

Grade 6

English Language
GCED – Pilot Project
Language Focus: Reading

Healthy and unhealthy food practices



Yasiru and Imapa speak about their food choices. Read them and guess what they like.



Task – 1: Who likes ...?

- (A) First, read the following food items and select the food items that Yasiru and Imapa like. One is done for you.
- (B) Choose what you like and tick. (✓)

Food Item	Yasiru	Imapa	You
Pizza	✓		
Porridge			
Grains			
French fries			
Burgher			
Grains			
Soft drinks			
Milk			
Fresh fruits			

Task – 2: Pair work

Find a partner, discuss and underline the answer.

- Who eats fast food?
 A) Yasiru B) Imapa C) Both

- Who eats homemade food?
 A) Yasiru B) Imapa c) Both

- Who has correct food choices?
A) Yasiru B) Imaya c) Both

- Do you eat fast food? Why?

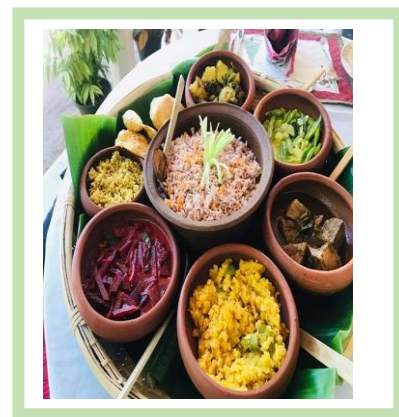
I **eat** / **do not eat** fast food
because it's ...
tasty,
attractive,
looks nice,
yummy
unhealthy
expensive

Task – 3: (Group activity)

A) Get into groups. Select a leader. Discuss and choose the picture/s with healthy food.



A



B

B) Write examples for each group. Present your list to the class.



Task – 4:

A) Reading Race. (Group work)

Read the following text quickly. Find and write answers in your mini white board. The first group who shows the answer will be the winner.

- Three words with “oo”
- Three words start with “f”
- Three words start with “s”
- A long word ends with “ants”
- A long word starts with “car”
- A long word starts with “nut”

Fast food is cooked fast and easily prepared. Fast food is served in restaurants and snack bars. It has large amounts of carbohydrates, added sugar, unhealthy fats and salt. Fast food is high in calories but low in nutritional value. Therefore, fast food is bad for our health. Instant noodles, snacks, French fries, frozen patties and sugary drinks are a few examples for fast food.

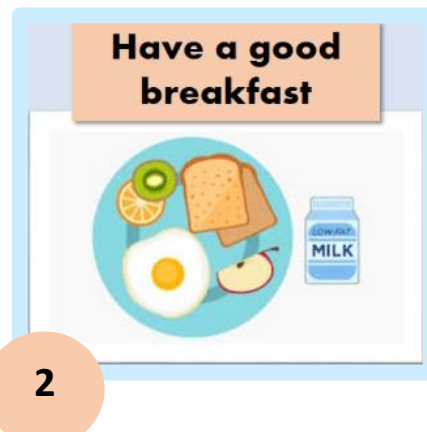
Do this by yourself. Then compare your answers with your friend. Are they same or different?

B) Complete the following.

1. This is about
A) Homemade food B) Fast food C) Favourite food
2. Fast food is cooked
A) easy B) slow C) fast
3. Fast food is in calories.
A) high B) low C) poor
4. Fast food is in nutritional value.
A) High B) Low C) rich
5. Fast food is
A) good B) tasty C) unhealthy

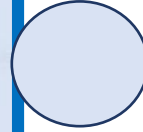
Task 5

Here are some posters about food practices. Match them with the messages given below.

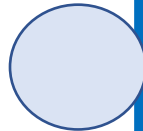


Write the number of the matching picture in the circle

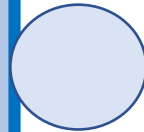
Breakfast is the most important meal of the day and should not be skipped.



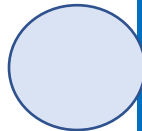
Fresh fruits and vegetables are important for healthy growth. Finish your vegetables and eat lots of fruits.



Eating too much packaged food is not good for health. Don't have packaged chips or biscuits every day. Save them for a special treat.



Some people eat vegetarian food and some eat non-vegetarian food.



Task – 6: (Group work)

A) Discuss and complete.

Look at each picture.
If the picture shows something healthy, choose thumbs up. 
If the picture shows something unhealthy, choose thumbs down. 

Healthy or Not?

 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>
Saritha eats fresh salad every day.	Krish eats two fruits every day.	Tom has a soft drink every day after school.
 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>
Roja eats eggs for her lunch	Latha does not eat breakfast before going to school.	Joy likes to order lots of fries and pizzas every weekend.

B) Think, write and present.

1. A bad food practice you are going to change.
2. A good food practice you are going to start.

1

2

Task – 7

Think about healthy and unhealthy food practices. Are you ready to change your unhealthy food practices?



Write the names of the food items inside the pictures appropriately.



Task – 8

**Replace the fast food with healthy food. Get into your groups.
Discuss and draw.**

Replace the fast food with healthy food

Tick what you can do.

Ask for teacher's help, if necessary.



	4	3	2	1
I can sort food items as fast food and homemade food.				
I can read a given clue and find words.				
I can read and tell what a text is about.				
I know the meanings of new words related to food items.				
I can read and find good and bad food practices.				
I enjoy group work.				
I respect others' ideas.				
I work as a team.				
I follow correct food practices.				
I avoid unhealthy food practices.				
I can give examples for correct food practices				
I can create a poster about food practices.				

Number	Self-reflection
4	Excellent
3	Very Good
2	Good
1	Need help