

A: Dictogloss

Listen to the text. Then write in your notebook all the information and examples you remember. Compare the results of your work with your partner. Listen again the same text and complete one more time the missing parts of the text. Compare your text with the content of the original text displayed on the board. Discuss with the teacher and other students the possible errors and explain the vocabulary.

What is a healthy diet? (Adapted from: <https://www.bbc.co.uk/bitesize/articles/zmwvqdm>)

It is vital to eat a balanced diet. To keep healthy means eating products that contain nutrients in the correct amount. The healthy diet includes different types of nutrient such as carbohydrates, lipids, proteins, vitamins and minerals. Carbohydrates provide energy. They are found in bread, potatoes and pasta. Lipids provide energy too. Lipids are found in butter and chips. Proteins build new cells and repair damaged tissues, such as muscles. Products high in protein are eggs, fish, meat or milk. Number four are vitamins. There are many vitamins which keep us healthy. For example vitamin C prevents illness. Vitamin-rich are fruit and vegetables. Finally, there are many minerals. Iron and calcium are two essential minerals. Iron is responsible for transport of the oxygen in the blood and calcium is important for our bones and teeth.

B: Gaps

Complete the text and fill the gaps.

What is a healthy diet?

It is vital to eat a [b.....] diet. To keep healthy means eating products that contain nutrients in the correct [a.....]. The healthy diet includes different types of nutrient such as carbohydrates, [l.....], proteins, vitamins and minerals. Carbohydrates provide energy. They are found in bread, potatoes and [p.....]. Lipids provide energy too. Lipids are found in [b.....] and chips. Proteins build new cells and repair damaged [t.....], such as muscles. Products high in protein are eggs, fish, [m.....] or milk. Number four are vitamins. There are many vitamins which [k.....] us healthy. For example vitamin C [p.....] illness. Vitamin-rich are fruit and vegetables. Finally, there are many minerals. Iron and calcium are two [e.....] minerals. Iron is [r.....] for transport of the oxygen in the blood and calcium is important for our [b.....] and teeth.