



FOOD: GOOD OR BAD?



VOCABULARY

A MEAL - BREAKFAST, LUNCH AND DINNER ARE THE THREE MAIN MEALS EVERY DAY.

A SNACK - SOMETHING SMALL TO EAT BETWEEN MEALS IF YOU FEEL HUNGRY.

A BITE TO EAT - ANOTHER WAY TO SAY A LIGHT MEAL OR A SMALL MEAL E.G.: "LET'S GET A BITE TO EAT" OR "LET'S HAVE A BITE TO EAT"



EXPRESSIONS

I'M SO HUNGRY I COULD EAT A HORSE - WE USE THIS WHEN WE WANT TO SAY THAT WE ARE EXTREMELY HUNGRY!

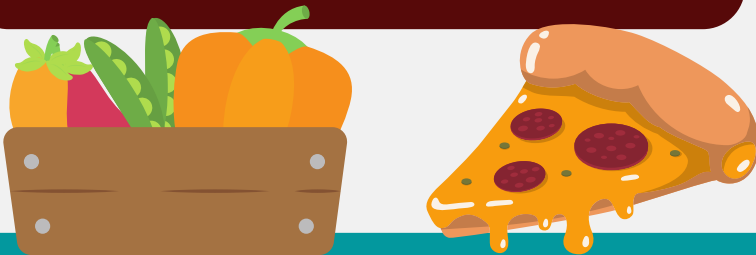
I'M STARVING - ANOTHER WAY OF SAYING YOU ARE REALLY HUNGRY

TO STARVE - THIS ACTUALLY MEANS TO DIE FROM HUNGER!

A PIECE OF CAKE - THIS MEANS "EASY"! - "THE TEST WAS A PIECE OF CAKE!"

WARM UP

- WHAT DO YOU THINK IS 'HEALTHY FOOD'?
- DO YOU PAY MUCH ATTENTION TO WHAT YOU EAT?
- DO YOU PREFER EATING "HEALTHY FOOD" OR "TASTY FOOD"?



BIG PICTURE

- DO YOU HAVE A SNACK EVERY TIME YOU ARE HUNGRY, OR DO YOU WAIT FOR 'MEALTIME'?
- WHICH APPROACH DO YOU THINK IS BETTER AND WHY?
- IN GENERAL, DO YOU THINK THE AVERAGE DIET IN YOUR COUNTRY IS GOOD TODAY?
- DID PEOPLE EAT BETTER IN THE PAST? WHY DO YOU THINK SO?

LET'S ZOOM IN ON THE DETAILS

- OTHER THAN HEALTHY FOOD, DO YOU NEED ANYTHING TO BE ABLE TO HAVE A HEALTHY DIET?
- IS OBESITY A PROBLEM OR BECOMING A PROBLEM IN YOUR COUNTRY?
- WHY DO YOU THINK OBESITY IS SUCH A PROBLEM IN THE USA?
- WHAT IS THE BEST WAY TO DIET IN YOUR OPINION?

SELF STUDY:

HERE'S A WHOLE PLAYLIST OF VIDEO ABOUT FOOD. I'M SURE YOU WILL FIND SOMTHING YOU LIKE! [CLICK HERE!](#)