

[http://www.youtube.com/watch?v=8t3rC7F\\_Agk](http://www.youtube.com/watch?v=8t3rC7F_Agk) features related

**Listening**

1- What kind of food would you include in these 5 categories?

	GRAIN GROUP	VEGETABLES	FRUIT	MILK, YOGHURT & CHEESE	MEAT & FISH
				XXXXXXXXXXXXXXXXXXXXXXXX	XXXXXXXXXXXXXX
COMBINATION					

2- Listen and watch the video. Compare it with your answers and add other foods the video mentions in each group. Add more foods in Meat & Fish

**Speaking**

- 1- What food group do you eat most?
- 2- Do you think some food groups are healthier than others? Which ones?
- 3- What is your typical daily diet like?
- 4- Which food group is predominant in Western countries?
- 5- Are you happy with your diet? Would you like to change anything in it?