

# Why do we eat ?

*Learning Intention: I can understand an audio text and identify the main idea and key words.*

## A. Pre-Listening

Read these words: vitamins - energy - starch

Look up the meaning of the words that you don't know in a dictionary.

---

---

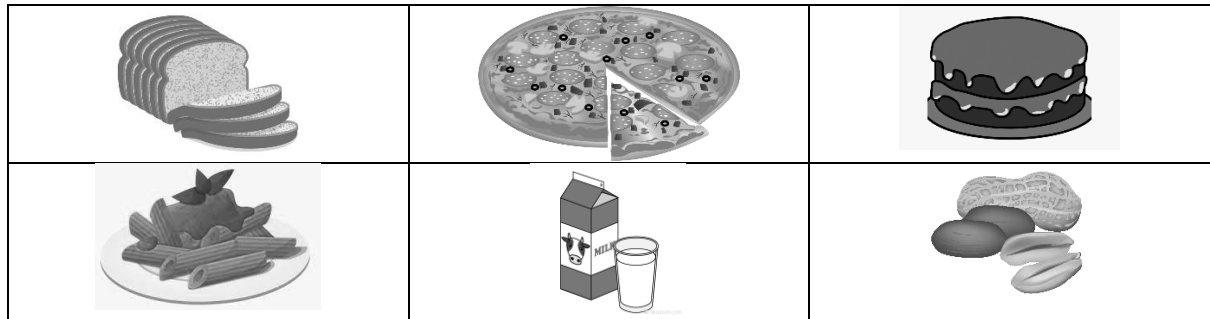
---

How are these words related to food?

---

## B. While-Listening

Which of these foods are mentioned in the audio text. Circle four (4).



Match each food with its corresponding benefit.

|          |
|----------|
| rice     |
| biscuits |
| meat     |
| cheese   |
| fruit    |

|                                            |
|--------------------------------------------|
| This is a sugary food.                     |
| This food helps the body recover when ill. |
| This food has starch in it.                |
| This food is full of vitamins.             |
| This kind of food has fat in it.           |

## C. Post-Listening

With your partner, plan and design a daily menu including different foods from all the food groups.