

Life processes and living things

Humans and other animals

59. Discussing nutrition

- ◆ Help children make a poster showing various foods in French and English. Talk together about the health benefits – and any downsides – of each food.

<i>la salade</i>	salad
<i>les légumes</i>	vegetables
<i>les fruits</i>	fruit
<i>le poulet</i>	chicken
<i>un sandwich</i>	a sandwich
<i>les pâtes</i>	pasta
<i>une glace</i>	an ice cream
<i>un jus d'orange</i>	orange juice
<i>de l'eau</i>	water
<i>un café</i>	coffee
<i>un thé</i>	tea
<i>un yaourt</i>	a yoghurt

- ◆ In discussing healthy food help children to express opinions about their food choices.

Les carottes sont bonnes pour moi. Carrots are good for me.

Je n'aime pas le chou. I don't like cabbage.

C'est bon pour la santé. It is good for the health.

C'est mauvais pour la santé. It is bad for the health.