

Food & Healthy Eating

Pre-Intermediate (A2-B1)



WARM UP DISCUSSION

Choose the option that's more you and explain why.

1. Cooking at home 🍳 or eating out 🍔
2. Sweet snacks 🍬 or savoury snacks 🍿
3. Smoothie 🥤 or coffee ☕
4. Salad 🥗 or sandwich 🥪
5. Early breakfast 🌞 or late-night snack 🌙

READING TEXT

Part 1. Read the following text.

Food is an important part of health and daily life. Eating healthy food gives us energy and helps us feel good. Many people try to eat fruit and vegetables every day, as well as whole grains, fish, or beans. Drinking water is also important for health. Of course, most people also enjoy eating fast food or sweets sometimes. These foods can be tasty, but they are not very healthy if you eat them too often. Cooking at home is usually healthier and cheaper than eating out, because you can choose fresh ingredients. Healthy eating is not about being perfect all the time — it is about balance. A little of everything is fine, but eating more healthy food helps us stay strong and full of energy.

Part 2. Discuss the questions below based on the text.

1. What gives us energy and helps us feel good?
2. What are three examples of healthy food from the text?
3. Why is cooking at home usually healthier?
4. Why are fast food and sweets not healthy if eaten too often?
5. What does the text say healthy eating is about?

Part 3. Tick the statements that match the text.

1. Healthy eating means never eating sweets.
2. Cooking at home helps you control ingredients.
3. Balance is more important than perfection.
4. Fast food is healthy if you eat it rarely.
5. Drinking water is not necessary.

VOCABULARY & SPEAKING

Part 1. Match the words to their meanings.

Ingredient	Fresh	Balanced
Unhealthy	Energy	Grain

1. _____ Food that is natural and not old
2. _____ The power we get from food to do things
3. _____ Not good for your health
4. _____ One part of a meal or recipe (e.g. tomato, rice)
5. _____ Food like rice, wheat, or oats
6. _____ Having the right mix of healthy foods

Part 2. Complete the sentences with the correct words.

Ingredient

Fresh

Balanced

Unhealthy

Energy

Grain

1. Vegetables are an important _____ in soup.
2. I have more _____ when I eat a good breakfast.
3. Bread is made from wheat, which is a type of _____.
4. It is important to eat a _____ diet.
5. Fast food is often tasty but _____.
6. These strawberries are very _____ and sweet.

Part 3. Use 3 of today's new words to describe your ideal meal.

Part 4. Look at the different habits in the boxes.

Eat vegetables every day

Cook meals at home

Drink enough water

Avoid sugary drinks

Eat slowly and enjoy food

Discuss:

1. Which ones you do regularly
2. Which you've tried but stopped
3. Which you'd like to start doing



Part 5. Read each statement and say if you agree or disagree. Explain why.

1. "Healthy food is too expensive."
2. "It's better to eat a little of everything than to diet."
3. "Fast food can be part of a balanced life."
4. "Cooking takes too much time for most people."
5. "Your mood depends on what you eat."

Part 6. Rank the five benefits of healthy eating below from 1 (most important to you) to 5 (least important).

More energy

Longer life

Better mood

Healthier body

Saving money

Discuss:

Do you think everyone has the same priorities?

REFLECTION

Discuss the following questions.

1. What small change could you make to eat healthier this week?
2. How do healthy foods affect your energy or mood?
3. What advice would you give to someone who always eats fast food?

WRAP-UP TASK (OPTIONAL HOMEWORK)

Write a short paragraph or record a 1-minute audio describing:

- What you would eat for breakfast, lunch, dinner, and snacks
- How each meal helps you stay healthy and energised
- Use at least 4 vocabulary words from the lesson.