

# Eating well – How to keep a healthy diet at home and on the job

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Das Thema „Gesunde Ernährung“ gewinnt immer mehr an Popularität. Gleichzeitig kochen wir jedoch immer weniger – und viele Menschen leiden an Übergewicht. Ein großes Risiko für unseren Körper, aber auch für unser Gesundheitssystem.

Eine gesunde Ernährung ist auch im Arbeitsleben unabdingbar, will man fit und leistungsfähig bleiben. In dieser Unterrichtseinheit setzen sich die Schüler mit der Ernährungspyramide auseinander, sprechen über ihre Essgewohnheiten zu Hause und am Arbeitsplatz und lesen und verfassen Rezepte – im Idealfall auch kulturell übergreifend. So können sie sich mit Kollegen und Geschäftspartnern zum Thema austauschen und gesunde Ernährung in ihrem Alltag stärker berücksichtigen.



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## Das Wichtigste auf einen Blick

### Kompetenzen

- die Ernährungspyramide kennen
- thematischen Wortschatz zum Thema „Gesunde Ernährung“ erarbeiten und anwenden
- über Essgewohnheiten sprechen
- *much* und *many* in Fragen und Verneinungen korrekt anwenden
- Schreizeile in englischer Sprache verstehen und verfassen

### Dauer

5 Schulstunden (+ Test)

### Niveau

B1  
(Differenzierungsmaterial für A2)

### Ihr Plus

Mediationsaufgabe zum Textverständnis

|  |   |
|--|---|
| <b>5. Stunde: Up to you: Planning a meal</b> |   |
| <b>Material</b>                              | <b>Verlauf</b>  |
| M 11   | <b>Group task: Planning a meal</b> / Erarbeiten der Rezepte für ein 3-Gänge-Menü<br>Gruppenarbeit |
| <i>Stundenziel:</i>                          | Die Schüler wenden den erarbeiteten Wortschatz in einem individuellen Kontext an.                 |

### Materialübersicht

#### 1. Stunde The food pyramid

- M 1 (Qz) Eating well – vocabulary guessing game  
M 2 (Ws) The food pyramid – categorising what we should eat

#### 2. Stunde Healthy and unhealthy food

- M 3 (Qz) The food pyramid – refresher quiz  
M 4 (Gr) Grammar now – countable and uncountable nouns  
M 5 (Ws) Writing time – do you follow a healthy diet?

#### 3. Stunde Getting personal: Are you eating well?

- M 6 (Ws) Eating well? – A questionnaire  
M 7 (Tx) Reading: Following a healthy diet at work  
M 8 (Me) Mediation: Following a healthy diet at work

#### 4. Stunde Understanding recipes

- M 9 (Voc) Chop and cut and whisk and boil – words for a recipe  
M 10 (Tx) Let's make a Spanish omelette – understanding a recipe

#### 5. Stunde Up to you: Planning a meal

- M 11 (Gw) Group task: Planning a meal  
**Vocabulary** Vocabulary: Following a healthy diet (M 12)  
**Test** Test: Following a healthy diet (M 13)

#### Bedeutung der Abkürzung

**Gr:** Grammar sheet, class group work; **Me:** mediation; **Qz:** Quiz; **Tx:** Text; **Ws:** Worksheet

#### Minimalplan

Sie haben nur zwei Stunden zur Verfügung? So können Sie die wichtigsten Inhalte erarbeiten:

1. Stunde: Understanding the food pyramid / *much* and *many* M 2, M 4, M 5  
2. Stunde: Following a healthy diet at work M 7, M 8

#### Zusatzmaterialien auf CD

- M6\_Zusatz\_A2 (einfacheres Arbeitsblatt)  
M8\_Zusatz\_B1 (*Extra task* für Schnelle)  
M10\_Zusatz\_A2 (Strukturierungshilfe)

## M 2 The food pyramid – categorising what we should eat

Find out about what scientists<sup>1</sup> think a “balanced” or healthy diet should contain.

### Tasks

1. With your partner or alone, look at the pyramid and give each step a name according to the words below:
  - fruit and vegetables (broccoli, salads, apples, carrots, etc.)
  - fluids<sup>2</sup> (water, tea, coffee, etc.)
  - dairy products<sup>3</sup> and valuable oils<sup>4</sup> (milk, cheese, olive oil, etc.)
  - meat, fish and eggs (beef<sup>5</sup>, salmon<sup>6</sup>, eggs, etc.)
  - carbohydrates<sup>7</sup> (bread, potatoes, pasta, etc.)
  - fats (butter, cream, etc.)
  - sweet and fatty<sup>8</sup> food



### Vocabulary

1 **scientist**: Wissenschaftler – 2 **fluids**: Flüssigkeiten – 3 **dairy products**: Milchprodukte – 4 **valuable oils**: wertvolle Öle – 5 **beef**: Rindfleisch – 6 **salmon**: der Lachs – 7 **carbohydrates**: Kohlenhydrate – 8 **fatty**: fettig

## M 4 Grammar now – countable and uncountable nouns

Practise countable and uncountable nouns. You will need them when talking about food.

### Zählbare und nicht zählbare Nomen in Fragen und Verneinungen

Es gibt zählbare (*countable*) und nicht zählbare (*uncountable*) Nomen.

Wenn man in **Fragen** (?) und **Verneinungen** (–) eine größere Menge von Dingen (= Plural) benennen will, benutzt man die Wörter **many** (für zählbare Nomen) und **much** (für nicht zählbare Nomen).

Beispiele:

*There aren't many bananas left.*

*There isn't much butter left.* (Verneinung)

*How many bananas did you eat yesterday?*

*How much water do you drink every day?* (Frage)

Die Bananen (den Apfel usw.) kann man zählen, das Wasser (den Kaffee usw.) nicht. Gläser oder Flaschen Wasser kann man wiederum zählen: *There aren't many bottles of water left.*

Im Deutschen unterscheidet man in diesem Fall zwischen *viele* (zählbar = *many*) und *wenig* (= nicht zählbar = *much*).

### Tasks

- John wants to go shopping for the week. He has a look in the fridge to see what is left and which items<sup>1</sup> he has to put on his shopping list. Fill in *much* or *many*.

How ... **much** / **many** has John got in his fridge?

- \_\_\_\_\_ butter
- \_\_\_\_\_ eggs
- \_\_\_\_\_ wine
- \_\_\_\_\_ potatoes
- \_\_\_\_\_ cheese
- \_\_\_\_\_ tomatoes
- \_\_\_\_\_ cartons<sup>2</sup> of milk
- \_\_\_\_\_ jars<sup>3</sup> of marmalade
- \_\_\_\_\_ sausages
- \_\_\_\_\_ water
- \_\_\_\_\_ bottles of beer
- \_\_\_\_\_ ice cream
- \_\_\_\_\_ yoghurt
- \_\_\_\_\_ chocolate bars<sup>4</sup>



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- As your partner: “How many/much ... have you got in your fridge?” Make a list with at least 5 items.



- Compare: What is your favourite food, what's your partner's favourite food? Talk about it for at least 5 minutes.

### Vocabulary

1 **item**: die Einheit, die Sache, der Artikel – 2 **carton**: der Karton, der Tetrapack – 3 **jar of marmalade**: das Marmeladenglas, das Glas Marmelade – 4 **chocolate bar**: der Schokoriegel, die Tafel Schokolade

## M 7 Reading: Following a healthy diet at work

Find out how you can stay focused<sup>1</sup> and keep fit at work by eating well.

We spend a third of our lifetime at work. Our work demands our full concentration. It's not always easy to follow a healthy diet when there are so many temptations<sup>2</sup>, such as the colleague's birthday cake, snacks between meals, chocolate in the drawer ... Here are some tips on how you can improve your diet at work so that you feel less tired and full of energy.



Eating with colleagues can be communitative.

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### Never skip<sup>3</sup> your morning meal

Experts say breakfast is the most important meal of the day, which many of us ignore. But breakfast starts our metabolism<sup>4</sup> and gives us enough energy to stay concentrated in the morning, for example for the first two-hour meeting or the first school lesson. If you can't manage eating breakfast at home, come to work a little earlier and eat there. It will really get you through the morning!

### Go out for lunch

Many of us feel we cannot break free from our desk at lunchtime. So we eat, type and talk on the telephone at the same time. This is bad not only for our body but for our mental state<sup>5</sup> and our concentration as well. So go out for lunch! Eat your lunch with colleagues, so you can communicate on a different level. Don't talk about your job then. Take a 10-minute walk afterwards. It does wonders: Fresh air and exercise will make you more creative and less tired.

### Eat good food and smaller portions

It's hard to choose a salad when you know the canteen serves sausages and chips, your favourite! Of course, you can sometimes eat your favourite (fatty) dish, if you cannot resist – but try to do this only once a week or less. Instead, try to choose more nutritional and healthy options. Most canteen staff<sup>6</sup> put much more on your plate than you can eat. And since our parents told us to finish what's on our plate, we tend to eat whatever is in front of us. However, it is no problem to ask for smaller portions – or to leave what we can't eat on the plate.

### Stay hydrated

Drink lots of water. Sometimes it's not easy to do this, rushing from one customer to the next, from one meeting to another. But a nice glass or a bottle of water on your table will remind<sup>7</sup> you of drinking. Drink at least six glasses of water when you are at work – and headaches and tiredness will be gone.

### Exercise is good for you

Not everybody can run 5 kilometres in their lunch break without a shower nearby. But in order to keep your stress levels down, you should have a workout regularly, if possible, 20-30 minutes a day or 150 minutes per week. If you have problems finding the time, try to do some desk exercises like rotating your shoulders and hips. If your colleagues start laughing, make them join you! In addition, do not go to the nearest lift<sup>8</sup> but to the one on the next floor. Avoid the lift and take the stairs. It's the little things that matter. Exercise will help you to reduce tiredness and stress.

### Vocabulary

1 to stay focused: fokussiert bleiben – 2 temptation: die Versuchung – 3 to skip sth: etw. weglassen – 4 metabolism: der Stoffwechsel – 5 mental state: der psychische Zustand – 6 canteen staff: das Kantinenpersonal – 7 to remind so of sth: jmdn. an etwas erinnern – 8 loo: die Toilette

## M 10 Let's make a Spanish tortilla – understanding a recipe

Prepare a tortilla by following a recipe in English.

### Tasks

1. Together with your partner, read the ingredients<sup>1</sup> and the method how to make the tortilla. Look up unknown words and make sure you understand the text.

#### A Spanish tortilla

The classic Spanish tortilla is an omelette made with eggs and potatoes with onions and garlic. It is fried in oil in a special frying pan and often served as a portion of “tapas”, small portions of food. Usually you also have lettuce<sup>2</sup> with it. A tortilla is also served along with meat and sometimes fish. It is easy to make and is healthy and very delicious.

#### Ingredients: What you need

- 1 large white onion, sliced<sup>3</sup>
- 4 tbsp<sup>4</sup> olive oil
- 25g butter
- 400g potatoes, peeled, quartered and finely sliced
- 2 garlic cloves<sup>5</sup>
- 8 eggs, beaten
- handful flat-leaf parsley<sup>6</sup>, chopped
- If you like: 1 green salad, oil, vinegar<sup>7</sup>

#### Method: How to make the tortilla

1. Put a large non-stick<sup>8</sup> frying pan on a low heat. Cook the onions slowly in the oil and butter until soft but not brown – this should take about 15 mins.
2. Add the potatoes, then cover with a lid<sup>9</sup> and cook for a further 15-20 mins. Stir occasionally<sup>10</sup> to make sure they fry evenly.
3. When the potatoes are soft and the onion is shiny, crush 2 garlic cloves and stir in. Then add the beaten eggs.
4. Put the lid back on the pan and leave the tortilla to cook gently<sup>11</sup>. After 20 mins the edges<sup>12</sup> and base should be golden, the top set but the middle still a little wobbly<sup>13</sup>. To turn it over, slide<sup>14</sup> it onto a plate and put another plate on top, turn the whole thing over and slide it back into the pan to finish cooking.
5. Once cooked, transfer to a plate and serve the tortilla warm or cold, sprinkled<sup>15</sup> with the chopped parsley. To accompany the tortilla, wash the lettuce and prepare it to your liking, maybe with a mixture of oil and vinegar.



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2. What's your favourite dish? It should be simple. Think about which ingredients you need for it. Look up words you don't know. Make a list. Keep the list – you might need it for the next lesson.

#### Vocabulary

- 1 **ingredient**: Zutat – 2 **lettuce**: der Kopfsalat – 3 **sliced**: in Scheiben geschnitten – 4 **tbsp (tablespoon)**: der Esslöffel – 5 **garlic clove**: die Knoblauchzehe – 6 **flat-leaf parsley**: glatte Petersilie – 7 **vinegar**: der Essig – 8 **non-stick**: beschichtet – 9 **lid**: der Deckel – 10 **occasionally**: ab und zu – 11 **to cook gently**: garen, auf kleiner Flamme kochen – 12 **edge**: der Rand – 13 **wobbly**: weich, wabbelig – 14 **to slide**: gleiten – 15 **to sprinkle**: bestreuen

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