

MAJOR SCIENCE



TEACHER'S GUIDE



UNIT 11: HUMAN NUTRITION

Lesson 1

OBJECTIVES

Knowledge: Students will be able to

- Learn new words about groups of foods
- Look and say the different nutrition of foods

Vocabulary: *carbohydrates, proteins, vitamins, minerals, fats*

Listening: Listen to the new words, and choose the word heard in the audio

MATERIALS

Textbook, teacher's guide, lesson plan, flashcards, audios, ...

WARMER

"What makes you happy?"

- Greet to students.
- Show instructions of the game:
 - ❖ Divide the class into 4 teams.
 - ❖ Call a player of each team come to the board.
 - ❖ Draw 4 circles on the board.
 - ❖ In one of them draw a happy face, in the second one a sad face, in the third the angry face and in the last a scared face.
 - ❖ Play music and players walk around.
 - ❖ When music stops, players should run and slap one of the circle, then make the face that is in the circle.
 - ❖ Make a question "What makes you sad/happy/angry/scared?"
 - ❖ There is one point for each player.
 - ❖ The team having more points is the winner.

LEAD IN

- Show flashcards facing on the board.
- Make question:
 - ❖ What do you have for breakfast?

MAIN CONTENT

1. Listen and read 43

- Keep the flashcards facing on the board.
- Play the audio (track 243).
- Students guess what words they will learn.
- Showdown the flashcards, point to each one, pronounce clearly and slowly.
- Ask students to repeat three times.
- Call some students to come to the board.

UNIT 11

HUMAN NUTRITION

LESSON 1

WE LEARN

1. Listen and read. 43

There are four major groups of nutrients.

Carbohydrates are the main source of energy for our bodies.

Proteins are used to build and repair muscles.

Vitamins and minerals help the body grow and fight against diseases.

Fats provide and store energy and help the body absorb vitamins such as A, D, E and K.

2. Work in pairs. Name the food in each group and its benefit.

Milk is high in protein. It helps us build and repair muscles.

3. Listen and read. Then talk about your favorite healthy and balanced diet meal. 44

A healthy, balanced diet contains four kinds of nutrients in proper quantities and limits salty, sugary, and processed foods.

processed food

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Track 43

There are four major groups of nutrients.

Carbohydrates are the main source of energy for our bodies.

Proteins are used to build and repair muscles.

Vitamins and minerals help the body grow and fight against diseases.

Fats provide and store energy and help the body absorb vitamins such as A, D, E, and K.

2. Work in pairs. Name the food in each group and its benefits.

- Put the students in pairs.
- Give examples:
 - ❖ Protein: fish, egg, tofu, etc...
 - ❖ Carbohydrates: bread, rice
 - ❖ Vitamins: pumpkin, tomato
 - ❖ Fats: oil, coconut
- Ask students to discuss the topic.
- Walk around and help if necessary.
- Call some pairs to represent their ideas in front of the class.
- Check the content.

3. Listen and read. Then talk about your favorite healthy and balanced diet meal. 44

- Ask students to move on page 51.
- Play the audio (track 44)
- The 1st time: Ask students to point to the words and follow the audio.
- 2nd time: Pause in every sentence then ask students to repeat in the chorally.
- Call some students to say one sentence in the paragraph.
- Check the pronunciation.
- Check students' understanding by making questions:
 - ❖ *What is healthy balanced diet?*
 - ❖ *What group of food do you need most?*
- Check the information.

Track 44

A healthy, balanced diet contains four kinds of nutrients in proper quantities and limits salty, sugary and processed foods.

4. Write the words from the box in the suitable nutrient group. Then makes sentences and say.

- Review the words.
- Put students in pairs.
- Ask them to complete the task.
- Then, make a sentence with these words.
- Give example: My favorite food is broccoli. It is high in vitamins.
- Call some students to share the answers.
- Check pronunciation.

Answer

Carbohydrates: rice, cereal, bread

Proteins: fish, pork, beef, milk

Fats: cheese, yogurt

Vitamins and minerals: carrot, broccoli, orange, pineapple, cucumber, mango

5. Look and stick.

- Show the sticker page.
- Review the words again.
- Ask students to put the stickers in the correct boxes.
- Call some students to share the answers.
- Check the final results.

WE PRACTICE

4. Write the words from the box in the suitable nutrient group. Then makes sentences and say.

broccoli	orange	cereal	cucumber	carrot
rice	pineapple	pork	mango	yogurt
milk	fish	bread	beef	cheese

Carbohydrates	Proteins	Fats	Vitamins and minerals

My favorite food is beef. It is high in protein.

5. Look and stick.

Nutrient groups	Functions	Examples
a		
b CARBOHYDRATES		
c	Provide and store energy and help the body absorb vitamins such as A, D, E and K	
d		

6. Write the answer.
What is a healthy and balanced diet?

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Answer

Nutrient groups	Functions	Examples
a PROTEINS	build and repair muscles	
b CARBOHYDRATES	the main source of energy for our bodies	
c FATS	Provide and store energy and help the body absorb vitamins such as A, D, E and K	
d VITAMINS AND MINERALS	help the body grow and fight against diseases	

6. Write the answer.

- Review the words.
- Give examples about groups of nutrition.
- Give structures.
- Ask students to complete the task.
- Call some students to share the answers.
- Check the content.

Extra activity

- Ask students to prepare a piece of paper.
- Draw 4 places from big to small in the papers.
- Ask students to brainstorm the ideas.
- Ask students to put favorite group of nutrition in the biggest place.
- After finish, ask students to represent the ideas in front of the class.

Lesson 2

OBJECTIVES

Knowledge: Students will be able to

- Learn new words about groups of foods
- Look and say the different nutrition of foods

Vocabulary: *carbohydrates, proteins, vitamins, minerals, fats*

Listening: Listen to the new words, and choose the word heard in the audio

MATERIALS

Textbook, teacher's guide, lesson plan, flashcards, audios, ...

WARMER

"Flashcard dash"

- Greet to students.
- Show instructions of the game:
 - ❖ Show students the flashcards of foods one at a time.
 - ❖ Read them together.
 - ❖ Change the card order and play again.

LEAD IN

- Ask students to write as many words as they remember on the board.

MAIN CONTENT

7. Listen and write a-d in the boxes. 45

- Put the flashcards on the board.
- Review words of nutrition and the groups of food.
- Play the audio (track 45).
- The 1st time: Ask students to point to the words and follow the audio.
- 2nd time: Pause in every word then ask students to repeat in the chorally.
- Check the pronunciation.
- Check students' understanding by making questions:
 - ❖ *What group is this food?*
 - ❖ *What group do you like most?*
- Ask students to put the letter in the boxes.
- Check the results.

Answer

- Vitamins and minerals
- Proteins
- Fats
- Carbonhydrates

LESSON 2

7. Listen and write a-d in the boxes. 45

Proteins <input style="width: 40px;" type="text"/>	Fats <input style="width: 40px;" type="text"/>
Carbohydrates <input style="width: 40px;" type="text"/>	Vitamins and minerals <input style="width: 40px;" type="text"/>

8. Draw or write your food on the plate to make your healthy meal. Then present it to the class.

My breakfast / lunch / dinner has 4 nutrient groups:

- Fish is high in protein. It helps build and repair muscles.
-

WE DO

9. Play in groups and say the sentences.

RULES:

- Play in groups of four.
- Take turns to roll a dice.
- Based on the dice, point to the food and talk about it. Then cross the food.
- The winner is the first player to achieve six crosses in a row.

Watermelon is high in vitamins and minerals. It helps the body grow and fight diseases.

Player 1						
Player 2						
Player 3						
Player 4						

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Track 45

- This nutrient group helps the body grow and fight diseases.
- This nutrient group is used to build and repair muscles.
- This nutrient group provides and stores energy and helps the body absorb vitamins such as vitamins A, D, E and K.
- This nutrient group the main source of energy for our bodies.

8. Draw or write your food on the plate to make your healthy meal. Then present it to the class.

- Prepare plastic dishes, and stickers (if needed)
- Ask students to prepare crayons.
- Put the students in pairs.
- Make questions:
 - ❖ What do you have for your breakfast/ lunch/ dinner?
 - ❖ Do you often go outside?
 - ❖ What are diffrents between the food at home and in the restaurent?
- Give examples of groups of nutrition.
- Ask students to discuss the topic.
- Walk around and help if necessary.
- Call some pairs to represent their ideas in front of the class.
- Check the content.

9. Play in groups and say the sentences.

- Ask students to move on page 53.
- Prepare some dices.
- Put students in groups.
- Based on the dice, point to the food and talk about it. Then cross the food.
- The winner is the first player to achieve six crosses in a row.
- Give example: watermelon is high in vitamins and minerals. It helps the body grow and fight disease.
- Walk around and helps if necessary.
- Check the content.

10. Listen and read the story. Then act it out. 46

- Ask students to see the story in their books.
- Look at each frame and make comprehension questions: "What can you see in the picture?", "How many characters are there in the story?"
- Tell the story.
- Play audio (track 46).
- Divide the class into two teams (team Mia and team Tim).
- Each team say the character's sentences.
- Put students in pairs to practice a conversation.
- Walk around and check their pronunciation.
- Call some pairs to share the story in front of the class.
- Check intonation.

Track 28

Tim: Let's make our healthy meal!
 Mia: OK. First, I pick fish. It is high in proteins and fats.
 Tim: We need carbohydrates. How about some rice?
 Mia: Yeah! It's the main source of energy.
 Mia: Don't forget vitamins and minerals. They help the body grow and fight against diseases.
 Tim: Let's choose apples and broccoli.

11. Read the story again and fill in the mind map.

- Ask students to remember the content of the story.
- Ask students to read the sentences quickly.
- Ask them to complete the exercise.
- Walk around and help if necessary.
- Call some students to share the answers.
- Check the final results.

WE READ

10. Listen and read the story. Then act it out. 46

WHAT A HEALTHY AND BALANCED MEAL!

VALUES Know how to make a healthy and balanced meal

11. Read the story again and fill in the blanks.

1. Fish is high in _____ and _____.
2. Rice is the main source of _____.
3. _____ and _____ are high in vitamins and minerals.
4. Yogurt is high in protein and _____.

Answer

1. Proteins/ fats
2. Energy
3. Apples/ broccoli
4. Carbohydrates

Extra activity

"Stop the bus"

- Show instructions of the activity:
- Divide the class into 4 teams.
- Ask them to prepare a piece of paper, then draw a table like the one below.
- Students think one item to go in each category beginning with the set letter.
- The team finishing first can shout: "Stop the bus".
- Check and write answers on the board. If all the items are right, there is 1 point for the team. If not, the others can give their answer sheet.
- The team having the most points is the winner.

	sport	animal	food
A			
...			
...			



MAJOR
Math & Science

Major Science