

**Welcome to
ESOL online E1/E2
Autumn Term 2021**

Week 5 – LESSON 1

Read about food and healthy eating, practise spelling

Ask and answer questions about food

Welcome! Welcome back!

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Adult Community Learning

Supporting our students

Safeguarding



Your safety and wellbeing is important to us

If you are experiencing bullying, violence or abuse of any kind,
don't keep quiet. We can help.

Talk to your tutor, centre staff or our safeguarding lead:

David Coleman Telephone: 07525 387549

Email: aclsafeguarding@islington.gov.uk



GREAT
LONDON
AUTHORITY



Information Advice and Guidance



IAG one-on-one sessions (by appointment only)

This term we are offering Information Advice and Guidance session online Monday afternoons from 1.00 – 4.00pm and Wednesday mornings from 9.30 – 12.30.

To book an appointment contact Alison Moore 07808879044 or email Alison.Moore@islington.gov.uk



**What's the weather
like today?**

**What's the
date today?**

CLASS OBJECTIVES

1. Say today's day and date, describe the weather.
2. Check HW (write sentences about what you usually eat)
3. Read about food and drink, complete gap fill exercise.
4. Spell some vocabulary about food.
5. Ask and answer questions about healthy eating

Read about healthy eating.

Some important vocabulary:

- **overweight = too heavy**
‘He is overweight because he doesn’t do any exercise’



- **plenty = enough or a large amount**

‘If you have fever you should drink plenty of water’.

Healthy eating

This means eating the right food, for example, fruit, fresh vegetables, chicken, fish, rice.

If you eat the wrong food you will be overweight and this is bad for your heart.

Do you eat a lot of fast food, chocolates, biscuits, cakes, crisps and chips? You should try to cut down. All these foods have a lot of sugar, salt and fat and they are bad for you.

Breakfast is very important and you shouldn't eat late at night.

You should drink plenty of water.

Herbal tea or fruit juice is better than coffee.

You should take regular exercise.

Don't take the bus, walking is better for you.

Don't take the lift, use the stairs.

Copy the word with the correct spelling

1. helthy healthy healty

2. chicken chikin checin

3. fich fish fesh

4. wooter watar water

Copy the word with the correct spelling

5. pepol people pipol

6. lait laet late

Answers

1. healthy
2. chicken
3. fish
4. water
5. people
6. late

Match the beginning to the end of the sentence.

1. Healthy eating means

you will be overweight

2. If you eat the wrong food

plenty of water

3. You should drink

very important

4. Sugar, salt and fat

eating the right food

5. Breakfast is

are bad for you

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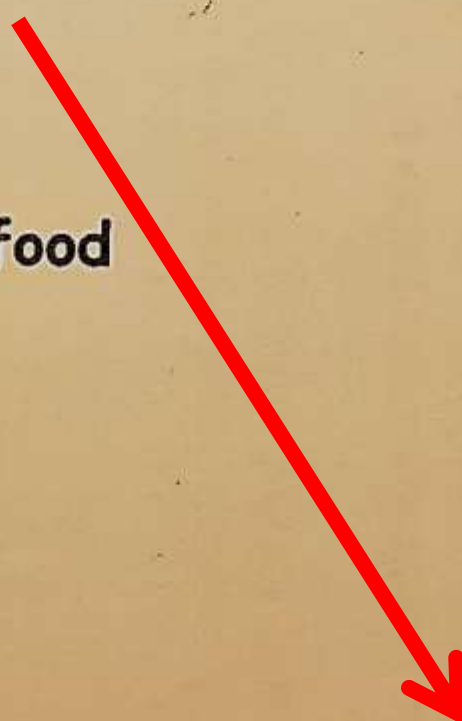
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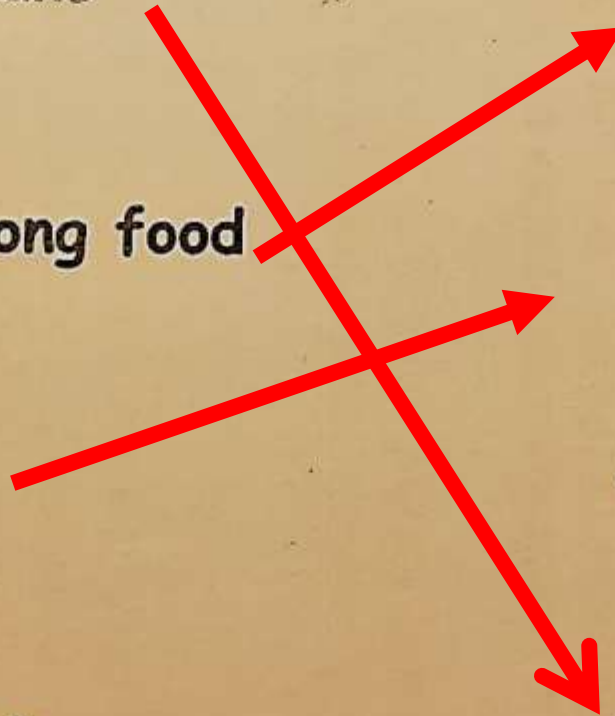
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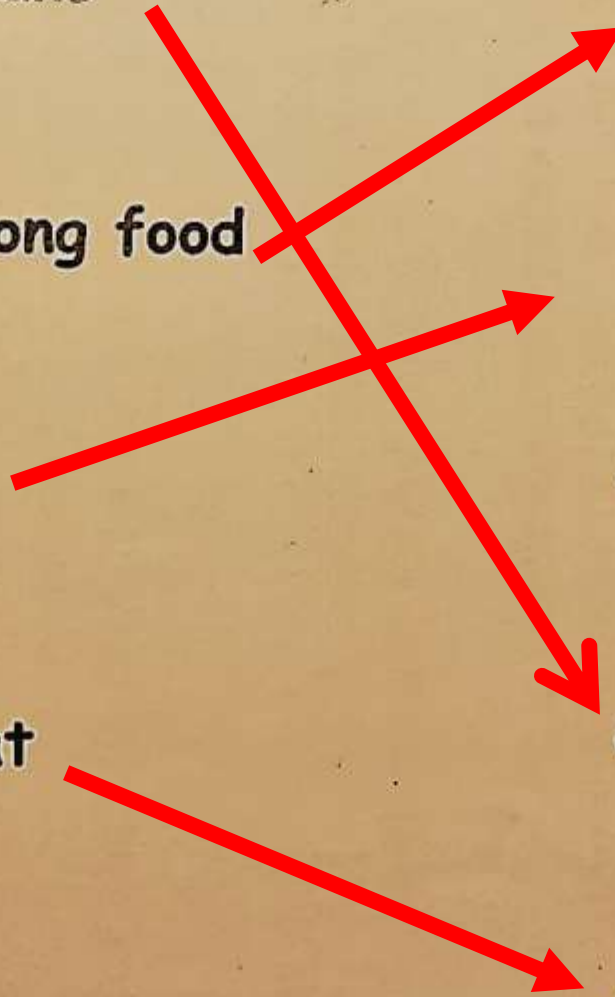
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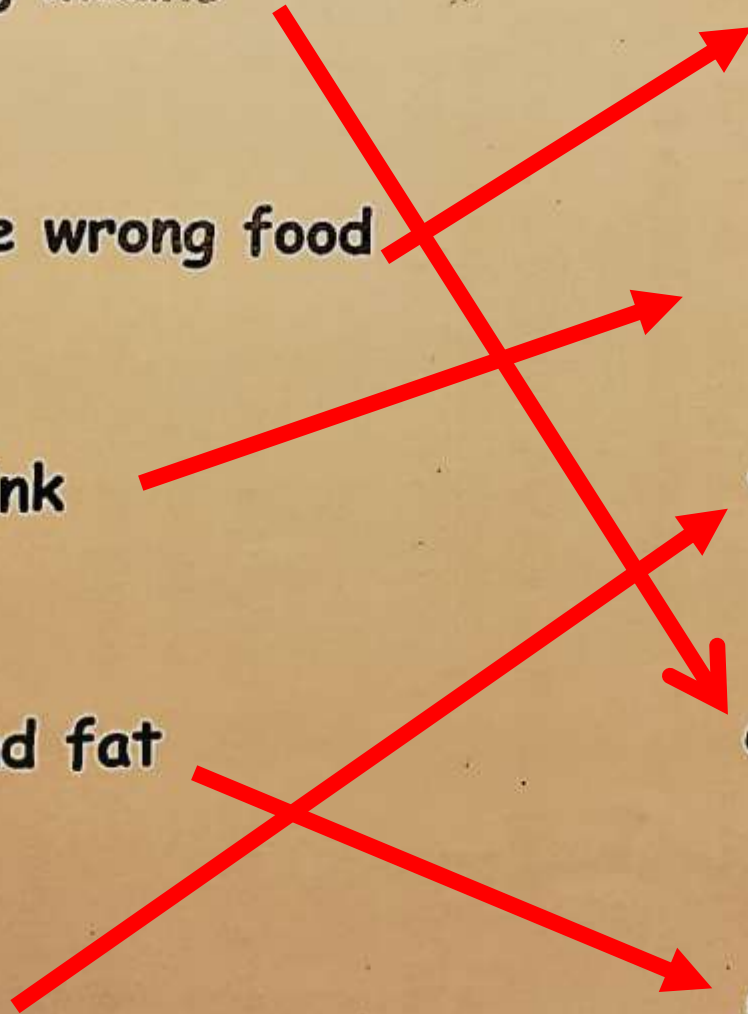
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Answers

1. Healthy eating means eating the right food.
2. If you eat the wrong food you will be overweight.
3. You should drink plenty of water.
4. Sugar, salt and fat are bad for you.
5. Breakfast is very important.

Healthy eating

This means eating the _____ food, for example, fruit, fresh vegetables, chicken, fish, rice.

If you eat the _____ food you will be overweight and this is bad for your _____.

Do you eat a lot of _____ food, chocolates, biscuits, cakes, crisps and chips? All these foods have a lot of _____, salt and fat and they are bad for you.

Breakfast is very _____ and you shouldn't eat _____ at night.

are bad for you.

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_____ at night.

You should drink plenty of _____.

Herbal tea or fruit _____ is better than coffee.

You should take regular exercise.

Don't take the bus, _____ is better for you.

Don't take the lift, use the _____.

FOOD QUESTIONNAIRE

1. Did you have breakfast this morning? YES / NO
2. Do you take sugar in your tea and coffee? YES / NO
3. Do you exercise every day? YES / NO
4. Did you have chips yesterday? YES / NO
5. Do you drink alcohol? YES / NO
6. Do you buy fast food? YES / NO
7. Did you have any vegetables yesterday? YES / NO
8. Did you eat any chocolate yesterday? YES / NO

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