



## LET'S TALK ABOUT ... THE MEDITERRANEAN DIET

### STUDENT' WORKSHEET

Names:		Surnames:		Group: 3rd ESO __	Qualification
				Date:	

## LET'S TALK ABOUT... THE MEDITERRANEAN DIET

How can we (or any living organism) obtain the heat needed to live? The cell activity



When we eat food, the nutrients stored in it, are carried to the cells. Into the cells, and thanks to the oxygen that we breathe using our lungs, some chemical reactions are produced, and the energy stored in nutrients is transformed into another kind of energy. The energy stored in food is usually measured in Kcal (unit of heat). If you look at the cover of any alimentary product, you will see the Kcal provides by the product. If we eat products that provide us more energy than the energy needed in our usual energy expenditure, we can increase our weight. It could produce some health problems such as obesity. If we eat products that provide us less energy than the energy needed, we could have health problems as well. For this reason is very important to have a balanced diet. **The European Union** promotes a healthy way of life, including balanced diets and sport.

Fortunately, in Europe We have the “**Mediterranean diet**”, considered one of the healthiest diet in the World. However, the actual way of life invite us to use fast food (not very healthy), producing an increase in the percentage of obesity in population.

**European Union** promotes the use of healthy diets in order to reduce the obesity percentage in their citizens, and the practice of sport, to achieve a healthy way of life in the European population.

In this unit, we are going to learn lot of things about healthy diets. To start with, you have to do an activity to know your previous knowledge related to this. Let's go!!!

### INFORMATION ABOUT ACTIVITIES:



Individual activity



Work in pairs



Work in groups of three



Work in groups of four

### PREVIOUS ACTIVITY (SELF-ASSESSMENT ACTIVITY)



**Previous activity** To know your previous knowledge, choose the best answer for these questions (some questions (indicated) can have more than one possible answer, in this case, choose all the possible answers. If not indicated, and there are more than one correct answer, choose the best one). At the end of the activity you will find the correct answers. Each correct answer: 1 point. If you don't find the answers, don't worry, it's just to know your previous knowledge.

1. If a normal teenager (not athlete) needs a diet with an input of about 2500 Kcal/day, a normal (not athlete) old person will need:
  - a) More input calories per day than the teenager.
  - b) Less input calories per day than the teenager.
  - c) The same input calories per day than the teenager.
  - d) None of the answers are correct.

2. If a normal teenager (not athlete) has a 5000 Kcal/day nutritional diet; what could happen to the student?
  - a) 5000 Kcal/day is a hyper caloric nutritional diet for him/her.
  - b) Could increase his/her weight.
  - c) It's not healthy.
  - d) All the answers are correct.
3. An athlete needs a hyper caloric diet?
  - a) Yes.
  - b) No.
  - c) Never.
  - d) All the answers are correct.
4. In a healthy diet we have to eat a lot of:
  - a) Fat.
  - b) Hamburgers.
  - c) Chips.
  - d) All the answers are wrong.
5. A balanced diet have to incorporate: **(more than one possible answer)**
  - a) Fruit.
  - b) Vegetable.
  - c) Saturated fats.
  - d) Palm oil.
6. In a healthy way of life it is necessary: **(more than one possible answer)**
  - a) To have a balanced diet.
  - b) To eat every day pizza or/and hamburgers.
  - c) To play some sport.
  - d) To stay all the time into the bed.
7. Some products used in the traditional Mediterranean diet are: **(more than one possible answer)**
  - a) Coconut.
  - b) Fruits.
  - c) Olive oil.
  - d) Palm oil.
  - e) Vegetables.
  - f) Eggs.
  - g) Dairy products (milk, yogurt, cheese, etc.)
  - h) Pistachios.
  - i) Bread.
  - j) Some meat.
  - k) Hamburgers.
  - l) Bacon.
  - m) Garlic and onion.
  - n) Peanut.
  - o) Chips.
8. Being overweight or with obesity can produce some health problems?
  - a) No. It's a healthy way of life.
  - b) It depends on the person way of life.
  - c) Yes.
  - d) It's a problem just for athlete people
9. Fast food is good for the health?
  - a) Yes.
  - b) It depends on the country.
  - c) Just when you are a teenager.
  - d) No.

10. The Mediterranean diet is traditional in some countries such as: (**more than one possible answer**)
- France
  - U.K.
  - Greece.
  - U.S.A.
  - Japan.
  - Spain.
  - Italy.
  - Sweden.
  - Tunisia.
  - India.
  - China
  - Cyprus.

**CORRECT ANSWERS (each correct answer 1 point; some have more than one point. Maximum 24 points):**

1: **b** (A normal teenager needs more kcal/day input than a normal old person, because the normal activities they develop need more energy and because the needed for the physic changes)

2: **d** (All the answers are correct)

3: **a** (Yes because to do their normal activities (sport) they need an extra input of energy)

4: **d** (All the answers are wrong products are not correct for a healthy diet)

5: **a, b** (A balanced diet have to incorporate fruits and vegetables. Saturated fats and palm oil are not healthy products)

6: **a, c** (To have a balanced diet and to play some sport is essential to have a healthy way of life)





7: **b, c, e, f, g, i, j, m** (Fruits, olive oil, vegetables, eggs, dairy products, bread, some meat, garlic and onion are products used in the traditional Mediterranean diet)

8: **c** (Being overweight or obese can produce some health problems such as cardiovascular diseases)

9: **d** (Fast food is not good for the health)

10: **a, c, f, g, i, l** (France, Greece, Spain, Italy, Tunisia and Cyprus are Mediterranean countries with a traditional Mediterranean diet)

**FINAL SCORE (SELF ASSESSMENT PREVIOUS KNOWLEDGE)**

			
Less than 5 correct answers	6-11 correct answers	12-18 correct answers	19-24 correct answers
<b>COUL BE BETTER</b>	<b>SATISFACTORY</b>	<b>GOOD</b>	<b>YOU ARE A HEAT EXPERT</b>

Here you have the list: "The obesity rates by country 2020", made by "Global obesity levels". In this list you have the information of the percentage of obese people and the population in different countries of the World.

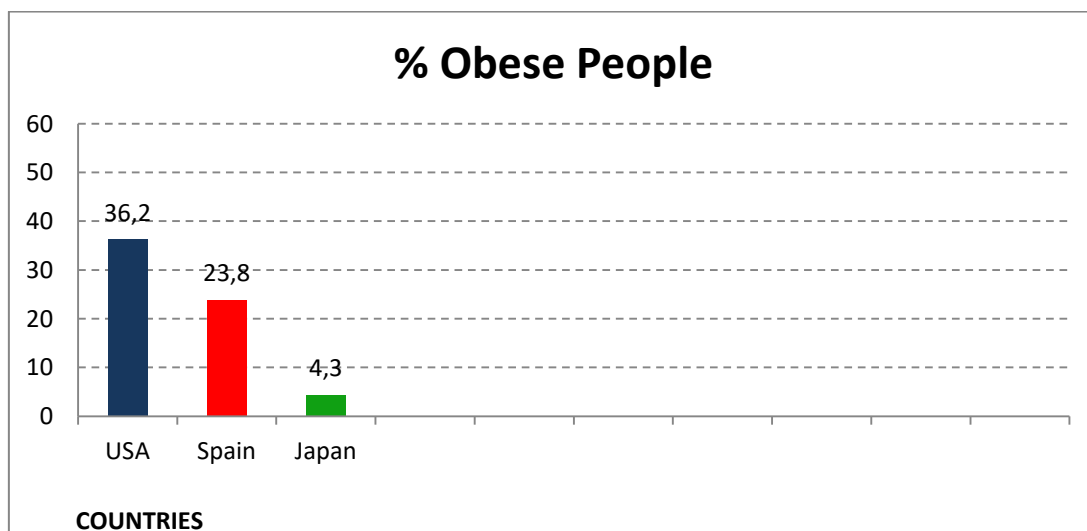
### Obesity rates by country 2020

COUNTRY	% Obese rate	Population	COUNTRY	% Obese rate	Population
Nauru	61	10.824	Russia	23,10	145.934.462
United States	36,20	331.002.651	Romania	22,50	19.237.691
Saudi Arabia	35,40	34.813.871	Colombia	22,30	50.882.891
Turkey	32,10	84.339.067	Germany	22,30	83.783.942
Canada	29,40	37.742.154	France	21,60	65.273.511
Argentina	28,30	45.195.774	Ecuador	19,90	17.640.543
United Kingdom	27,80	67.886.011	Italy	19,90	60.461.826
Dominican Republic	27,60	10.847.910	Peru	19,70	32.971.854
Israel	26,10	8.655.535	Pakistan	8,60	220.892.340
Morocco	26,10	36.910.560	Ethiopia	4,50	114.963.588
Greece	24,90	10.423.054	Japan	4,30	126.476.461
Spain	23,80	46.754.778	Vietnam	2,10	97.338.579

Adapted from: [Obesity.procon.org/global-obesity-levels/](https://obesity.procon.org/global-obesity-levels/) (In % obese rate, the real table was just for adult obese people. To make easy the calculations, percentages are supposed for all the population for each country)



**Activity 1** (7 Points) Choose 7 countries (not United States, Spain and Japan, that appear in the bar diagram) and complete the next bar diagram. (You can do the activity in a piece of paper or you can use Excel or similar software)





**Activity 2** (3 Points) Answer next questions.

- Why do you think that in USA there is more % of obese people than in Italy? I think that in USA there are more % of obese people than in Italy because .....

-Why do you think that Vietnam is the country of the list with less % of obese people? In my opinion, Vietnam is the country with less % of obese people because .....

-According to the table, which countries could have the healthiest diet in the world? From my point of view, in ..... we can find the healthiest diet in the world because .....

**Obesity and overweight**



Obese people

Obesity and overweight are a big problem for the occidental societies. Obese people could suffer health problems, such as cardiovascular diseases. Lots of countries in the European Union are proposing a healthy way of life, including a balanced diet and the practice of some sport.



**Activity 3** (8 points) According to the table, "obesity rates by country in 2020", find the number of obese people in Canada, in Greece, in Morocco and in Ecuador. (Help: Follow the example). **Remember not to express the answers with decimals. (In moodle, % should be expressed with point, not coma; Example: 36.20 OK, but 36,20 not correct; and numbers without points Example: 10824 correct, 10.824 not correct)**

Example: How many obese people there are in USA in 2020?

In USA there are the 36.20% of obese people, and the population is 331001651. So, to find the number of obese people we can find in USA, we have to calculate the 36.20% of 331001651.

$$\frac{36.20 \cdot 331001651}{100} = 119822598 \text{ obeses live in USA}$$

- Obese people in Canada:
- Obese people in Greece:
- Obese people in Morocco:
- Obese people in Ecuador:



**Optional:** watch the video "The food pyramid" in: <https://www.youtube.com/watch?v=OKbA8pFW3tg>



**Optional activities about the video (17 Points):**

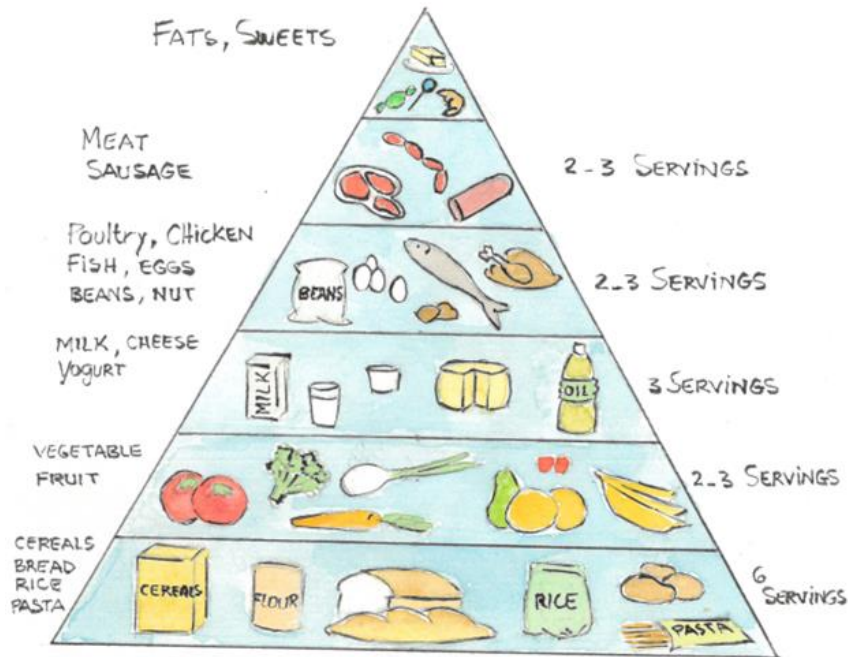
1. (1 Point) Why eating healthy foods are fundamental for our existence?
2. (1 Point) We have to eat lots of foods from the first step (top) of the pyramid? Why do you think so?
3. (1 Point) What products can we find in the second step of the pyramid? How many portions of products from this step we have to eat in a week?
4. (1 Point) Is better to eat meat than fish or eggs (true/false)
5. (1 Point) What kind of products can we find in the third step of the pyramid?
6. (1 Point) How many times we have to eat dairy products in a day?
7. (1 Point) What kind of products can we find in the fourth step of the pyramid?
8. (1 Point) Eating foods from the fourth step of the pyramid is important? Why?
9. (1 Point) How many times doctors recommend eating fruits and vegetables in a day? (Just write the number)
10. (1 Point) What is the general name of the products from the last step (base)?
11. (3 Points) Write three products from the base of the pyramid.
12. (4 Points) What are the extra four advises of doctors and nutritional experts about how to have a healthy way of life?

### The healthy eating pyramid



The healthy eating pyramid is a simple visual guide that shows the types and proportion of foods that we should eat every day for good health.

It contains the five or six core food groups (levels), plus healthy fats, according to how much they contribute to a balanced diet. Foods that we need the most are in the base of the pyramid, and foods that we eat less (less healthy) on the top. There are different healthy eating pyramids; one possible is the next one:



The healthy eating pyramid

Optional: watch the video “Balanced diet” in: <https://www.youtube.com/watch?v=YiDNBkg2oAA>



Optional activities about the video (13 Points):

1. (7 Points) According to the video, write the seven types of foods we need to eat
2. (1 Point) What carbohydrates and fats provide us?
3. (1 Point) What proteins provide us?
4. (1 Point) What minerals and vitamins provide us?
5. (1 Point) What dietary fibres can provide us?
6. (2 Points) What water can provide us?



**Activity 4** (10 points). Write two different products from each level of the “healthy eating pyramid”, and, according to the video “Balanced diet”, describe what the contribution to each nutrient in our body is. **(Green Optional)**

Level 1 (base): .....

Level 2: .....

Level 3: .....

Level 4: .....

Level 5 (top): .....





**Activity 5** (5 points). According to the healthy diet pyramid, which products we have to eat the most and which products we have to eat the less? Why do you think so?

*In my opinion, according to the healthy diet pyramid, the products that we have to eat more are .....*

*....., because .....*

*.....*



**Activity 6** (20 points). Think in your favourite food and answer the questions:

- Write the food you prefer to eat the most: **My favourite food is:** .....
- Write the main ingredients: **The main ingredients are:** .....  
.....
- Classify the ingredients according to the levels of the healthy diet pyramid:  
**Products from level 1 (base):**  
**Products from level 2:**  
**Products from level 3:**  
**Products from level 4:**  
**Products from level 5 (top):**
- According to the previous classification, do you think your favourite food is a healthy food? **I think my favourite food (is / is not) a healthy food because** .....  
.....
- Describe how to prepare your favourite food:



**Activity 7** (10 points). Explain to your nearest classmate the name of your favourite food and how to prepare it.

Optional: watch the video "Why is the Mediterranean diet good for your heart?" in:

<https://www.youtube.com/watch?v=o5aof7UI3yg>



**Optional activities about the video (19 Points):**

1. (2 Points) What benefits the Mediterranean diet provide us?
2. (5 Points) What's in the Mediterranean diet? (minimum 5 products)
3. (1 Point) Is the wine used necessarily in the Mediterranean diet?
4. (1 Point) How many units per week you can drink some alcohol (like wine) to not become unhealthy?
5. (2 Points) Mediterranean diet is just good for the food and drink? If not, write other benefits.
6. (1 point) Benefits of the Mediterranean diet are linked to a single food?
7. (3 Points) In which products from the Mediterranean diet we can find unsaturated fats?
8. (1 point) What could be the benefits in the use of unsaturated fats?
9. (1 Point) Eating too much salt is good for our health? Why?
10. (2 Points) The Mediterranean diet is good in fibre? What are the benefits of eating fibre?

**The Mediterranean diet**



A Mediterranean diet incorporates the traditional healthy living habits of people from countries bordering the Mediterranean Sea, including in Europe, France, Greece, Italy, Cyprus, Spain, etc., and other no Europeans countries such as, among others, Tunisia, Turkey, or Lebanon. The Mediterranean diet varies by country and region, so it has a range of definitions. But in general, it's high in vegetables, fruits, legumes, nuts, eggs, seafood, beans, cereals, grains, fish and unsaturated fats such as olive oil. It usually includes a low intake of meat and dairy foods. Mediterranean diet is considered as one of the healthiest diets in the world.

In 2010, **UNESCO** (United Nations Educational Scientific and Cultural Organization) that is an agency of the United Nations that sponsors programmes to promote education, communication, arts, etc., recognized the **Mediterranean diet** as "*intangible heritage of humanity*".

The European Union promotes healthy diets such as the Mediterranean diet and the practice of some sport in order to achieve a healthy way of life. It can reduce some diseases as well.



**Activity 8** (5 points). Look at the "*health food pyramid*" and compare with the products used in the Mediterranean diet. Do you think that the Mediterranean diet is healthy? Why do you think so?

*I think that the Mediterranean diet is* .....

*because* .....



**Activity 9** **Optional activity (scale up activity)** (10 points). Search and write more information about the Mediterranean diet and explain how it can contribute to achieve a healthy way of life. (100 words)



**Activity 10** (15 points). Write the name of the three more known foods of your country. Write the main ingredients. According to the ingredients, do you think each food is a healthy food? Do you think it is a food from the Mediterranean diet?

**Typical food from your country 1:** .....

- Main ingredients: .....
- Healthy food? (Yes or no and why do you think so?): .....
- Food from the Mediterranean diet? (Yes or no and why do you think so?): .....

**Typical food from your country 2:** .....

- Main ingredients: .....
- Healthy food? (Yes or no and why do you think so?): .....
- Food from the Mediterranean diet? (Yes or no and why do you think so?): .....

**Typical food from your country 3:** .....

- Main ingredients: .....
- Healthy food? (Yes or no and why do you think so?): .....
- Food from the Mediterranean diet? (Yes or no and why do you think so?): .....

**Nutritional information:**

If you look at the box from any product, you will see the nutritional information about it, including its energy input. Some examples:

MAY CONTAIN TREE NUTS  
To produce 100g of this product we have used 27.4g of Whole Grain.

INFORMACIÓN NUTRICIONAL / INFORMAÇÃO NUTRICIONAL / NUTRITION INFORMATION			
	Por / Per 100g	Por / Per 30g (%IR/DR/RI*)	Porción / Porção de / per 30g + 125ml de leche medio-gordo / partly skimmed milk
Valor energético / Energia / Energy	1776 kJ 422 kcal	533 kJ (6%) 127 kcal	787 kJ 187 kcal
Grasas / Lípidos / Fat de las cuales saturadas / of which: saturates	13.4 g 2.2 g	4.0 g (6%) 0.7 g (4%)	6.1 g 1.8 g
Hidratos de Carbono / Carbohydrates de los cuales azúcares / dos quais açúcares / of which: sugars	66.1 g 24.6 g	19.8 g (8%) 7.4 g (8%)	26.0 g 13.3 g
Fibra alimentaria / Fibra / Fibre	4.8 g	1.4 g (-)	1.4 g
Proteínas / Protein / Proteins	6.8 g	2.0 g (4%)	6.3 g
Sal / Salt	0.85 g	0.25 g (4%)	0.40 g

VITAMINAS Y MINERALES: VITAMINS & MINERALS / VITAMINS AND MINERALS			
	Por / Per 100g (%VRN**)	Por / Per 30g (%NRV**)	Porción / Porção de / per 30g + 125ml de leche medio-gordo / partly skimmed milk
(B2) Riboflavina / Riboflavin	1.00 mg (71%)	0.30 mg	0.53 mg
(B3) Niacina / Niacin	9.30 mg (58%)	2.79 mg	2.91 mg
Vitamina / Vitamin B6	1.01 mg (72%)	0.30 mg	0.36 mg
(B9) Ácido fólico / Folic Acid	106 µg (53%)	31.8 µg	36.4 µg
(B5) Ácido pantoténico / Pantothenic Acid	3.67 mg (61%)	1.10 mg	1.55 mg
Calcio / Calcio / Calcium	1073 mg (134%)	322 mg	474 mg
Hierro / Ferro / Iron	9.68 mg (69%)	2.90 mg	2.96 mg

\*Ingesta de referencia de un adulto medio (8400 kJ / 2000 kcal). \*\*VRN: Valores de Referencia de Nutrientes / \*Dose de Referência para um adulto médio (8400 kJ / 2000 kcal). \*\*Valores de Referência do Nutriente. \*\*Reference Intake of an average adult (8400 kJ/2000 kcal) / \*\*NRV: % Nutrient Reference Values.

Este estuche contiene aproximadamente 13 porciones de 30 g  
Esta embalagem contém aproximadamente 13 porções de 30 g  
This case contains approximately 13 portions of 30 g

Cereals box

INFORMACIÓN NUTRICIONAL / NUTRITION DECLARATION		
VALOR MEDIO / AVERAGE VALUE	por / per 100 g	Por rebanada / 10g portion (30 rebanadas / portions):
Valor energético / Energy	1.601 kJ 383 kcal	160 kJ 38 kcal (2% IR/RI*)
Grasas / Fat de las cuales / of which: Saturadas / Saturates	4.9 g 0.6 g	<0.5 g (1% IR/RI*) <0.1 g (0% IR/RI*)
Monounsaturadas / Mono-unsaturates	3.1 g	0.3 g
Poliinsaturadas / Polyunsaturates	1.2 g	0.1 g
Hidratos de carbono / Carbohydrate de los cuales / of which: Azúcares / Sugars	66 g 4.9 g	6.6 g (3% IR/RI*) <0.5 g (1% IR/RI*)
Almidón / Starch	61 g	6.1 g
Fibra alimentaria / Fibre	8.3 g	0.8 g
Proteínas / Protein	13 g	1.4 g (3% IR/RI*)
Sal / Salt	1.9 g	0.19 g (3% IR/RI*)

IR\*: Ingesta de referencia de un adulto medio (8400 kJ/2000 kcal) /  
RI\*: Reference intake of an average adult (8400 kJ/2000 kcal).

RECICLA 

Toasted bread box

Looking at the pictures, 100 grams of toasted bread provides less energy (383 Kcal) than 100 grams of cereals (422 Kcal), less fats (4.9 grams in front of 13.4 grams), but more proteins (13 grams in front of 6.8 grams). It's interesting to take a look to product boxes, to choose the best one, in order to achieve a balanced diet.

Look at next table that shows the Kcal provided by some foods:

**Kcal food table:**

Aliment	Kcal	Aliment	Kcal	Aliment	Kcal
1 Cereal bar	95	Tomato sauce (50 g)	40	Butter (100 g)	725
Chips (100 g = 1 bag)	508	Cheese (100 g)	265	Ketchup (100 g)	129
Bread (100 g)	300	Rice (100 g)	351	Mayonnaise (100 ml)	552
Milk (1 glass)	120	Can of tuna	80	Coke (1 glass)	150
Orange juice (1 glass)	112	Macaroni (100 g)	344	Isotonic drink (1 glass)	105
Cookies (100 g)	432	Candies (100 g)	420	Yogurt (1 piece)	85
Water	0	Marmalade (100 g)	196	Salad	260
Banana	80	Apple	50	Pizza (100 g)	310
Burger + Bread	500	Cooked chickpeas	175	Tomato	23
Sugar (100 g)	387	Potato (100 g)	110	French omelette (100 g)	180
Spanish omelette (1 ration)	350	Olive oil (100 ml)	800	Russian salad (1 ration)	550
Chorizo (100 g)	480	"Serrano" ham (100 g)	150	York ham (100 g)	114
Cooked green beans (100 g)	42	Milk + cacao (1 glass)	235	Boiled egg (1)	80
Cereals + Milk (1 ration)	240	Chocolate (100 g)	540	Beef steak	194
Chicken (100 g)	190	Fish (100 g)	200	Chocolate cake	395
Cauliflower (100 g)	40	Grilled prawns (ration)	150	Watermelon (100 g)	35
Oranges (100 g)	50	Bacon (100 g)	540	Sausage (100 g)	350
Strawberry ice cream (100 g)	210	Green peas (100 g)	90	Pineapple (100 g)	60
Chicken roasted wings (100 g)	240	Pork loin (100 g)	260	Popcorn (100 g)	340
Soup (100 g)	50	Fried egg	200	1 cup of boiled beans	385
Kit Kat (100 g)	515	Lemonade (glass)	120	Sandwich (ham and cheese) (100g)	241
Carrots (100 g)	41	Donut	452	Moussaka (100 g)	200
Paella (250 g)	400	Cannelloni (100 g)	350	Lamb (100 g)	300

Optional: watch the video "How to create a healthy plate" in:

[https://www.youtube.com/watch?v=Gmh\\_xMMJ2Pw](https://www.youtube.com/watch?v=Gmh_xMMJ2Pw)



**Optional activities about the video (20 Points):**

1. (1 Point) What is the plate method?
2. (5 Points) In what the plate method consists?
3. (5 Points) Write 5 products that you can put in the part of vegetables.
4. (2 Points) It's possible to add bread or tortilla? What we have to do to add these foods?
5. (3 Points) What kind of drinks the video propose to complete our meal? Write three.
6. (1 Point) From how many ounces of milk could affect our blood sugar? (Just write the number)
7. (3 Points) How can we incorporate a soup in the diet?



**Activity 11** (20 points). A normal teenager (not athlete) needs an input of about 2500 Kcal per day. According to the previous "Kcal food table", prepare a **week healthy diet** for a person like you. Remember to prepare a healthy diet and to considerer the "**healthy eating pyramid**". Follow the example, and complete your "**week healthy diet table**".

**Breakfast**

- **Cereals + milk (1 ration) = 420 Kcal.**
- **50 g of bread + 25 grams of york ham** (as 100g of bread provides 250 Kcal, 50 grams will provide  $((250 \cdot 50) / 100 = 125 \text{ Kcal})$  125 Kcal; and 100 grams of york ham provides 114 Kcal, 25 grams of york will provide  $((114 \cdot 25) / 100 = 28.5 \text{ Kcal})$  28.5 Kcal; so we will have a total of  $125 + 28.5 = 153.5 \text{ Kcal}$ .

**Total breakfast:  $420 + 153.5 = 573.5 \text{ Kcal}$**

**Healthy program diet: (2500 Kcal/day approximately)**

	Breakfast	Lunch	Snack afternoon	Dinner
<b>Monday</b>				
	<b>Kcal:</b>	<b>Kcal:</b>	<b>Kcal:</b>	<b>Kcal:</b>
	<b>Total Kcal per day:</b>			

	Breakfast	Lunch	Snack afternoon	Dinner
Tuesday				
	Kcal:	Kcal:	Kcal:	Kcal:
	Total Kcal per day:			

	Breakfast	Lunch	Snack afternoon	Dinner
Wednesday				
	Kcal:	Kcal:	Kcal:	Kcal:
	Total Kcal per day:			

	Breakfast	Lunch	Snack afternoon	Dinner
Thursday				
	Kcal:	Kcal:	Kcal:	Kcal:
	Total Kcal per day:			

<b>Friday</b>	<b>Breakfast</b>	<b>Lunch</b>	<b>Snack afternoon</b>	<b>Dinner</b>
	<b>Kcal:</b>	<b>Kcal:</b>	<b>Kcal:</b>	<b>Kcal:</b>
	<b>Total Kcal per day:</b>			

<b>Saturday</b>	<b>Breakfast</b>	<b>Lunch</b>	<b>Snack afternoon</b>	<b>Dinner</b>
	<b>Kcal:</b>	<b>Kcal:</b>	<b>Kcal:</b>	<b>Kcal:</b>
	<b>Total Kcal per day:</b>			

<b>Sunday</b>	<b>Breakfast</b>	<b>Lunch</b>	<b>Snack afternoon</b>	<b>Dinner</b>
	<b>Kcal:</b>	<b>Kcal:</b>	<b>Kcal:</b>	<b>Kcal:</b>
	<b>Total Kcal per day:</b>			





**Activity 12** (5 points). Do you think the diet program from activity 11 is possible for an athlete teenager? Why do you think so?

*In my opinion, the diet program from activity 11 .....*





*because .....*

.....



**Peer' assessment.** Assess pair activities. Your name: \_\_\_\_\_ Group:

Put a tick in the right columns in the grid below, and assess your partner's work:





YOUR PARTNER'S NAME:	What to evaluate:				
		COULD BE BETTER 1	SATISFACTORY 2	GOOD 3	VERY GOOD 4
	Help doing the activities				
	Respects your solutions				
	English level (oral)				
	Follows instructions				
	Adds different ideas				
	Makes/answers questions				
	Proposes solutions				
<b>TOTAL</b>					<b>/28</b>



**Self-assessment** Assess yourself:

About the scenario:

1. Make a cross in the table below, according to the things you have learned in this scenario:

What to evaluate				
	Could be better 1	Satisfactory 2	Good 3	Very good 4
I learned some vocabulary related to diets.				
I know some foods and the calories they contribute.				
I can understand and draw bar diagrams.				
I can calculate percentages.				
I can identify different products from the healthy pyramid diet.				
I can describe how to prepare a recipe.				
I'm able to give reasons, expressing my opinion.				
I can identify healthy and unhealthy foods.				
I can describe what a Mediterranean diet is.				
I can identify some diseases produced by a bad diet.				
I enjoy working in groups.				
I can prepare a balanced diet.				
<b>TOTAL</b>				<b>/48</b>

2. Write your mark with a cross (a number between 1 and 10).

1	2	3	4	5	6	7	8	9	10
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3. What have you learned from this scenario?

4. What was easy for you?
5. What did you find difficult?
6. What would you find most helpful?
7. What did you like doing most?
8. What did you like doing least?
9. Write the most important words (key words) learned in this scenario.
10. Any suggestions?

In this scenario you have...

- ❖ Used English as a way to communicate.
- ❖ Worked in pairs, respecting and analysing critically the decisions made by your partners.
- ❖ Learnt some vocabulary related to the healthy diets.
- ❖ Learnt some aspects about the Mediterranean diet.
- ❖ Understood and represented bars diagram.
- ❖ Calculated percentages.
- ❖ Understood the importance to have a balanced diet and to play some sport in order to achieve better life conditions.
- ❖ Learnt some aspects about the healthy food pyramid.
- ❖ Identified some products and their Kcal, in order to understand healthy and unhealthy products.
- ❖ Described ingredients and how to prepare recipes.
- ❖ Understood some diseases produced by bad diets.
- ❖ Planed a balanced diet for a teenager like you.
- ❖ Used internet to improve your knowledge.
- ❖ Learnt how to write a definition in English.
- ❖ Learnt how to compare in English.
- ❖ Learnt how to give opinions in English.