

Premier Skills English

Do you have a Premier League diet?

Introduction

This lesson focuses on speaking and vocabulary. It encourages learners to give opinions about their diet and nutrition more generally and to share a healthy dish from their country.

Level

B1/B2 (Intermediate/upper-intermediate)

Age group

Teenagers and adults

Aims

1. To develop vocabulary related to diet and nutrition.
2. To learn and practise some new phrasal verbs.
3. To provide an opportunity for free speaking practice.

Approximate time

40 - 60 mins.

This lesson is flexible, and the length will depend on the level of your learners. If your students are stronger, you may want to drop the language focus.

Materials

- Worksheet 1: Vocabulary
- Worksheet 2: Language of diet and nutrition
- Premier Skills English Podcast: How to eat like a Premier League footballer
- A3 paper for brainstorming.

Preparation

- Read this plan, and familiarise yourself with the topic.
- Make copies of worksheets.
- Download the podcast to play on a phone / tablet or listen to it online

Procedure

1. **Introduction:** Tell your students that they are going to listen to the first part of a podcast from the Premier Skills English website. Ask them to listen and try to identify the topic of the podcast.

Play the podcast from 00.00 > 2.06.

The podcast is about diet and nutrition.
2. **Brainstorm:** Ask your students to work in groups. Are Premier League footballers healthy? (yes) Do you think they have a healthy diet? (yes) Tell them that they are going to spend 3 minutes brainstorming 'things a Premier League footballer eats and drinks'. Ask each group to nominate a writer who will write down anything that the members of the group come up with.

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Procedure continued

3. **Worksheet 1:** Show your students the vocabulary worksheet. Tell them to read the statements at the top and ask them if they are familiar with the vocabulary.

Tell them to complete the matching activity on the worksheet.
4. **Podcast:** Tell your students that they are going to listen to the podcast again. In this next section, Jack talks about what he eats and Rich gives him some advice. Ask your students these questions **before you listen**: Does Jack have a healthy diet? What advice does Rich give to Jack? Ask these questions **after you listen**: Is your diet healthier than Jack's? What's the unhealthiest thing you often eat?

Play the podcast from 2.07 > 6.27.

Students listen and discuss their answers/opinions.

Listen again. This time your students have to listen for specific items of food and drink and write them down under the headings 'healthy' and 'unhealthy'.

Play the podcast from 2.07 > 6.27.
5. **Classify:** Ask the groups to spend 5 minutes looking back at their ideas from the brainstorm and the items they heard mentioned in the podcast. Groups need to classify all the different foods into the following groups: vegetables, fruit, cereal, meat, dairy and treat.
6. **Language focus:** In the section of the podcast you are about to listen to, Rich and Jack introduce some phrasal verbs and other important phrases to talk about diet. Listen to the podcast and ask students to write down three phrasal verbs that are used to talk about diet and nutrition.

Play the podcast from 6.28 > 8.20.

Hand out worksheet 2 and ask your students complete the activities and discuss the questions about diet and nutrition.
7. **Discussion:** Students work in pairs. Tell your learners they have been asked to write an article for a new book called 'healthy food from around the world'. Each pair has to think of a healthy dish from their country and the best article will represent their country in this new book.. Encourage students to write notes and use vocabulary from the podcast and previous worksheets.
8. **Presentation:** Split the pairs into new pairs. Each student takes it in turns to speak about their dish and why it is healthy.
9. **Listening:** While the other student (s) is listening, they have to decide how healthy and how tasty the dish sounds. They should give the dish marks out of ten for health and taste. The dish with the highest score is chosen for the book.
10. **Homework:** Students write 200 words about their dish. They need to include the ingredients, the method of cooking, why it is healthy, why it tastes great and why it's popular in their country. Alternatively, learners could write their articles in the comments section on the lesson page on the website.