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| <b>Subject</b>      | ESAL 0450-01                |                 |       |
| <b>Topic</b>        | Food and Nutrition          |                 |       |
| <b>Lesson Title</b> | What makes a balanced diet? |                 |       |
| <b>Level</b>        | Intermediate                | <b>Duration</b> | 50min |

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| <b>Lesson Objective:</b>   |
| Students will be able to describe their favourite foods, flavours and textures. Ss will debate or discuss what should be prioritized in nutrition (food pyramid) |

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| <b>Summary of Tasks</b>   |
| What your favourite dish? What are the main ingredients? (8min)<br>Students will compare and contrast the North American food guide with ones they are more familiar with. (7min) <ul style="list-style-type: none"><li>Ss will observe some food guides from around the world.</li></ul> Vocab (2min)<br>In groups, Ss will create their own food guides (10min)<br>Ss will debate why they chose their specific priority (20min)<br>Feedback- What went well? What needs improvement, clarification, or any other suggestions. (3min) |

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| <b>Materials/ Equipment</b> |
| Ppt, worksheet              |

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| <b>References</b>   |
| Here's what food guides around the world look like. (2019, January 22). <i>CBC</i> .<br><a href="https://www.cbc.ca/news/health/canada-food-guide-international-guidelines-1.4962611">https://www.cbc.ca/news/health/canada-food-guide-international-guidelines-1.4962611</a> |

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| <b>Take Home Tasks</b> |
| n/a                    |