

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

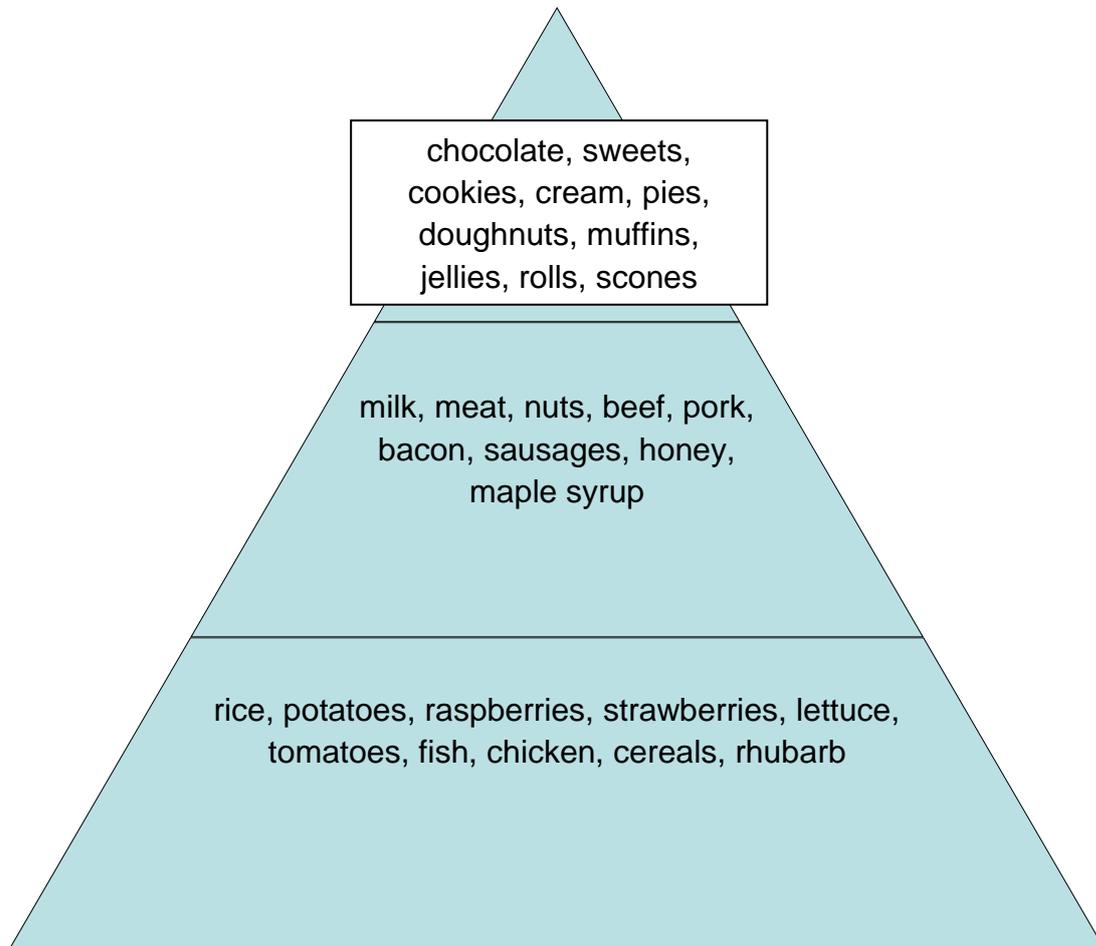
- frequency adverbs: sometimes/usually/seldom/rarely/now and then/never/every..
- verbs: try to/like/hate/do not care/do my best to/think critically about/is not important
- quantifiers: large/small/plenty of/lots of/pieces of/portion/huge amounts of
- qualities: substantial/rich in/low-calorie/high-calorie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



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

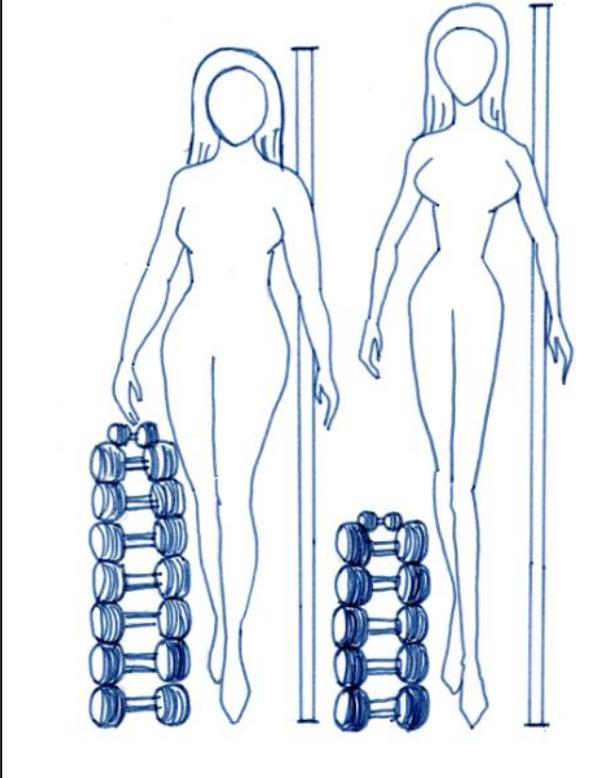
- a) 1p
2r
3l
4a
5q
6k
7m
8i
9g
10h
11j
12d
13c
14n
15b
16o
17e
18f

- 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> |
|--|---|--|

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. |