

LIFE THEMES FOR ESL CLASSES
LEVEL 2



You and Your Health

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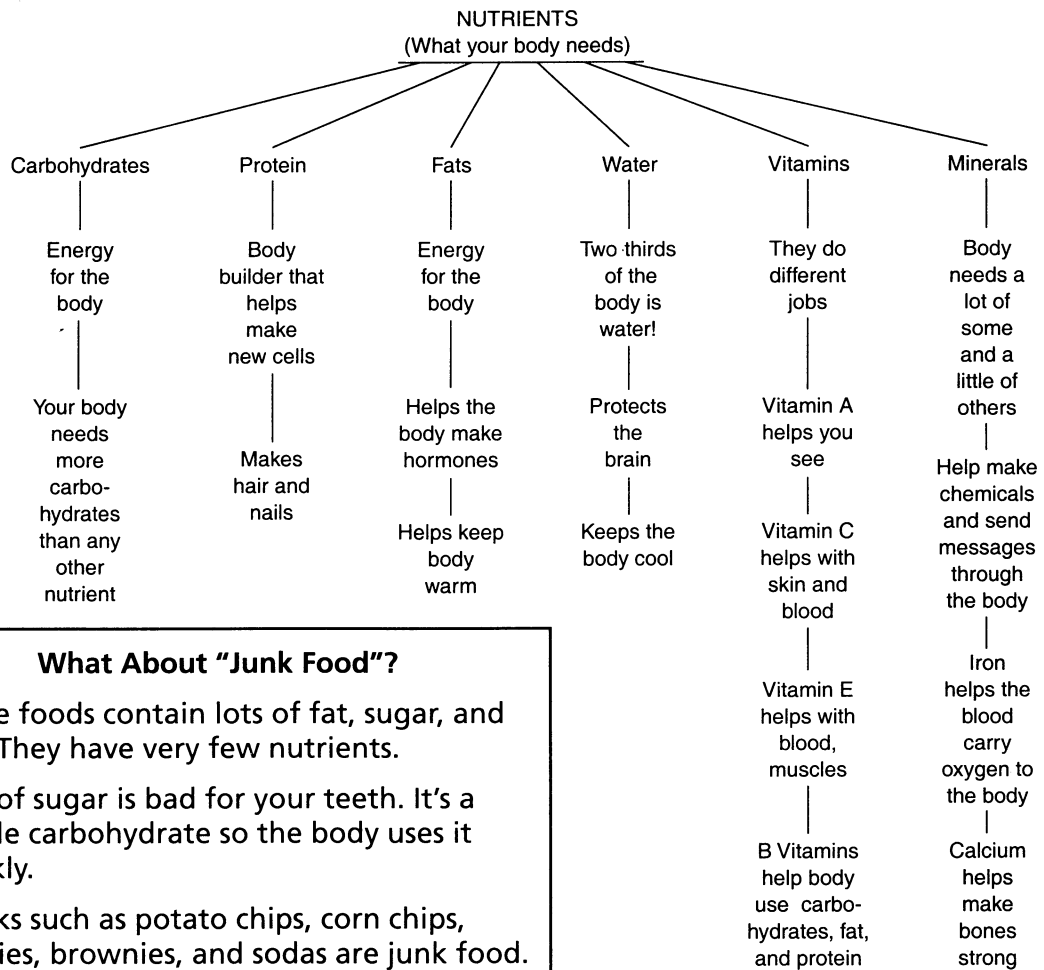
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Vocabulary: Nutrition

Key Words			
nutrients	carbohydrates	protein	fats
water	vitamins	minerals	sweets
sugar	energy	salt	snacks
oxygen	iron	calcium	junk food



What About "Junk Food"?

- These foods contain lots of fat, sugar, and salt. They have very few nutrients.
- Lots of sugar is bad for your teeth. It's a simple carbohydrate so the body uses it quickly.
- Snacks such as potato chips, corn chips, cookies, brownies, and sodas are junk food.
- Junk food won't hurt you, but don't eat too much.

Conversation: Nutrition

Think!

When you learn new information, try to connect it to something you already know. The information will be easier to understand.

A.

MR. KWAN: Did you have a good breakfast this morning? What did you eat?

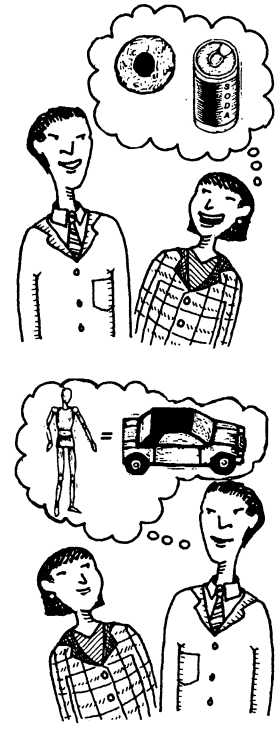
RUBENIA: I ate a doughnut and drank a soda. It filled me up, but now I'm hungry again. I'm a little tired, too. Why is that?

MR. KWAN: Well, just think. How many nutrients are there in a soda? What about a doughnut? Is there much more than sugar in a doughnut?

RUBENIA: I guess you're right. I didn't think about that.

MR. KWAN: Your body runs better when it gets the right food. Imagine your body is like a car. A car needs gas (carbohydrates) to make the motor run. It needs oil (a little fat) to help things work smoothly. It needs water so it doesn't get hot. And it needs spark plugs (vitamins and minerals) so the engine can use the gas. The soda you drank and the doughnut you ate didn't have all the right nutrients to help your body run like a car.

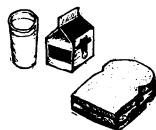
RUBENIA: I understand now. My body is like a great machine. I need to give it the right nutrients so it runs well.



B. Ask and answer questions with your partner about what you ate or drank:



last night



for lunch yesterday



for breakfast last Sunday



for dinner on Saturday



for dessert Saturday night



for a snack last night

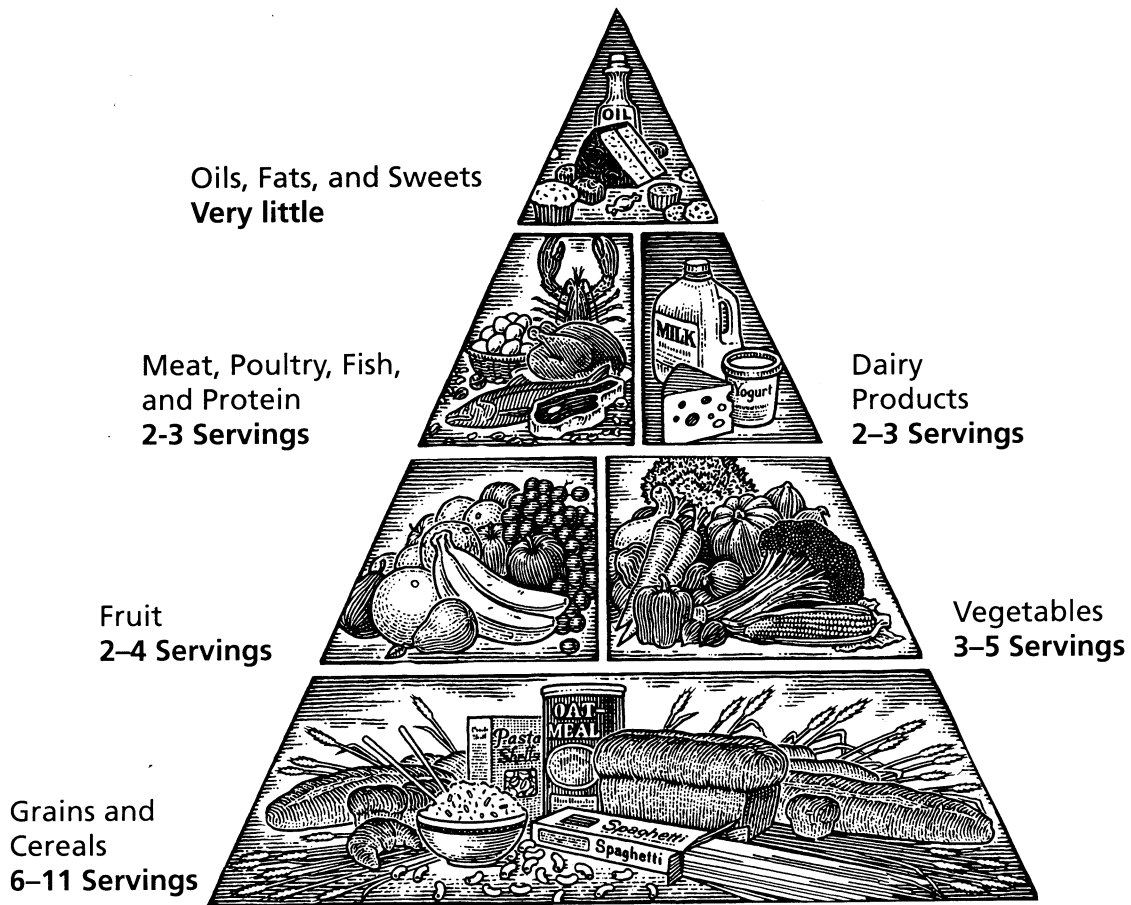


for breakfast this morning





for dinner last night


The Food Pyramid



Did Mario eat well yesterday? What was missing? Was there too much of anything? Use the food pyramid to decide if he needs to be more careful of what he eats.

Mario's Breakfast
Coffee 2 doughnuts


Mario's Lunch
A hamburger (with cheese) French fries A soda


Mario's Dinner
Fried chicken Rice Green beans Milk 2 bowls of ice cream


Practice: Irregular Past; Questions in the Past

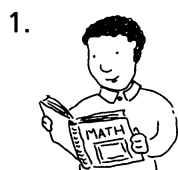
Mini-Lesson Irregular Past	
eat	ate
drink	drank
have	had
make	made
go	went
do	did

A. Change to the past:

1. Bekir goes to the bank on Tuesday.
2. We eat at a fancy restaurant.
3. Juanita cooks dinner for you on Friday.
4. You and I make lots of money!
5. They drink milk with their lunch.
6. I eat breakfast on Saturday and Sunday.
7. It rains in London.
8. We have too much to eat.
9. They go south for the winter.
10. She has three dogs and a cat.

Mini-Lesson Questions in the Past		
Did	I	work yesterday?
	he	eat a steak?
	she	play volleyball?
	it	rain last night?
	we	clean the house?
	you	go to the party?
	they	dance last night?

B. Look at the pictures and make a question in the past:



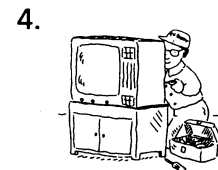
Fred/study math



she/go to the beach



they/talk to you



he/fix the TV



Bill and Rosa/
dance at the party



you/visit
your friends



Mr. Baker/
wash his car



Zineta/listen