

## 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.