**How our body works (Biology CLIL)**  ****

1. **Human body needs five things: carbohydrates, protein, fibre, vitamins and minerals. Food such as bread, pasta, potatoes, cereals and rice give us energy and contain carbohydrates. Complex carbohydrates should bet he largest part of a meal, especially breakfast because we need lots of energy to start the day. Never skip breakfast! Carbohydrates should be about**

**35 per cent of our diet.**

1. **What about sugar? Do we need it? Yes, it’s also a carbohydrate so it gives us energy. It isn’t bad for your health. However, you shouldn’t eat a lot of it. Sugar should be only about 2 per cent of your diet. It’s dangerous when it is more than 5 per cent. Sugar contains lots of calories and if you don’t use them, your body stores them as a fat. Be careful – fat shouldn’t be more than 20 per cent of your diet.**
2. **Protein comes from meat, fish, eggs and cheese. It helps to build your body. It’s very important for kids and teenagers because their bodies are growing. However, meat and cheese contain a lot of fat so it’s not necessary to eat too much of such things. Vegetarians get lot of protein from beans, soya, lentils or tofu. Protein should cover between 15 – 18 per cent of your diet.**
3. **Fruit and vegetables provide us with fibre, vitamins and minerals. Most teenagers don’t eat enough fruit and vegetables but they are very important. They contain Vitamin C, that helps your body to fight infections like flu and cold. Fruit and vegetables contain sugar, too, but you also get vitamins and minerals. It’s better to get sugar from fruit and vegetables than from biscuits, cakes, chocolate and soft drinks.**

**Teachers‘ notes:**

A: Cut the parts of the text, display them in different places in the classroom. Divide the students in pairs or groups of three and start a running dictation.

B: Divide the class in four groups, provide each group with one text and give them a worksheet with the questions. They have to ask other groups in order to answer the questions.

1. **What five things do our bodies need?**
2. **Why do we need carbohydrates?**
3. **What part of our diet should be carbohydrates?**
4. **What kind of food provides us with carbohydrates?**
5. **Why do we need sugar?**
6. **Does sugar contain vitamins?**
7. **Why shouldn’t we eat too much sugar?**
8. **How much sugar should we have in our diet?**
9. **Why do we need protein?**
10. **How much protein should we have in our diet?**
11. **Which food contains protein?**
12. **Why is protein important for teenagers?**
13. **How do vegetarians get protein?**
14. **Which food provide us with fibre, vitamins and minerals?**
15. **Why is vitamin C important?**
16. **Why is it better to get sugar from fruit than from chocolate?**

C: Go to **kahoot.it** or **kahoot.app**, sing in, enter a pin and play the game:

<https://create.kahoot.it/details/how-our-body-works/e9f2636d-0776-4515-bdaa-89796c7700cd>

D: True/false sentences:

1. **Sugar contains vitamins. T F**
2. **Fruit and vegetables provide us with vitamins and minerals. T F**
3. **Protein helps us to fight infections. T F**
4. **Bread, pasta and potatoes contain carbohydrates T F**
5. **Sugar is bad for you. T F**
6. **Vitamin C helps your body to grow. T F**
7. **Carbohydrates provide energy. T F**
8. **Sugar has lots of calories T F**
9. **Meat, cheese and fish contain protein. T F**
10. **Vegetarians get protein from bread. T F**

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Sources: Project 4,second edition, OUP

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