

Teacher's Guide

Trying to Eat Well in a World of Mixed Messages - Advanced (C1-C2)



Canva Presentation Link: [🌐 Trying to Eat Well in a World of Mixed Messages](#)

[🌐 Trying to Eat Well in a World of Mixed Messages](#)

Editable Presentation Link: [🌐 Trying to Eat Well in a World of Mixed Messages](#)

Editable Worksheet Link:

[🌐 Student Worksheet: Trying to Eat Well in a World of Mixed Messages](#)

Part 1. Students think about food advice today and discuss what comes to mind. They can choose from the words given or use their own.

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

Part 3. Students read the situations and discuss how realistic they feel for them or people they know.

Part 4. Students read the reactions and discuss which ones they recognise. They then choose one and explain what led to it.

Part 5. Students rank each of the sources from most trusted to least trusted when it comes to food advice. Encourage students to explain their choices.

Part 6. Students read the situations and respond naturally, as if speaking to a friend or colleague.

Part 7. Students choose one option and explain their choice.

Part 8. Students read the statements and rephrase them to sound more realistic.

Reflection

Students complete the sentences with their own ideas.