents what a healthy, well-balanced meal looks like. "When I go with my children to shop at the supermarket my daughter will look at the label and advise me what is and isn't healthy, and why," says Patricia Vanecloo, headmistress at St. Joan of Arc and mother of two students there.

GAPTEXT: VIDEO TAKEAWAY BRITAIN

<http://maryglasgowplus.com/videos/352026>

Takeaway Britain

Kourosh: Think I'll have popcorn chicken.

Eve: Popcorn chicken?

Kourosh: Yeah, popcorn chicken.

Eve: I think I'm gonna get chicken nuggets with Tropical Fanta.

Kourosh: Sauce?

Eve: Er, burger sauce and ketchup probably.

What's your favourite takeaway meal?

Kourosh: I'd say my favourite takeaway meal would be sweet and sour chicken because it's , it's sweet and it's...it's colourful. And it's sticky.

Eve: What I do love: to share with my friends. But, honestly, I love kebabs. You get so much with it, salad and chips. And it's just so

Kourosh: Thank you.

Kourosh: Mmm. Tastes delicious.

Eve: You can see how people find it so

How often do you have a takeaway?

Eve: I tend not to have it that often but when it's or it's the holidays, then I have it quite a lot.

Kourosh: Once every week. Er, Fridays just sat in front of the telly. Just, as a treat.

Brits spend £29.4 billion on takeaways every year.

Why have takeaways become so popular?

Kourosh: I think it's because they're

Eve: Fast food restaurants are, like, really good places to meet with your friends. And there's no hassle, so no washing up and it's really cheap.

Kourosh: Our parents, um, they a lot so it's just something quick and easy to, like, eat after work.

Eve: That is delicious!

Kourosh: I'm definitely getting full up now.

Eve: Yeah, I'm so full.

There are 8273 fast food shops in London.

Do you think that chicken shops can for the community?

Eve: Because it's just throw-away food, the packaging isn't actually and it's really bad because teenagers will just throw it on the floor and not really care. And it will attract animals like rats and pigeons which isn't good for the

Kourosh: Definitely can for the community because they're filled with fat and salt, lots of salt, and there aren't many vegetables which are, like, what you need to have, so there's actually not much nutritional value.

When a fast food shop opens 160 metres from a school, levels in that school rise by 5.2%.

Do you worry about how the chickens?

Kourosh: Yes.

Eve: Yes. Definitely.

Kourosh: There's and it's not humane because they, the chickens are being brought up in these cramped conditions and they don't have enough

Eve: I feel really strongly about it, like I definitely agree with Kourosh, but also the way they're like with all the chemicals that they're fed and how stressed out they are. I feel like that affects the way, like, what we eat. It affects the chicken that we eat.

Would you change your takeaway?

Kourosh: It wouldn't put me off completely. But I'd think about it more and probably not eat it as often.

Eve: It's definitely changed my opinion on where it comes from and what I'm actually eating. But if I'm craving chicken, then I'm craving chicken and I'll definitely need to go down my local takeaway.

TAKEAWAY BRITAIN CLUB 2015	
tasty 2X	
a big bucket of chicken	
addictive –addicted - addiction	
a special occasion	
convenient - convenience	
commute	
cause problems	
biodegradable	
environment	
cause problems	
a healthy balanced diet	
obesity – obese	
are raised	
battery farming	
living space	
raised	
habit	



Track 7: CLUB Report

A. Listen to CLUB reporter Damien interviewing people in Coventry about takeaway food. Read the sentences and choose the correct answers.

- The most popular takeaway among Britain's teens is ...
a) fried chicken. b) fish and chips. c) curry.
- The number of takeaways that each person in Coventry eats per year is
a) 321. b) 156. c) 18.
- The number of takeaway shops that Damien counts on the high street is
a) 3. b) 7. c) 15.
- The number of times Aisha buys a takeaway is
a) twice a week. b) twice a month. c) twice a term.
- The number of times Nick buys a takeaway is
a) once a week. b) once a month. c) once a term.
- The price of an After School Special in Chicken Joint is
a) £1 b) £2 c) £3



B. Listen again and complete these sentences with the words in the box.

energy | fatty | fizzy | fried | health | industrial | love | sluggish

- Coventry is an city with three cathedrals, two universities and one football team.
- KFC is the shop that started Britain's affair with fried chicken.
- The After School Special contains one piece of fried chicken, a portion of fries and a drink.
- After Nick eats a takeaway, he feels
- Pupils choose chicken to get an boost after a long day at school.
- Fried food causes problems like obesity, diabetes and asthma.