

## 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

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