

YOU ARE WHAT YOU EAT

HARVARD HEALTHY EATING PLATE

Scientific evidence has shown that what you eat can reduce your risk for developing heart disease and diabetes, and ward off some forms of cancer, hypertension and osteoporosis.

According to Harvard's Nutrition Source and using their Healthy Eating Plate as a guide, they recommend eating mostly vegetables, fruit, and whole grains, healthy fats, and It's also important to stay active and maintain a healthy weight.

(<https://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/>)

AUSTRALIAN HEALTHY EATING PYRAMID

The Healthy Eating Pyramid is a simple visual guide to the types and proportion of foods that we should eat every day for good health.

It contains the five core food groups, plus healthy fats, according to how much they contribute to a balanced diet based on the Australian Dietary Guidelines (2013).

The layers of the Pyramid are based on the recommended food intake for 19–50 year olds according to the Australian Dietary Guidelines (2013). However the proportions and placement of each food group are generally applicable to all age groups from 1–70 years.

(<https://www.nutritionaustralia.org/national/resource/healthy-eating-pyramid>)

YOU ARE WHAT YOU EAT - QUESTIONS

Analyse the Healthy Eating Plate and the Australian Food Pyramid, which one do you think is easier to understand and follow? Do you think they complement each other?

Write an opinion essay about eating habits, state your point of view on the Healthy Eating Plate and the Australian Food Pyramid and complete your composition by answering some of the following questions:

- **Do you usually eat healthy food?**
- **What are some different types of diets you have heard of? Do you think diets work?**
- **Do you think your parents ate healthier food at your age than you do? How about your grandparents?**
- **Do you eat a lot of small portions or a few large portions of food each day?**
- **Do you think people from your country usually eat healthy food?**
- **Is there anything about your eating habits you want to change?**
- **Do you think that organic food is much better than normal food or are they about the same? Why is organic food so much more expensive?**
- **Is it okay to skip meals?**

ETC...

DESARROLLO DE LA ACTIVIDAD

◀ Curso: 1º de Bachillerato

◀ La actividad propuesta se realizará en una sesión lectiva y se finalizará en casa. A modo de “warm up” la clase comienza con *random questions* relacionadas con alimentación y con los hábitos de los alumnos. Una vez se ha establecido el tema, se entrega a cada alumno una copia con el material denominado “You are what you eat”, se lee el texto en voz alta involucrando a todos los alumnos y se comentan sus opiniones. Para terminar, se facilita a los alumnos una fotocopia que contiene las preguntas relacionadas con la lectura realizada y se les dan las instrucciones para que elaboren un ensayo de opinión teniendo en cuenta aquellos aspectos comentados en clase, la información de los textos y las preguntas guiadas de la copia que se les ha repartido.

◀ Se trabajan todas las destrezas:

- Reading: Lectura de los textos
- Listening: Comprender la información oral que se intercambia
- Speaking: Expresión de las diversas opiniones
- Writing: Ensayo de opinión