

Food at school/ tâche intermédiaire 1/ document professeur

1. *Vous êtes parent d'élève et vous exposez au directeur votre point de vue sur les menus de l'école*

Images :

- pasta, bacon French baguette sandwiches/ bagels/ toasted sandwiches, soup
- bread and butter, fruit yogurt, fruit salad
- cold baguette sandwiches and wraps
- cupcakes, crispy chocolate cakes
- there are **more** greasy food **than** healthy food, fat dishes are **more** numerous **than** healthy dishes, the food in English canteens is **richer than** in French canteens, there are **less** healthy food **than** fatty food
- there is just **a few** healthy food, there are **a lot of** greasy food
- **greasy, fatty, rich, calorific, junk ≠ healthy, low fat, lean**

video: "my pyramid"

- USDA= US Department of Agriculture
- **Why did they change the pyramid?** Balance what we eat with our physical activity
- **How do you read the new pyramid?** From the top to the base, the size of the band corresponds to the quantity we should eat from each food group
- **What are the different food groups? Pick up examples.**
 - Grains/ orange (pasta bread, cereals, rice), ½ wholegrains
 - Vegetables/ green (salad, tomato, broccoli, corn, carrot, broad bean) dark green leafy vegetables
 - Fruit/ red (apple, strawberry, grapes, raisin, peach, banana, juices), fresh, canned frozen, dried
 - Milk/ blue (milk, cheese, yogurt), low fat, fat free
 - Meat and beans/ purple (tuna, chicken, egg, steak, ham, peanut, nuts) lean meat, poultry
 - Oils/yellow (butter, oil)
 - Physical activity/ steps
- **Which criteria are to be taken into account for your personal pyramid?** The number of calories you need and your physical activity

Video "Jamie oliver"

Play the sound without the pictures first

How did he feel in the beginning? <ul style="list-style-type: none">- He was nervous	He was coming to have them eat healthy food which is not famous for being approved by children
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How were the kids when he arrived? - Kids in the beginning were fantastic, welcoming, not reproachful	They wanted to be healthier ? They were meeting a celebrity
What did Jamie Oliver do? - Took away their junk food: chips, burgers, pizzas everyday	He wants kids to eat healthier and tastier food
What did he want to prepare? - Fresh produce	Vegetables, fruit, lean meat, poultry, dairy products
What did the kids think in the end? - Kids in the end were supportive, eating up, spreading the message	Enthusiastic, liked the food, understood the message and asked for healthy food at home as well, thankful
What is the last word of the ad? - mutual respect	

Why is it funny?

- Childish drawings to make fun of him
- Rank = that smells rotten, your food is minging = disgusting, this bloke can't cook
- → no mutual respect at all
- The difference between what he thinks of the kids and what they really think

In his opinion According to him He thinks He believes that	He disagrees with He disapproves
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