

No more cake!

Matching activity

Preparation

- Download, print, laminate and cut up the matching activity as cards, including the headings 'Healthy' and 'Unhealthy' – one set for each group.
- Optional - Bring in some healthy and unhealthy foods and food labels or packets/containers to pass around the room.

Instructions

1. Elicit the meaning of healthy and the opposite of healthy: *unhealthy*.
2. Divide learners into small groups and give out sets of words and images (without the headings) for learners to match.
3. Check and drill the words if necessary.
4. Write **Healthy** and **Unhealthy** as headings on the board. Elicit some favourite food or dishes from learners and learners decide whether these are healthy or unhealthy. Write a few as examples under each heading, e.g.

Healthy

Apples

Spinach

Unhealthy

Pizza

Crisps

5. Now ask learners to place the words/images under headings. Learners may also decide that some go in the between the two headings.
6. Did everyone agree? Do the learners consider themselves healthy eaters or unhealthy eaters? Discuss as a class.

Extension activity

Alphabet game: Ask learners in their groups to quickly list all the food items and dishes they can think of beginning with each letter of the alphabet that you say. For example: *B – bread, bananas, biryani, berries, butter, beans, baked beans, biscuits, beef, baklava etc.*

The team with the most items calls them out and explains or draws any of the items other learners do not recognise. You can give extra points for healthy items.

