
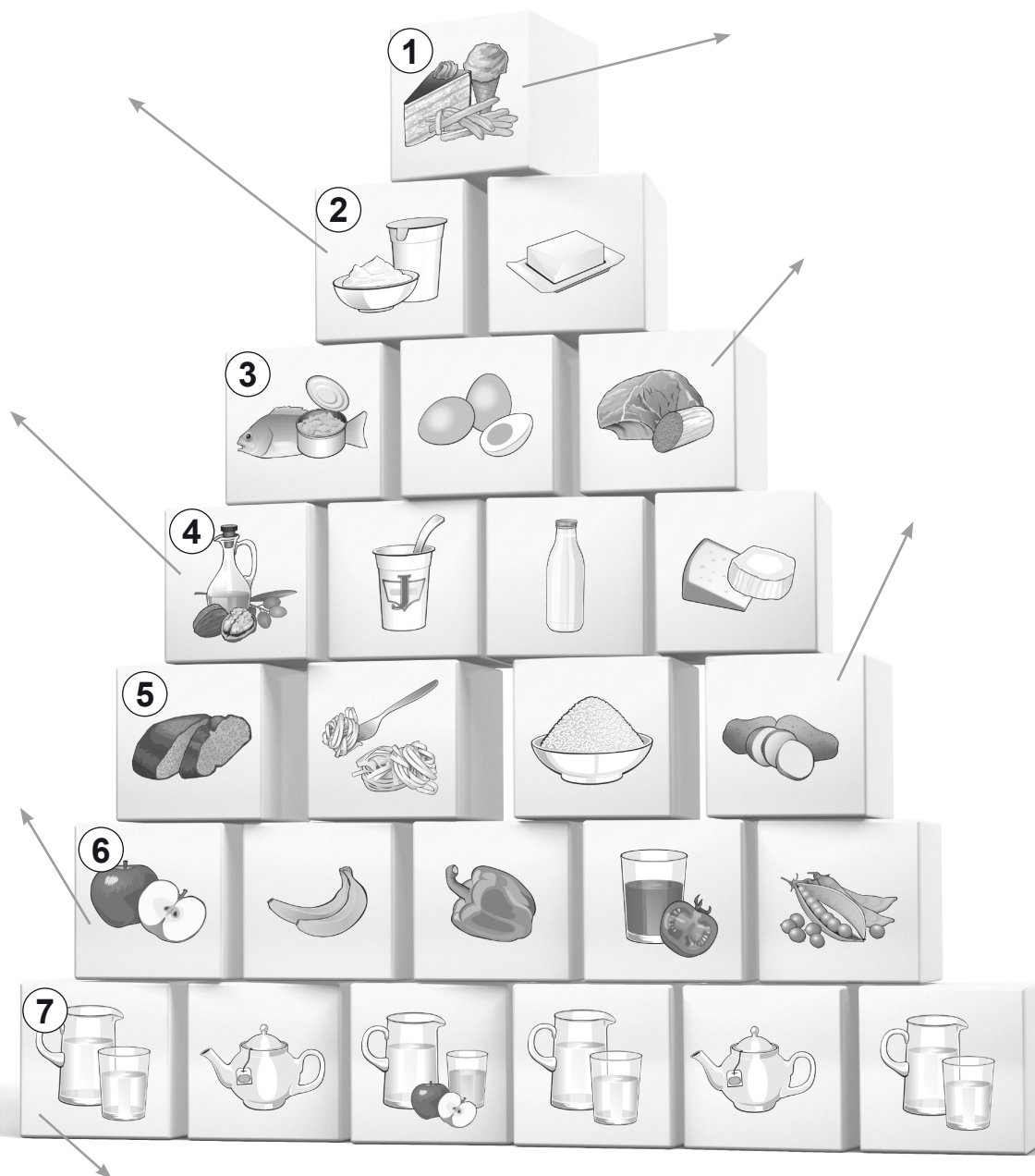



2. What does healthy nutrition mean??

How do you manage your nutrition? What food do you choose to keep your body fit and healthy? The picture shows what *selection* of food will *maintain* your health.

 Take a dictionary and find the words for the food examples in the pyramid.



 Fill in the correct numbers you see on the left hand side in the food pyramid.


You can find **carbohydrates** on level and .

You can find **fats** on level .

You find **proteins** on level .

6. Preparing a real energy breakfast

For your daily **breakfast** you need *ingredients* that keep you strong, fit and healthy. Carbohydrates are an important ingredient for your first meal of the day, because they give you the energy you need to learn at school.

 To prepare your muesli you need the following kitchen tools. Fill in the correct numbers.

	a bowl		a cutting board		a knife
	a corer		a mug		a wooden spoon
	a peeler		a lemon squeezer		two teaspoons

✓ Now prepare the following ingredients for two or three persons:



1



4



7



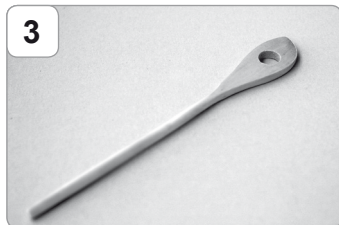
2



5



8



3




6



9

<input checked="" type="checkbox"/> a mug of a sugar-free muesli	<input checked="" type="checkbox"/> 250g of a natural skinny yogurt	<input checked="" type="checkbox"/> half an apple	<input checked="" type="checkbox"/> half a banana
<input checked="" type="checkbox"/> half an orange	<input checked="" type="checkbox"/> half a kiwi	<input checked="" type="checkbox"/> 10 grapes	<input checked="" type="checkbox"/> 3 teaspoonful of nuts
<input checked="" type="checkbox"/> 5 strawberries	<input checked="" type="checkbox"/> vanilla sugar	<input checked="" type="checkbox"/> a bit of brown sugar (if you want)	<input checked="" type="checkbox"/> a teaspoonful of cinnamon

 Write the number of the kitchen tool you need next to the instruction.

1. Wash the fruits with cold water.
2. Peel the fruits. _____
3. Squeeze half an orange. _____
4. Cut the fruits into small pieces. _____
5. Put the fruits and the orange juice into a bowl and *stir* it. _____
6. Put the muesli, the nuts, the skinny yogurt, cinnamon, and vanilla sugar into the bowl too.
7. Stir it again. _____
8. Put the energy muesli in small glass bowls. _____
9. Cut the strawberries into two halves and use them as garnish for your muesli. _____

8. Your body needs fat

30% of the recommended daily food consumption should contain fat.

There are **saturated and trans fats**, which *increase* the risk of certain *diseases*.



But there are also **mono- and polyunsaturated fats**, which *lower* the risk.

Whereas saturated fats are mostly found in animal products, unsaturated fats are contained in vegetables. Usually unsaturated fats are *liquid* at room temperature.

☞ Our body needs fat for:

- ❖ the **transport** of substances in our body (vitamins, minerals, medication ...)
- ❖ **constitution of hormones**
- ❖ **protection** of organs like the *kidneys* or the *eye balls*

✎ Search the internet. Fill the examples for saturated and unsaturated fat sources into the correct column.

olives	avocados	milk	butter	corn	sunflower seeds	soybeans
	ice cream	cheese	fish	meat	nuts	coconuts
SATURATED FATS			UNSATURATED FATS			
						

A **male** adult needs approx. **80 g fat a day**, a **female** person approx. **60 g**.

✎ Go to a supermarket or search the internet. Maybe your teacher has brought in packages of the following products. Write down: How much fat is contained in ...

100 g crisps	
100 g chocolate	
a cheeseburger	
a medium portion of chips	
100 g peanuts	

✎ Guessing exercise:
How much fat do you eat per day?

12. Seasonal fruits and vegetables – Excursion to a market

Fruits and vegetables help to keep you fit. But you should try to buy *seasonal fruits and vegetables*. **Seasonal products** have many advantages:

- ❖ They don't *harm* our **environment** because of long transport routes.
- ❖ Long transport also means losing important **vitamins and minerals**.
- ❖ Many imported fruits or vegetables are *harvested* when they are not *ripe*. **Seasonal fruits and vegetables are harvested when they are ripe in our country**. So they taste much better.

 Visit a **market** that offers a wide range of fruits and vegetables.

- ❖ Get into groups of three.
- ❖ Walk around the market and see what is offered!
- ❖ *Politely* ask the people about the following fruits and vegetables.

1 Names of group members:

1 _____

2 _____


3 _____

2 In which month does your visit take place?

<input type="checkbox"/> January	<input type="checkbox"/> February	<input type="checkbox"/> March	<input type="checkbox"/> April	<input type="checkbox"/> May	<input type="checkbox"/> June
<input type="checkbox"/> July	<input type="checkbox"/> August	<input type="checkbox"/> September	<input type="checkbox"/> October	<input type="checkbox"/> November	<input type="checkbox"/> December

3 Now tick the correct season:

spring summer autumn winter

 Which fruits and vegetables can you see at the market? Tick the examples.
Use a dictionary if necessary.

<input type="checkbox"/> plums	<input type="checkbox"/> raspberries	<input type="checkbox"/> broccoli	<input type="checkbox"/> carrots
<input type="checkbox"/> cherries	<input type="checkbox"/> apples	<input type="checkbox"/> peas	<input type="checkbox"/> celery
<input type="checkbox"/> peaches	<input type="checkbox"/> oranges	<input type="checkbox"/> potatoes	<input type="checkbox"/> spinach
<input type="checkbox"/> pineapples	<input type="checkbox"/> kiwis	<input type="checkbox"/> cucumbers	<input type="checkbox"/> beans
<input type="checkbox"/> pears	<input type="checkbox"/> grapes	<input type="checkbox"/> tomatoes	<input type="checkbox"/> courgettes
<input type="checkbox"/> mangos	<input type="checkbox"/> water melon	<input type="checkbox"/> cauliflower	<input type="checkbox"/> aubergines
<input type="checkbox"/> grapefruits	<input type="checkbox"/> strawberries	<input type="checkbox"/> cabbage	<input type="checkbox"/> avocados