



PLAY Write 5 ingredients on a piece of paper. Team up with 3–4 other students and invent a recipe using the ingredients.



DISCUSS What is a good, healthy lifestyle? Do you live healthily? What are some of your bad habits?



DESCRIBE Define the following foods: bacon, cream, lettuce, pineapple, cucumber, plums, cookies, e.g. *lettuce is a green vegetable with leaves used in salads*. Divide them into: Meat, Dairy, Vegetables, Fruit, Baked Goods.



EXPLAIN Write 5 rules for a healthy lifestyle (think about sleep, exercise, etc.).



PLAY Write 5 ingredients on a piece of paper. Team up with 3–4 other students and invent a recipe using the ingredients.



DISCUSS What is a good, healthy lifestyle? Do you live healthily? What are some of your bad habits?



DESCRIBE Define the following foods: bacon, cream, lettuce, pineapple, cucumber, plums, cookies, e.g. *lettuce is a green vegetable with leaves used in salads*. Divide them into: Meat, Dairy, Vegetables, Fruit, Baked Goods.



EXPLAIN Write 5 rules for a healthy lifestyle (think about sleep, exercise, etc.).



PLAY Write 5 ingredients on a piece of paper. Team up with 3–4 other students and invent a recipe using the ingredients.



DISCUSS What is a good, healthy lifestyle? Do you live healthily? What are some of your bad habits?



DESCRIBE Define the following foods: bacon, cream, lettuce, pineapple, cucumber, plums, cookies, e.g. *lettuce is a green vegetable with leaves used in salads*. Divide them into: Meat, Dairy, Vegetables, Fruit, Baked Goods.



EXPLAIN Write 5 rules for a healthy lifestyle (think about sleep, exercise, etc.).



PLAY Write 5 ingredients on a piece of paper. Team up with 3–4 other students and invent a recipe using the ingredients.



DISCUSS What is a good, healthy lifestyle? Do you live healthily? What are some of your bad habits?



DESCRIBE Define the following foods: bacon, cream, lettuce, pineapple, cucumber, plums, cookies, e.g. *lettuce is a green vegetable with leaves used in salads*. Divide them into: Meat, Dairy, Vegetables, Fruit, Baked Goods.



EXPLAIN Write 5 rules for a healthy lifestyle (think about sleep, exercise, etc.).



gate

What food can you see in the picture? Is it healthy?
What do you eat for lunch?



gate

What food can you see in the picture? Is it healthy?
What do you eat for lunch?



gate

What food can you see in the picture? Is it healthy?
What do you eat for lunch?



gate

What food can you see in the picture? Is it healthy?
What do you eat for lunch?