

Scheda 1.2

What do you know?

1 Work with a partner, divide these statements into true and false (glue them into your copy book). Compare and discuss your hypothesis with the class.

<p>1. Liver is rich in minerals and vitamins.</p>	<p>2. We should never eat fat.</p>	<p>3. Drinking fizzy drinks is good for our health.</p>	<p>4. We need proteins to help us grow.</p>
<p>5. Drinking lots of water is good for your body.</p>	<p>6. We should eat some fruit and vegetables every day.</p>	<p>7. Too much fatty food is bad for our health.</p>	<p>8. In a balanced diet we have to include sweets and fats with moderation.</p>
<p>9. We need carbohydrates to give us energy.</p>	<p>10. A balanced diet includes a variety of foods.</p>	<p>11. We should always put lots of salt on our food.</p>	<p>12. Milk and dairy products help to build strong bones and teeth.</p>
<p>13. People with coeliac disease can't eat rice.</p>	<p>14. Sweets and fats give you a lot of energy.</p>	<p>15. Our bodies don't need physical activity every day.</p>	<p>16. Vitamins help our bodies to digest food.</p>







2 At the end of the project, check your hypothesis. Use the cards below to write other true and false statements. Ask a partner to divide them into true or false.

Questo foglio può essere fotocopiato e distribuito per uso didattico. © Leonardo Editore - Torino

Scheda 3.1

My body needs

Food contains nutrients that we need to keep us healthy. Some foods are particularly rich in certain nutrients. The table shows why we need each nutrient and some good sources of each.

	MY BODY NEEDS...	I CAN FIND NUTRIENTS IN...
	<p>CARBOHYDRATES</p> <p>... provide our bodies with energy.</p>	<p>pasta, rice, bread, potatoes, pizza, jam, biscuits</p>
	<p>FATS</p> <p>... give us energy and help keep the body warm.</p>	<p>butter, cheese, oil, cream, nuts</p>
	<p>PROTEINS</p> <p>... help the body grow and repair injuries.</p>	<p>meat, chicken, fish, eggs, beans, peas, milk, cheese</p>
	<p>MINERALS</p> <p>... help build strong bones, teeth and soft tissues.</p>	<p>milk, cheese, yoghurt (for calcium); fruit, vegetables; liver (for iron); water</p>
	<p>VITAMINS</p> <p>... help to fight germs, to make energy from other foods, to keep skin, eyes, bones, nerves and teeth healthy.</p>	<p>fruit, vegetables, liver (A,B,C), milk (B), cheese (D), yoghurt</p>
	<p>FIBRE</p> <p>... help to digest our food and get rid of solid waste.</p>	<p>cereals, vegetables, fruit, bran</p>

Water is important for cells and body fluids.

Scheda 4.1

Health and diet

Have a balanced diet and do exercise to be healthy.

1 Fill in the gaps using the words in the box.

intolerances fat rice obesity meat teeth sugar cow's milk pulses carbohydrates

Fruit, vegetables,¹ and fish have to be included in your weekly diet. Sweets and fats give you a lot of energy. If you eat lots of fatty foods, you can get². You get most of your³ from fruit, vegetables and sweets. Eating too much sugar is bad for your⁴. Bread, pasta, cereals and potatoes give you⁵ and energy. Your body needs a moderate amount of⁶, milk, cheese and eggs.⁷ is a disease in which the body doesn't burn enough calories. Some people suffer from allergies and⁸ to certain foods.











The most common foods that can cause allergies include: peanuts and other nuts, fish, shellfish, eggs (especially egg whites),⁹ and soya. People with coeliac disease can't eat gluten. There is no gluten in¹⁰ and corn.

2 Complete the grid.

Energy is measured in calories.

You need a balanced diet and physical activities to burn calories and keep fit.

- How many hours a day do you spend doing each activity?
- How many kcal do you burn doing each activity?
- How many kcal do you burn a day?

	activity	hours	kcal per hour	total kcal
	sleeping		50	
	having a rest		70	
	writing		120	
	reading, listening		90	
	having a bath / getting dressed		120	
	playing		350	
	riding a bike		350	
	running / playing volleyball		500	
	swimming		580	
	playing football		400	

Scheda 5

An apple a day keeps the doctor away

1 Read the text about apples and write the key information in the graph below.

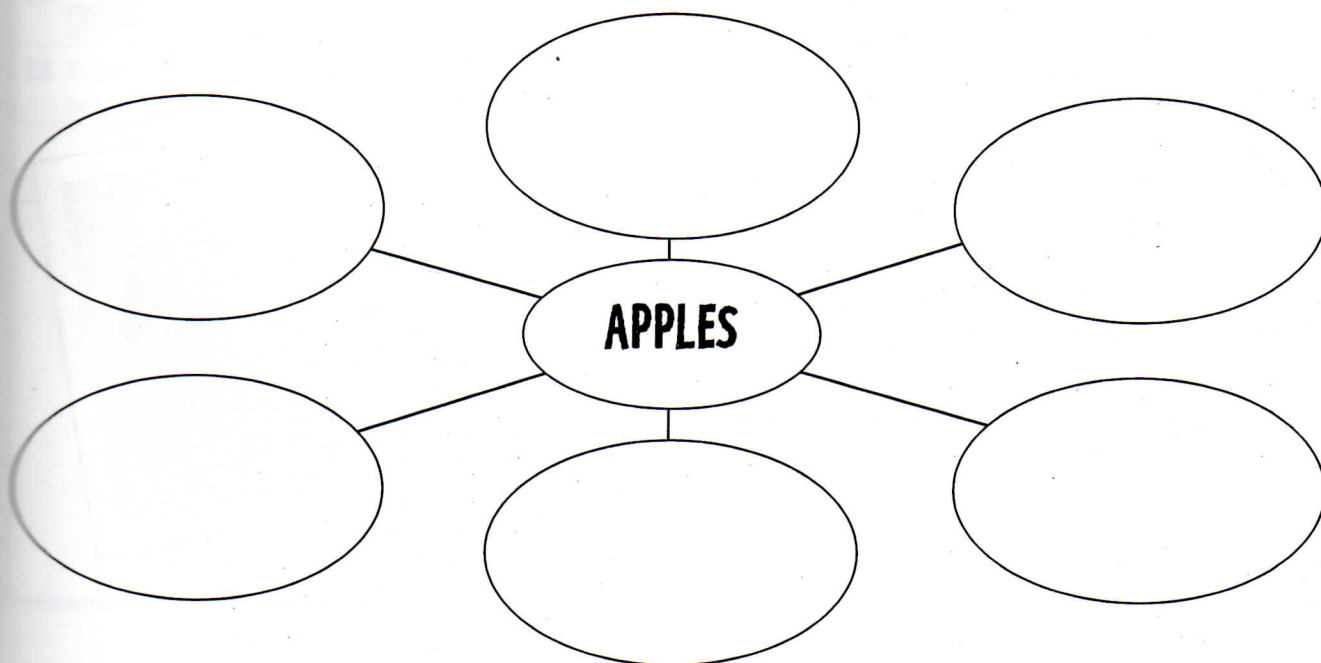
We are all familiar with the saying An apple a day keeps the doctor away. Do you know why this popular expression is true? According to nutritionists, both apples and apple products have important health qualities.

■ APPLES

- are full of **vitamin A**: important for keeping skin and bones healthy and protecting you from infections;
- contain **vitamin B**: helps the body to release energy from food; is important for growth and in keeping skin and nerves healthy;
- contain **vitamin E**: helps cell growth;
- are a good source of the **antioxidant vitamin C**: important for protecting the body against damaging free radicals. Apple peel (the skin) is very rich in vitamin C.
- are rich in **fibre**;
- give only **80 calories** per 100 grammes.

■ APPLES, APPLE JUICE AND APPLE SAUCE

- contain between 3 and 8% of the daily value of **potassium** (helps reduce high blood pressure);
- contain a generous quantity of **calcium** and a small quantity of iron;
- are great sources of both natural sugar (**fructose**) and **water** that provide energy and hydrate your body;
- are naturally 100% **cholesterol, fat** and **sodium free**.



Scheda 6.1

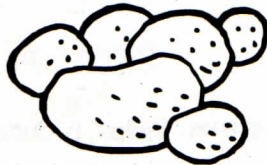
The history of the potato

1 Match the titles to the paragraphs.

- The Tudor Royal Family
- Marie Antoniette
- Irish potato famine 1846-1848
- Growing potatoes
- From Ecuador to Spain

1

Potatoes are the most popular vegetable in the UK, the USA and Europe. They are first planted in the Andes mountains of Peru more than 6000 years ago. Spanish explorers discover potatoes in Ecuador in the 1530s and bring them to Spain.



2

In 1577 Sir Walter Raleigh plants the first potatoes in Ireland. He gives some potato plants to Queen Elizabeth I. The Royal Tudor cooks don't know how to cook potatoes: they throw away the tubers and boil the stems and leaves. These parts of the plant are poisonous and everyone becomes very ill. Some of the most popular ways to cook potatoes nowadays in the UK are: jacket potatoes, chips, roast potatoes, boiled potatoes.

3

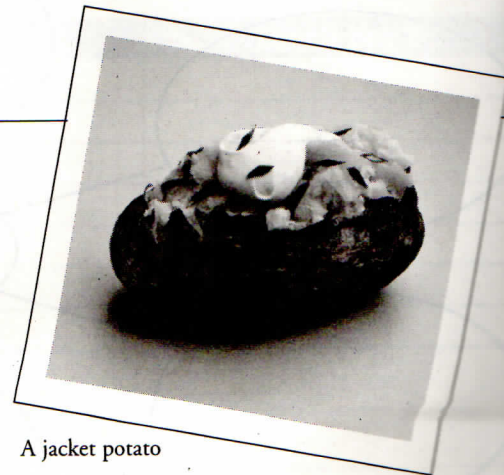
Potatoes become popular in France in the 1700s when Queen Marie Antoniette wears flowers from the potato plant in her hair. Later a Frenchman called Antoine Parmentier gives a banquet in Paris with 20 different potato dishes. There is still a dish named after him: "Potatoes Parmentier".

4

In Ireland potatoes soon become an important food, especially for poor people. In the 1840s, a fungus destroys the potato crops in Ireland. More than one million Irish people die and thousands more move to the United States. In 1880 a wild potato is discovered growing in Chile that is resistant to fungus and now potatoes are grown again in Ireland.

5

- Potato plants have flowers, leaves, stems and tubers.
- The part of the potato plant that we eat is the tuber.
- There are over 5000 different varieties of potatoes.
- Potatoes are from the plant family that includes tomatoes, aubergines and peppers.
- Each plant can produce from three to twelve tubers.
- Potatoes can be stored for about ten months in special dark storage rooms.



A jacket potato

Scheda 6.2

Do you remember?

1 Read the fact file on potatoes. Decide if the statements are true or false and tick the appropriate column. Go back to the fact file, check and record the right answers by colouring the True or False squares.

Statement	I think... it's true	I think... it's false	I checked my answers	
			T	F
1. Potatoes originally came from Peru.			T	F
2. Spanish explorers discovered potatoes in Ecuador in 1630.			T	F
3. There are over 4000 different varieties of potatoes.			T	F
4. Queen Elizabeth I liked eating potato leaves and stems.			T	F
5. Potato flowers were fashionable hair decorations in France in the 1700s.			T	F
6. More than 1 million Irish people died in the Irish potato famine.			T	F
7. A potato resistant to the fungus was discovered in wild Peru in 1880.			T	F
8. Antoine Parmentier gave a banquet with over 30 potato dishes.			T	F
9. Potatoes are from a plant family that includes carrots.			T	F
10. A potato plant can produce from three to twelve tubers.			T	F
11. The tubers are harvested about 12-20 weeks after planting.			T	F
12. Potatoes can be stored for about ten months in bright rooms.			T	F

