

## Lesson Plan Template – TBA Lesson Plan

☐ Listening   ☐ Speaking   ☒ Reading   ☐ Grammar   ☐ Writing

**Topic: Nutritional information and ingredients**

Instructor:  
Emily & Joey

Level:  
Advanced (Adult)

Students:  
4 students

Length:  
30 Minutes

### Materials:

- Picture with a girl who is having a snack bar
- Youtube video about today's topic – pre activity
- Worksheet 1 for preactivity ( Video watching )
- White board and board markers
- Snacks ( Special K chewy snack bars )
- Worksheet 2 for cross word puzzle
- Worksheet 3 for main activity ( Nutritional information and ingredient )
- Worksheet 4 for word search puzzle
- Picture for post activity

### Aims:

- Main Aim : Ss will able to check and understand nutritional information on snacks before they buy them.
- Secondary Aim : Ss will be able to explain nutritional information and ingredients to other students and give advice.
- Personal aim : I want Ss to feel comfortable when they go abroad and go to the supermarket.

### Language Skills:

- Reading : Ss will read nutrition facts on snacks , and worksheet 2 with snack bars.
- Listening : Ss will watch a video ( special K bars commerical ), the teacher's instructions with worksheet 2 and other students' reponses.
- Speaking : Ss will speak during their activities. ( Working out the answers together on Worksheet 1 & 2 - Worksheet 1 to answer questions, Worksheet 2 find out information).
- Writing: Ss will write during their activities. ( Answering the questions.)  
- Worksheet 1 ,2 to write answers

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### Language Systems:

- Phonology : /GR/ and /FL/
- Lexis : New vocabulary about nutrition facts  
( Cholesterol, Sodium, Protein, Total Carbohydrate, Granola , Flavorful. )
- Grammar : Comparative ( \_\_\_\_\_ is less than \_\_\_\_\_ )
- Discourse : Dialogue, Q&A

### Assumptions:

- Ss have been to the supermarket either domestically or abroad and bought snacks.
- Students already know basic information about nutrition.
- Ss can converse about food.

### Anticipated Errors and Solutions:

- The letters are too small to read.
  - ↳ They can take a picture on their phone and zoom in on it.
- If no one wants to speak
  - ↳ Teacher will choose one person in each pair.
- If certain Ss keep speaking.
  - ↳ Ask them to give other Ss a chance to speak.

### References:

< Youtube link >

<https://www.youtube.com/watch?v=a6aXjZgxdrY>

< Granola bars >

Jayme's friend, Target, San Francisco

<Word search puzzle > - worksheet 3

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

<Cross word puzzle > - worksheet 4 for SOS

<http://worksheets.theteacherscorner.net/make-your-own/crossword/>

<Picture>

<http://173.236.14.34/leon/detidepende/descubrir-que-estas-comiendo-125046.html>

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Lead-In			
Materials: None			
Time	Set Up	Student Activity	Teacher Talk
3min.	whole class	Answering teacher's questions.	Good afternoon! everyone! How was your week? What time do you wake up? Do you usually have time to eat breakfast? What do you eat when are in a hurry in the mornings ?

Pre-Activity			
Materials: Youtube Video #1. Computer, projector, Board, Board markers, worksheet#1			
Time	Set Up	Student Activity	Teacher Talk
5min.	whole class		<p>Procedure:</p> <p>1. Sharing about your favorite snack bar</p> <p><u>Elicit</u></p> <p>“ Teacher : ( To Apple ) What did you eat for breakfast today? ” Show a picture of a girl eating a snack bar.</p> <p>- Ask:</p> <p>“ What is this girl eating? ” “Is it healthy?”</p> <p>“How can we find out what's healthy or not?</p> <p>*Students answer. After they answer</p> <p>- Ask:</p> <p>“ What do you think we are going to study?”</p> <p>“ Can you guess today's topic? ”</p>

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		<p>Watching a video, answering teacher's question and sharing their experiences.</p>	<p><u>Model</u>            “ Today’s topic is ‘ Nutritional information and ingredients ’.”            (Teacher writes a topic on the board)</p> <p>- CCQ -</p> <p>1) Do you know what nutritional information is?</p> <p>2) Is there a nutritional value in junk food?</p> <p>3) What is the basic nutrition that we need?</p> <p>2. New vocabulary</p> <p>- Instruction.</p> <p>“ We are going to learn the new vocabulary. so first, we are going to watch a video. I will give you a worksheet. As we watch the video, you will write answers individually.</p> <p>( Distribute the worksheet #1)</p> <p>- Demonstration -</p> <p>Listen carefully and try to answer questions. All the answers are in the video.</p> <p>- ICQ -</p> <p>What do we do with our worksheet?</p> <p>How much time do you have ?</p> <p>Can you listen to the video again?</p>
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			<p>Let's start.</p> <p>This time, Let's watch it again work with a partner and find the answers together.</p> <p>- Monitoring Monitor discreetly and play the video again if they didn't get the answers.</p> <p>- Check Answers check if everyone wrote the answer or not</p>
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Main Activity			
Materials: Worksheet#2			
Time	Set Up Group	Student Activity	Teacher Talk
12 min.		<p>Reading Nutrition Fats on the snack bar box.</p> <p>Finding answers on worksheet and talking to other people to find out other answers that they can't get.</p>	<p>1. New Vocabulary</p> <p>1) Cross word puzzle ( Worksheet 2 )</p> <p>- instruction I will give you worksheet and find the right word with given sentences. Okay, I will give you 5min. Let's see who is the fastest.</p> <p>(Distribute the worksheet #4)</p> <p>-Demonstration Read the given sentences and think what will be the best word and if you have any question or if you can't understand the sentence ask your partners or me.</p> <p>-ICQ How long do you have?</p>

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			<p>What do you need to find? Are you working alone or pair?</p> <p>-CCQ</p> <p>what are these words about?</p> <p>- Monitor Helping students to find words</p> <p>Time warning</p> <p>2) Speaking Activity ( Worksheet3 )</p> <p>-Instruction</p> <p>I will give you a box of snack bars and a worksheet. you need to read the nutrition facts. check carefully there are two different kinds of granola bars. I will give you 5 min. to fill all the answers with a partner.</p> <p>- Demonstration (Pointing the nutrition facts part ) look at this, there is a lot of information and you need to read everything and find the answers. Talk to your partners and find the answers. If It is hard to see, take a picture and you can zoom in on it.</p> <p>- ICQ -</p> <p>How many people are in your group? What are you going to read? How long do you have to find out answers? Can you find out all the answers alone?</p>
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<b>Post Activity</b>			
Materials: Worksheet #4 , Paper, pens.			
<b>Time</b>	<b>Set Up</b>	<b>Student Activity</b>	<b>Teacher Talk</b>
10 min.	whole class	Wall chart Presentation	<p>1. Wall chart Presentation</p> <p>- Instruction Let's make a wall chart. You are going to make a wall chart to advertise a New Speical K snack bar with your own taste. I will give you 5 min.</p> <p>-Demonstration Look at this Demo wall chart. you can be creative, make your own thing. you guys are doing with pair work. when you are finished, you need to present your wall chart and I am going to pick a better one.</p> <p>Yes, This is a competition.</p> <p>- ICQ -</p> <p>What is your wall chart about? How long do you have? Do you present or not?</p> <p>2. Conclude lesson</p> <p>Okay, Today we learned about Nutritional information and ingredients. Can you name words that we learned today?</p>
<b>SOS Activity</b>			
Materials: Worksheet #4			
<b>Time</b>	<b>Set Up</b>	<b>Student Activity</b>	<b>Teacher Talk</b>
5min.	whole class	word search puzzle	I will hand you a piece of worksheet and try to find words as soon as possible.

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- Appendices -

< Appendix 1 – worksheet 1 >

## SPECIAL K SNACK BAR TV COMMERCIAL

⟨Script⟩

Flavor feeds the soul.

It's the beat you move to!

The track you don't wanna end.

That's why these all new Special K snack bars are full of the good stuff.

Like golden oats, dark chocolatey chunks and salty pretzels.

Each for 100 feel good calories.

Because you should give life all the flavor you've got!

Special K snacks!

Be flavorful.

1. Granola bar.

2. Give life all the flavor you've got,

3. 100 calories.

4. Golden oats, dark chocolatey chunks and salty pretzels.



1. What kind of food is it?

2. What's the slogan of this commercial?

3. How many calories are there in Special K snack bars?

4. Name 3 ingredients in Special K snack bars.



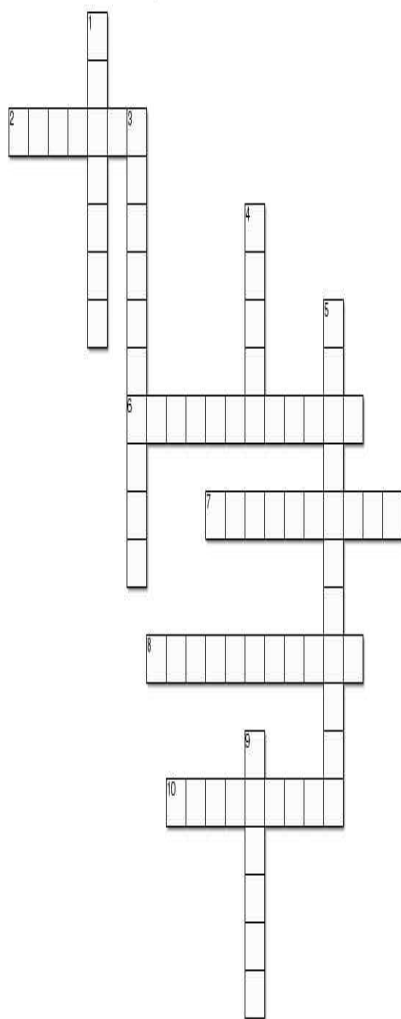
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< Appendix 2 – worksheet 2 >

Name: \_\_\_\_\_

## Nutritional information and ingredients

Complete the crossword below



Created on The TeachersCorner.net Crossword Maker

### Across

2. Rolled oats mixed with various ingredients, such as dried fruit, brown sugar, and nuts, and used especially as a breakfast cereal.
6. An essential structural component of living cells and source of energy for animals.
7. Food that is a component of a mixture in cooking.
8. An animal sterol that is normally synthesized by the liver.
10. Full of flavor; savory.

### Down

1. Any of a large group nitrogenous organic compounds that are essential constituents of living cells.
3. Made by humans; produced rather than natural.
4. Needing much chewing; chewy candy.
5. Of or relating to or providing nutrition.
9. A silvery soft waxy metallic element of the alkali metal group.

Flavorful

Sodium

Granola

Carbonhydrate

Ingredient

Nutritional

Cholesterol

Protein

Chewy

Artificial

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# Joe & Emily's Fun English Class

## < Worksheet 3 >

- Snack bars -				
Nutrition Facts				
	Gram		% Daily Value*	
	S.B A	S.B B	S.B A	S.B B
Serving Size ( 1 Bar )	g	g	-	-
Calories	g	g	%	%
Total Fat	g	g	%	%
Cholesterol	g	g	%	%
Sodium	g	g	%	%
Total Carbonhydrate	g	g	%	%
Protein	g	g	%	%

Ingredients ( Pick at least 5 )

1. Which one has a less total fat?
2. Which one has a less Sodium?
3. What's you and your partner's favorite ingredient?

## Your Partner:

< Appendix 4- Worksheet 4 >

## Nutritional information and ingredients

A	M	F	I	W	B	Q	A	F	W	Q	R	F	L	L
R	U	S	E	N	Q	M	Z	L	T	P	L	U	A	F
T	I	J	T	H	G	A	L	Y	A	A	B	N	H	W
I	D	Y	A	K	D	R	X	N	V	L	O	H	J	O
F	O	M	R	G	P	A	E	O	I	I	G	Y	U	X
I	S	F	D	I	C	V	R	D	T	E	F	D	K	T
C	A	L	Y	S	R	F	Y	I	I	M	T	E	X	Y
I	Y	U	H	A	U	O	R	H	K	E	R	O	R	I
A	M	B	O	L	Y	T	G	A	L	O	N	A	R	G
L	P	F	B	Z	U	Q	B	E	L	X	R	T	H	P
K	Z	T	R	N	K	G	D	O	N	M	C	X	D	A
O	U	Y	A	M	S	S	I	E	E	U	Q	U	F	O
F	S	W	C	P	C	K	Z	S	Q	H	U	F	S	N
D	O	U	C	H	O	L	E	S	T	E	R	O	L	E
X	E	M	X	R	K	K	J	N	A	E	M	H	S	O

ARTIFICIAL  
FLAVORFUL  
NUTRITIONAL

CARBOHYDRATE  
GRANOLA  
PROTEIN

CHOLESTEROL  
INGREDIENT  
SODIUM

# Lesson Plan Template – TBA Lesson Plan

< Appendix 5 – Demo wall chart >



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Pre



## Nutrition Facts

**Calories 100**  
**Total Fat 1g(1.5%)**  
**Cholesterol 0mg**  
**Total Carbohydrate 10g**  
**Protein 5g**  
**Sodium 30mg (4%)**

## Ingredients

**dried anchovies,**  
**green chili**  
**peppers, honey,**  
**sugar, sesame oil**

Appendix 6 –  
Activity >