

**Workshop:** DICTATION

Levels: A1-A2

**Topic:** HEALTHY EATING AND DRINKING

**Objective:** To improve spelling, comprehension and listening skills

**Materials:** Handouts (two pages)

**Procedure:**

1. Introduce yourself to the students and let them do the same if they don't know each other
2. Go through difficult vocabulary first, then read aloud the passage
3. Start dictating with a lower speed.
4. Read the text again for the third time, giving them the possibility of filling the gaps of the words they have missed
5. Give them the sheet with the text and let them correct their work. Ask them if they have any doubts.
6. Thank sts for coming to the lesson.

## HEALTHY EATING AND DRINKING

Meats and proteins are red meat such as lamb, beef and pork, poultry such as chicken and turkey or vegetarian alternatives such as beans, lentils, nuts.

These foods are important sources of protein, iron and zinc. Proteins are the building blocks of our body, they maintain healthy tissues and repair any damage.

Proteins are made up of amino acids, most importantly the amino acids that can not be made inside the body and must come from the food we eat.

Fruit and vegetables are a group that includes all fresh fruit and vegetables as well as juices and dried fruit.

Eating more fruit and vegetables will give you big health benefits. They help to prevent heart disease and cancer.

We should eat at least five portions of a variety of fruit and vegetables every day. A portion can be one piece of fruit, one glass of fruit juice or one serving of vegetables.

And remember, if you smoke, you need more vitamin C than a non-smoker, so it is very important to have five.

Drinks include water, fruit juices, canned drinks, tea, coffee, wines and beer.

The human body is mostly water, so drinks are very important to keep our fluid balance correct.

Tea and coffee that acts as a stimulant: it raises blood pressure and makes the heart beat faster. While caffeine can act as a great pick-me-up, in higher doses it can limit vitamin and mineral absorption and have a negative effect on our energy levels.

We also have to pay attention to the amount of alcohol we drink every day. Drinking alcohol can be a relaxing way to socialise but drinking too much on a regular basis can be damaging.

We should drink about two litres of water every day. You can get some of these liquids from soft drinks, fruit juices or hot drinks.

Fats and sugars are butter, margarine, oils, cream, sugar and foods that contain fats and sugars such as cakes, biscuits, sweets, chocolate, ice-cream, mayonnaise and deep fried foods. Foods in this group are concentrated sources of calories. It is best to keep them to a minimum.

Dairy products include milk, yoghurt and cheese.

The most important constituent of dairy products is calcium: a mineral that is essential for healthy teeth and bones.

If you can not eat dairy products because you are lactose intolerant you can get your daily dose of calcium from other sources such as soya milk enriched with calcium, spinach, apricots or figs.