

<u>Listening</u> Speaking Grammar Reading			
<b>Title: The Six Nutrients</b>			
Instructor: Laura	Level: 12yrs+ Intermediate	Students: 6~9	Length: 50 minutes
<b>Materials:</b> <ol style="list-style-type: none"> <li>1. Slides (Appendix1)</li> <li>2. Work sheets (Appendix2)</li> <li>3. Flash cards of foods (Appendix3)</li> <li>4. Homework(Appendix4)</li> <li>5. Big board for flash cards to attach. It could be divided 4 sections without nutrient's name.</li> <li>6. Color pens, Pencils, Glues, Scissors</li> </ol>			
<b>Aims:</b> <ol style="list-style-type: none"> <li>1. Ss will learn that our body's systems need nutrients to function properly.</li> <li>2. Ss will distinguish foods by nutrients.</li> <li>3. Ss would not be able to eat only what they wants.</li> <li>4. Ss will learn new words and review the intonation.</li> </ol>			
<b>Language Skills:</b> <ol style="list-style-type: none"> <li>1. Writing: Fill in the blanks.</li> <li>2. Listening: Listen to teacher's instruction and mp3 file.</li> <li>3. Speaking: Ss will talk each other about the worksheet.</li> <li>4. Reading: Solve the problems.</li> </ol>			
<b>Language Systems:</b> <ol style="list-style-type: none"> <li>1. Lexis: Nutrient, Carbohydrate, Protein, Fat, Vitamin, Mineral and Dairy product</li> <li>2. Grammar: When ss fill in the blanks, they will care about the grammar.</li> <li>3. Phonology: Ss will check the intonation.</li> <li>4. Discourse: Ss will read the problems to solve and fill in the blanks.</li> </ol>			
<b>Assumptions:</b> <ol style="list-style-type: none"> <li>1. Ss learned about intonation.</li> <li>2. Ss knew how can they taking care of their bodies simply.</li> <li>3. Ss could recognize foods and know about food's name.</li> </ol>			
<b>Anticipated Errors and Solutions:</b> <p>Error1. Ss could not distinguish between vitamin and mineral.  Solution1. Explain more specific.  (Vitamin is organic compounds and it can be synthesize in our body.  Mineral is chemical element and it can't be synthesize in our body.)</p> <p>Error2. Ss could not remember about intonation.  Solution2. Explain one more time and give the examples.  ( When Ss read some sentences, their voice rises and falls as they speak.)</p>			

Backup Plan:  
Find the key words(Appendix5)

ICQ and CCQ:

CCQ examples

1. Which food do you like most?
2. What do you think about which nutrient is the most important in our body?
3. What did you eat yesterday?

ICQ examples

1. How much time do we have?
2. What is the next step?
3. How many cards do we have stick on the board?

References:

**mp3 file and text:**

Putlack, MichaelA..*American school textbook reading key*.Seoul:KeyPublications,2010.Print.

**Definition of words:**

<http://endic.naver.com/enkrEntry.nhn?sLn=kr&entryId=32f4d2c272bb49799c5e893fa3bd631e#English>

<http://endic.naver.com/search.nhn?sLn=kr&query=carbohydrate&searchOption=all&isOnlyViewEE=Y>

<http://endic.naver.com/search.nhn?sLn=kr&searchOption=all&query=protein>

<http://endic.naver.com/enenEntry.nhn?sLn=kr&entryId=e29ed9c73d97454ba91cd757bb511db3#NOUN>

<http://endic.naver.com/enenEntry.nhn?sLn=kr&entryId=8ba118e0b5c14608abeeb2ee24440334&query=vitamin>

<http://endic.naver.com/enenEntry.nhn?sLn=kr&entryId=7ee9afaab99c49b192b4c80250888215&query=mineral>

**Pictures:**

<http://www.thenutritionpost.com/wp-content/uploads/2012/11/carbohydrate-rich-food1.jpg>

<http://candidadieta.ingyenblog.hu/files/2013/03/candida8.jpg>

[http://www.troynypizza.com/wp-content/uploads/2015/01/Cheese\\_Pizza.jpeg](http://www.troynypizza.com/wp-content/uploads/2015/01/Cheese_Pizza.jpeg)

<http://www.bodybio.com/Data/Default/Images/newsletters/issue47/fruits.jpg>

[http://cdn.mallmaverick.com/system/posts/images/000/000/906/original/Vitamin\\_C.jpg?1432765803](http://cdn.mallmaverick.com/system/posts/images/000/000/906/original/Vitamin_C.jpg?1432765803)

<https://www.nutri-plus.de/custom/imgres/lexikon/nuesse.jpg>

[http://foodnetwork.sndimg.com/content/dam/images/food/fullset/2013/6/5/0/FNM\\_070113-50-Ice-Cream-Treats-Vermont\\_s4x3.jpg](http://foodnetwork.sndimg.com/content/dam/images/food/fullset/2013/6/5/0/FNM_070113-50-Ice-Cream-Treats-Vermont_s4x3.jpg)

<http://authoritynutrition.com/wp-content/uploads/2013/01/egg.jpg>

[http://rivesqualitymeats.com/wp-content/uploads/2013/08/rives\\_quality\\_meats\\_2013.jpg](http://rivesqualitymeats.com/wp-content/uploads/2013/08/rives_quality_meats_2013.jpg)

<http://fitfinity.net/wp-content/uploads/2010/05/fats-oils.jpg>

<http://visualrecipes.com/images/sized/1/how-to-make-a-cheesecake/cheesecake-with-strawberry-sauce-590x352.jpg>

[https://www.igfa.org/Images/SpeciesID/Images/tuna\\_yellowfin.png](https://www.igfa.org/Images/SpeciesID/Images/tuna_yellowfin.png)

[http://www.onsitefunctions.com.au/chinese\\_noodles.jpg](http://www.onsitefunctions.com.au/chinese_noodles.jpg)

<http://studentweb.cortland.edu/Tanya.Smith02/miniproj1/kimchi%20the%20food.jpg>

<http://media.gocom.vn/Systems/2015/01/22/2rong-bien-kimpap.jpg>

[http://www.city.funabashi.chiba.jp/tourist/ko/dining/p033735\\_d/img/002.jpg](http://www.city.funabashi.chiba.jp/tourist/ko/dining/p033735_d/img/002.jpg)

**Back up plan:**

<http://puzzlemaker.discoveryeducation.com/code/BuildHiddenMessageWordSearch.asp>

KEY: Individual (I); Pairs (P); Groups (G); Whole Class (W); Teacher (T); Student (S); Students (Ss)

**Ice Breaker**

Materials: flash cards

Time	Interaction	Details	Purpose
16:00 -16:07	T-S & S-S	<p>-Greeting. Hello everyone. Really nice to meet you. My name is Laura and I'll be your teacher in this semester. -Doing Ice breakers. Before we start the class, why don't you introduce yourself? Please look at the flash cards. Pick out what you most like. Tell your name first and using this phrase "My favorite food is ____."(Write on the board.) And tell me why. -Ss wil introduce themselves.</p>	Introduce themselves to familiarize each other.

**LEAD-IN**

Materials: Slides, Work sheet-1

Time	Interaction	Details	Purpose
16:08 -16:15	T-S & S	<p>-Show them the slides. Can you tell me that what is this name? Ss will answer. T asks to S that Which nutrients are in this food? Have Ss to guess. T explains the nutrients simply with showing the slides. -Please look at the work sheet NO.1. T makes them to do with work sheet NO.1. Explain the two blanks.</p>	Pre-teach information.

**PRESENTATION**

Materials: Slides, mp3 file, Work sheet-2

Time	Interaction	Details	Purpose
16:16 -16:26	S & S-S	<p>-Listen to T's instruction and mp3 file. Let Ss look at the work sheet NO.2. Give the instructions. -After listening, make a group. Compare their answers by themselves. T shows the full sentence after the S's talk. -Listen to them that mp3 file one more time. T explains about intonation briefly and check it while Ss listen. -After listening, make a group. Compare their answers by themselves. T shows the right intonation.</p>	Ss will learn the new words and improve their listening skills.

**PRACTICE**

Materials: Color pens, Pencils, Glues, Scissors, big board, flash cards

Time 16:27 -16:38	Interaction S-S	Details  -Ss will cut out the flash cards and color it. T explains to them instructions while they cut the flash cards. T makes groups with other members. T gives big board to each group and tell them that Ss write on 4 kinds of nutrients. -Ss exchange their ideas before they attach to flash card on the big board. T should be tell to Ss that there is no answer and answers can be overlap. If Ss don't have enough cards, they can write. T should be check the time. Make them know clearly.	Purpose Ss doing activity and giving presentation by themselves.
-------------------------	--------------------	--	---

### PRODUCTION

Materials: big board which Ss made

Time 16:39 -16:45	Interaction S-S	Details  Ss will announce their work. T makes sure that every Ss participate in presentation. If each groups have different answer, T should be ask them.	Purpose Ss doing activity and giving presentation by themselves.
-------------------------	--------------------	---	---

### WRAP-UP

Materials: Slides

Time 16:46 -16:50	Interaction T-S	Details  T asks something that Ss learned today with using wh-questions. Give homework.	Purpose Closing the class and review simply to Ss remember today's lesson.
-------------------------	--------------------	--	---

Appendix 1. Slides

HELLO EVERYONE!  
WELCOME 😊

LAURA

## ICE BREAKERS

Please choose one flash card which is your most  
Favorite food.

First, introduce yourself simply and  
using this phrase to tell us what you choose.

“My favorite food is \_\_\_\_\_.”

Tell me the reason.

## The Six Nutrients



## The Six Nutrients



## The Six Nutrients



## The Six Nutrients



Your body's systems need nutrients to **function** properly. Nutrients are **materials** in food that your body **uses** to grow and to stay healthy.

There are six kinds of **nutrients**. They are carbohydrates, **proteins**, fats, vitamins, minerals, and water. Each nutrient helps the body in a **different** way.

**Carbohydrates** are main source of energy for your body. There are two kinds of carbohydrates: sugars and **starches**. Foods with starches include rice, **potatoes**, and bread. Fruits such as apples and oranges are made of **sugars**.

Proteins are part of every **living cell**. The body needs many proteins to grow and to **repair** body cells. Meat, fish, milk, eggs, and **dairy** products contain proteins.

**Fats** help your body use other nutrients and **store** energy. But they are needed only in small **amounts**. Fats are found in meats, butter, **milk**, and oils.

**Vitamins** protect you from illnesses. **Minerals** help your blood, muscles, and **nervous** system.

Water helps your body remove **wastes**. It also keeps your body temperature **normal**. You could not live for **even** a week without water.

Your body's systems need nutrients to function properly.

Nutrients are materials in food that your body uses to grow and to stay healthy.

There are six kinds of nutrients. They are carbohydrates, proteins, fats, vitamins, minerals, and water. Each nutrient helps the body in a different way.

Carbohydrates are main source of energy for your body.

There are two kinds of carbohydrates: sugars and starches.

Foods with starches include rice, potatoes, and bread.

Fruits such as apples and oranges are made of sugars.

Proteins are part of every living cell. The body needs many proteins to grow and to repair body cells. Meat, fish, milk, eggs, and dairy products contain proteins.

Fats help your body use other nutrients and store energy. But they are needed only in small amounts. Fats are found in meats, butter, milk, and oils.

Vitamins protect you from illnesses. Minerals help your blood, muscles, and nervous system.

Water helps your body remove wastes.

It also keeps your body temperature normal.

You could not live for even a week without water.

## HOMEWORK

Please do your HOMEWORK!!

THANK YOU FOR LISTENING.



Appendix 2. Work sheets—1

Match each word with the definition.

- |                  |     |     |   |
|------------------|-----|-----|---|
| 1. Nutrient      | ___ | ___ | a. something is the useful thing that they do or are intended to do                               |
| 2. Function      | ___ | ___ | b. It helps the body grow and repair cells.   |
| 3. Properly      | ___ | ___ | c. the main source of energy for the body   |
| 4. Carbohydrate  | ___ | ___ | d. substances that help plants and animals to grow  |
| 5. Fat           | ___ | ___ | e. milk and food made from milk, such as butter, cream and cheese                                 |
| 6. Protein       | ___ | ___ | f. found in small quantities in food and drink, It helps your blood, muscles, and nervous system. |
| 7. Vitamin       | ___ | ___ | g. to take something away from the place where it is  |
| 8. Mineral       | ___ | ___ | h. It is used to store energy and to help keep them warm.   |
| 9. Dairy product | ___ | ___ | i. substances that you need in order to remain healthy and protect you from illnesses             |
| 10. Remove       | ___ | ___ | j. correct and satisfactory   |

Appendix 2. Work sheets–2

Listen to the passage and fill in the blanks.

Your body's systems need nutrients to \_\_\_\_\_ properly. Nutrients are \_\_\_\_\_ in food that your body \_\_\_\_\_ to grow and to stay healthy.

There are six kinds of \_\_\_\_\_. They are carbohydrates, \_\_\_\_\_, fats, vitamins, minerals, and water. Each nutrient helps the body in a \_\_\_\_\_ way.

\_\_\_\_\_ are main source of energy for your body. There are two kinds of carbohydrates: sugars and \_\_\_\_\_. Foods with starches include rice, \_\_\_\_\_, and bread. Fruits such as apples and oranges are made of \_\_\_\_\_.

Proteins are part of every \_\_\_\_\_. The body needs many proteins to grow and to \_\_\_\_\_ body cells. Meat, fish, milk, eggs, and \_\_\_\_\_ products contain proteins.

\_\_\_\_\_ help your body use other nutrients and \_\_\_\_\_ energy. But they are needed only in small \_\_\_\_\_. Fats are found in meats, butter, \_\_\_\_\_, and oils.









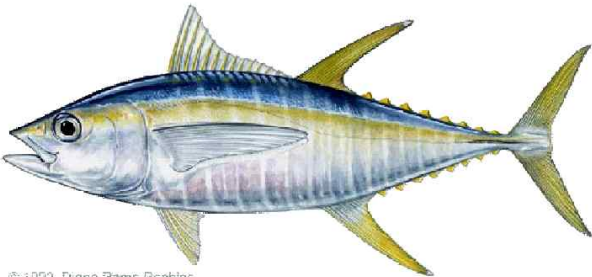

\_\_\_\_\_ protect you from illnesses. \_\_\_\_\_ help your blood, muscles, and \_\_\_\_\_ system.

Water helps your body remove \_\_\_\_\_. It also keeps your body temperature \_\_\_\_\_.

You could not live for \_\_\_\_\_ a week without water.

Appendix3. Flash cards of foods.



 <p>Thick egg noodles (pre-cooked)</p> <p>Thin rice noodles</p> <p>Thin egg noodles</p> <p>Thin wheat noodles</p>	
	
	
	
 <p>© 1992, Diane Rome Peebles</p>	

Appendix4. Homework

1. Try again the Work sheets—1. You could be match each word with the correct definition. Write down the answers on the right blanks and compare with what you've done before the class.

2. Solve these simple problems. Please recall the words and context.

a. What are sugars and starches?

- ① Fats                      ② Carbohydrates                      ③ Proteins                      ④ Minerals

b. What helps your body remove wastes?

- ① Vitamins                      ② Minerals                      ③ Water                      ④ Fats

c. Which one is main source of energy for your body?

- ① Proteins                      ② Water                      ③ Minerals                      ④ Carbohydrates

d. Which nutrient can help your blood, muscles, and nervous system?

- ① Vitamins                      ② Fats                      ③ Minerals                      ④ Proteins

Appendix5. Find out words(Back up plan)

# ◇Find the Key words◇

You can find the key words in any directions.



CARBOHYDRATE

FAT

FUNCTION

MINERAL

NUTRIENT

PROPERLY

PROTEIN

REMOVE

VITAMIN