

## Speaking

### Useful phrases

- I've chosen
- I've decided for
- I would like to talk about
- I will take

in the picture  
on the right /left  
in the middle/centre  
upper/lower  
at the top/at the bottom  
the picture shows/illustrates/presents  
the picture contains  
I see/there is/there are  
fresh/juicy/delicious/tasteful/sweet  
plums/raspberries/fruit  
sweet vending machine  
colourful/various colours/different kinds of colours

### Where can you get it?

- on the market
- on farms/on a fish farm
- at the supermarket/natural food store/grocery/bakery
- home made

### Description of eating habits

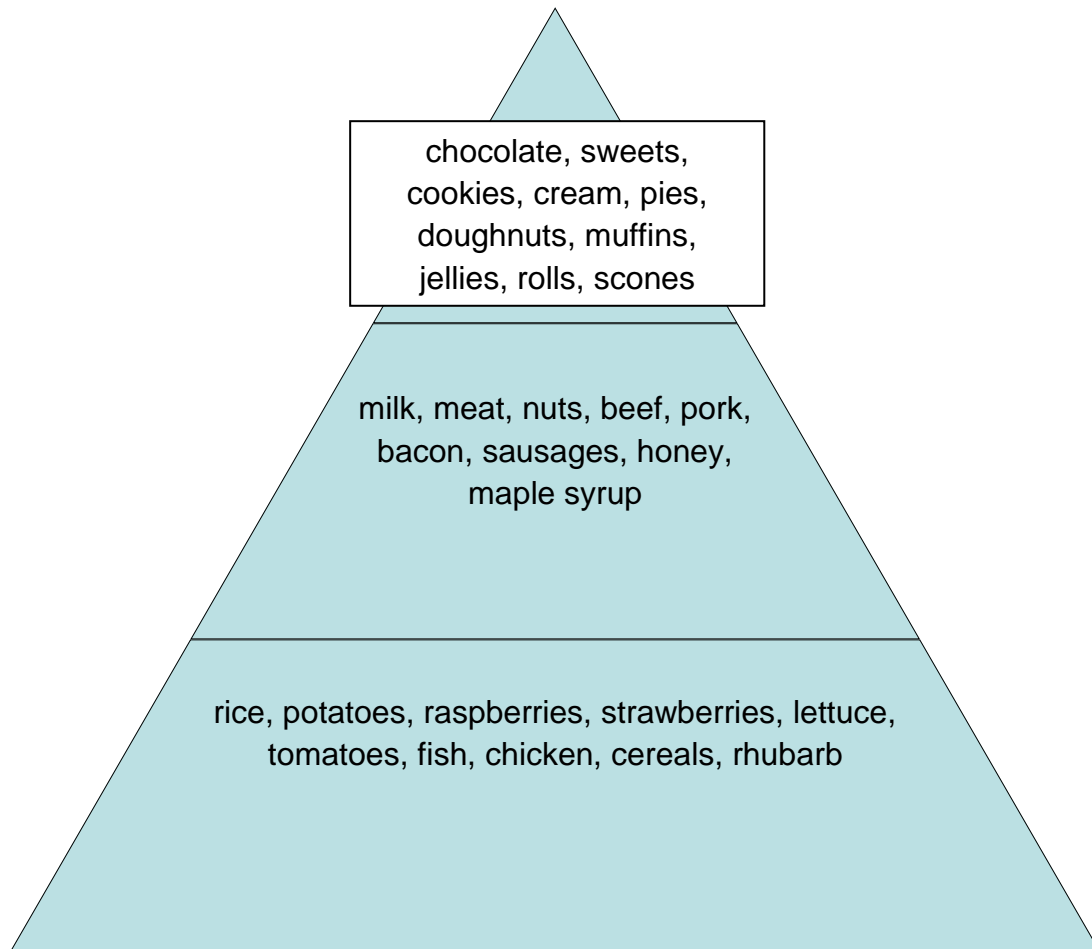
- frequency adverbs: sometimes/usually/seldom/rarely/now and then/never/every..
- verbs: try to/like/hate/do not care/do my best to/think critically about/is not important
- quantifiers: large/small/plenty of/lots of/pieces of/portion/huge amounts of
- qualities: substantial/rich in/low-calorie/high-calorie
- slow food/fast food/health food/junk food/food for the nerves

## Speaking and writing

### Hinweise für Lehrer:

Notwendige Arbeitstechniken wie Erstellen einer Umfrage, Visualisierung in und Analyse von Diagrammen, Anfertigung von Stichpunkten finden die Schüler in den "Skills Pages".

Lösungsvorschlag für Ernährungspyramide:



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Auditory-visual comprehension

Pre-watching activities

We eat in order to stay alive. You are what you eat.

What do we need that energy for and what influences the amount of calories?

Photo: Standbild bei 1:30 min

While-watching activities

teenage girl > elderly woman  
manual worker > office worker  
pregnant woman < teenage boy

- a) inability to run, to do anything at all, heart disease  
b) key aspects: psychological disorder, anorexia, taken to hospital at the age of ten, physical complications, risk of heart failure, fear of food (gaining weight), contrast: 250 calories (her intake) – versus 1,100 calories (intake of a healthy person) per day  
weight: 5 and a half stone

After-watching activities

Differenzierung

- a) Match the German translations to the English ones.  
b) Group these symptoms into the following categories:  
- long-term effects, circulation  
- effects on the digestion system  
- changes in physical appearance

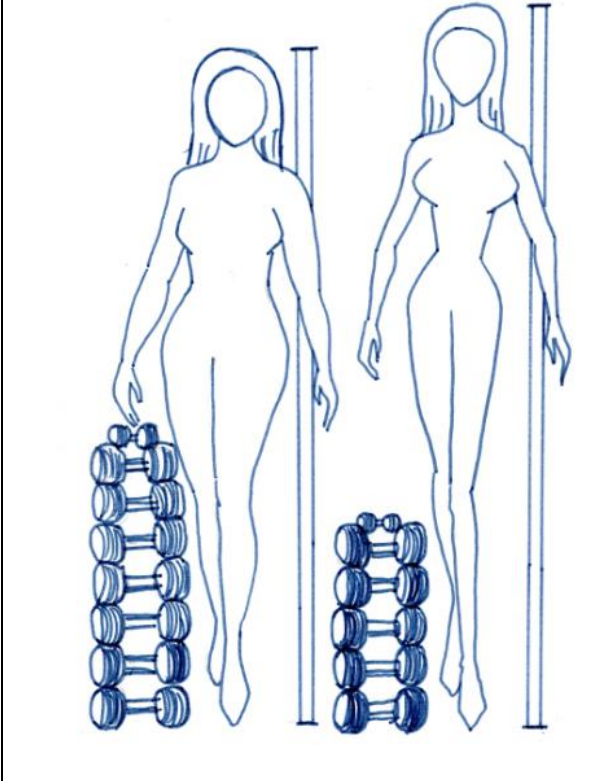
- a) 1p  
2r  
3l  
4a  
5q  
6k  
7m  
8i  
9g  
10h  
11j  
12d  
13c  
14n  
15b  
16o  
17e  
18f

- b) long-term effects: heart shrinks, cardiac failures, anaemia, susceptibility to infections, pain on breathing, aches in joints, stomach pains, cramps, oestrogen deficiency, reduced fertility, amenorrhoea, muscle waste

circulation: slow pulse, poor circulation, cardiac arrhythmias, cramps

effects on the digestive system: nausea after eating, stomach pains, constipation

changes in physical appearance: bulimia, muscle waste

	<p>Average woman</p> <p>height 1,63 m</p> <p>weight: 65,8 kg</p> <p>bust: 90,2 cm</p> <p>waist: 76,2 cm</p> <p>hip: 104,1 cm</p>	<p>Fashion doll</p> <p>1,83 m</p> <p>45,8 kg</p> <p>99 cm</p> <p>48,3 cm</p> <p>83,8 cm</p>
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Long-term effects:

- no place for the vital organs in this body
- malnutrition
- failure of organs
- apathy
- higher risk of infection

**Solutions:** Optional Task

Thinking about language

Every language is full of eating phrases.

Look up the ones you don't understand.

Which of them might be colloquial and which might be neutral?

Complete the table.

Neutral language	Colloquial language
to be ravenous	I'm so hungry I could eat a horse.
to be a good/bad eater	to eat like a pig
to have not eaten for ages	to bolt sth down
to be starving	to stuff your face
My mouth is watering.	greedyguts
to eat non-stop	My tummy is rumbling.
to have hollow legs	to be a foodie
to polish off	to gobble sth up
to eat up	to be full as a nut
to be off one's food	to be stuffed
It is as tasty as bacon.	to have a sweet tooth

**Speaking:** Individual solutions

**Offer for teachers:** additional vocabulary

- I am famished.	- He couldn't feed him.
- I eat non-stop.	- to be a food critic
- I am going to burst.	- to pick at / poke around in ones food
- to eat s.o. out of house and home	- to be moreish
- to be a picky eater	- It melts in your mouth.
- to be a fussy eater	- It is as tasty as bacon.