**Counting calories? (CLIL Biology)**

1. Class discussion or discussion in groups:

A: Is counting calories a good way to keep healthy? Give the reasons.

B: What risks can we expect?

C: Can you rely on the information written on the label of the food?

D: Is law-fat and fat-free food always healthy?

1. Read the information on the website:

<https://www.drugs.com/cg/counting-calories.html>

Discuss the questions again.

1. According to the text create a suitable and healthy menu for a man and a woman.
2. Do Kahoot quiz: <https://create.kahoot.it/details/counting-calories-quiz/409efeed-1a42-441a-9b21-c7c640f004b9>
3. Do Kahoot survey:

<https://create.kahoot.it/details/counting-calories/3a1d954c-9ba0-43d5-839f-2c43cc43f191>

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Resources:

<https://www.drugs.com/cg/counting-calories.html>



