

# Bell and Shipton English

## Healthy eating

*Week 5: Week beginning Monday 18th May*

*Week 6: Week beginning Monday 1st June*

*LO: Identify from a menu written in English, items which make up a balanced meal;*

# Instructions

- This PowerPoint is to accompany the worksheets sent home.
- The PowerPoint is to give a brief introduction to the resources sent home.
- Please do not feel that all work must be done in one day. Take short regular breaks after 20 minutes so that students do not become overwhelmed.
- At the end of the PowerPoint, there are some links to activities that you can have a go at.

# Key words



menu



label



healthy alternative

# Task

- Work through the booklet.
- Spellings- sound out the sounds in the word.
- Make a note of the words you misread in the boxes and practise reading and spelling them.

# Links to websites- Group 1

A healthy lunchbox

<http://archive.foodafactoflife.org.uk/Activity.aspx?siteId=14&sectionId=61&contentId=56>

# Links to websites- Group 2

How to be healthy

Work through the activities

Storyboard activity and quizzes

[https://central.espresso.co.uk/espresso/modules/ey\\_fireflies\\_plus](https://central.espresso.co.uk/espresso/modules/ey_fireflies_plus)

# Links to websites- Group 3

Speaking and listening activities:  
Watch the video and answer the  
questions.

[https://central.espresso.co.uk/espresso/modules/e2\\_speakinglistening/qa/video\\_eating.html?source=search-English-all-English-all&source-keywords=healthy%20eating](https://central.espresso.co.uk/espresso/modules/e2_speakinglistening/qa/video_eating.html?source=search-English-all-English-all&source-keywords=healthy%20eating)