



Teacher's Guide

Food & Mood: Can Diet Really Affect How We Feel? – Intermediate (B1-B2)

Canva Presentation Link: [🌐 Food & Mood](#)

Editable Presentation Link: [🌐 Food & Mood](#)

Editable Worksheet Link: [🌐 Student Worksheet: Food & Mood](#)

Warm-up discussion

Part 1. Students discuss the questions.

Part 2. Students read the quotes and discuss the questions.

Reading activity

Part 1. Ask students to read the text *A Bite of Comfort*.

Part 2. Students discuss the questions.

Vocabulary & speaking

Part 1. Students read the short conversations and infer the meaning of the bold expressions from context.

Part 2. Students match the words/phrases to their meanings.

Answer key:

1. Processed food
2. Balanced diet
3. Boost energy
4. Emotional stability
5. Lift your spirits
6. Low in energy
7. Nourishment

Part 3. Students complete the sentences with their own ideas.

Part 4. Students decide what they would say or do in each situation, using one of the expressions in each answer.

Part 5. Students choose one option and explain their choice.

Part 6. Guide students to read each situation and give advice. Encourage them to use natural advice expressions such as:

- "Maybe you could try..."
- "One small thing that might help is..."
- "Have you noticed if...?"
- "It might be worth..."
- "You could experiment with..."
- "Some people find it helpful to..."

Reflection

Students complete the sentences with their own ideas.

Wrap-up task (optional homework)

Students write 8–10 sentences about how diet affects their mood, using at least 5 of today's vocabulary items *or* record a 2-minute talk explaining what they would recommend to someone who wants to eat for better mood and energy.