



WEEKS 14-15

Causes and Consequences of a Bad Nutrition

When we are young, we don't care that much about what we eat and drink, maybe because we think we are going to be young forever. However, having bad nutrition can bring serious consequences not only for our physical health but also for our mental health.

OBJECTIVES

- To classify food in healthy and junk.
- To identify the consequences of having bad nutrition.

**DID
YOU
KNOW?**



**... Breakfast is
the most
important meal
of the day?**



Can you mention some junk food and healthy food you eat?

Healthy Food	Junk Food



TOPIC EXPLANATION

READ CAREFULLY AND PRACTICE

Causes and Consequences of a Bad Nutrition



WHAT CAUSES...

Obesity: *It is generally caused by eating too much, moving too little and consuming junk food, soda, drinks, fat, and sugar.*

Diabetes: *It happens when you eat too much sugar, such as soda and drinks.*

High blood pressure: *It happens when you eat food with too much oil or fat.*

The best way to avoid these diseases is by eating healthy food.

Stay healthy

VOCABULARY

Look at the meaning of these words in your English-Spanish dictionary.

- ✓ **blood**
- ✓ **diabetes**
- ✓ **diet**
- ✓ **diseases**
- ✓ **fiber**

- ✓ **junk food**
- ✓ **nutrients**
- ✓ **Nutrition**
- ✓ **obesity**
- ✓ **poultry**

- ✓ **pressure**
- ✓ **seeds**
- ✓ **stroke**
- ✓ **sugar**
- ✓ **sweets**

READING COMPREHENSION

READ CAREFULLY

Bad Nutrition and Its Consequences



*Bad **nutrition** is a serious condition that happens when your **diet** does not contain the right amount of nutrients. People should eat healthy food such as: fruits, vegetables, **fiber**, nuts, **seeds**, meat, fish, **poultry**, and whole grains; also we have to drink a lot of water.*

*People should avoid eating **junk food** like chips, cookies, donuts, **sweets**, pizza, fried chicken, French fries, and soda. Junk food is delicious but unhealthy.*

*There are some **diseases** that are caused by bad nutrition such as: heart diseases, **obesity**, **high blood pressure**, stroke, **diabetes**. The best way to avoid these diseases is by eating healthy food and exercising.*

ACTIVITY 1

READING COMPREHENSION

After reading several times, answer the following questions.

1. What is the title of the reading?

_____.

2. How does bad nutrition affect your health?

_____.

3. What is junk food?

_____.

4. What is healthy food?

_____.

5. What is the best way to avoid diseases?

_____.

6. Provide 3 examples of unhealthy food.

_____, _____, _____.



ACTIVITY 2

FILL IN THE BLANKS

1. Some diseases that are caused by bad nutrition are:

_____, _____, and _____.

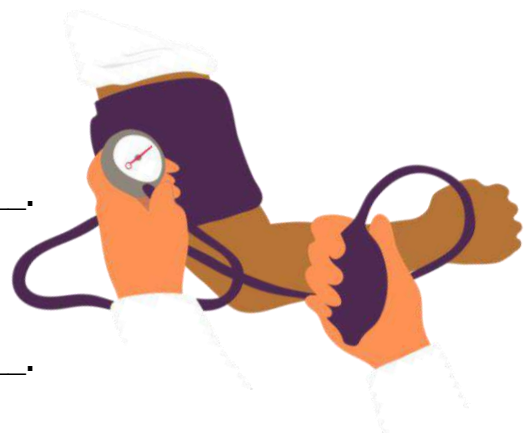
2. To be healthy you have to eat:

_____.

3. You shouldn't eat:

_____.

4. Besides eating healthy food, we must drink a lot of _____.



5. _____ is the disease caused by consuming a lot of sugar.

STRUCTURE

SHOULD AND SHOULDN'T

Use should or shouldn't for advice.

Affirmative

Subject + should+ verb (base form)

Example: You should eat healthy food.

Negative

Subject + should+ not+ verb (base form)

Example: You shouldn't eat junky food.



Everybody
should eat
healthy food.

ACTIVITY 3

WRITE SHOULD OR SHOULDN'T

Use should or shouldn't



Diana _____ eat healthy food.



Ronald _____ eat junk food.



They _____ drink soda.



Students _____ practice sports.



FIND THE WORDS

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

DIABETES

FAT

FIBER

HEART

HEALTHY

NUTRITION

JUNK

STROKE

OBESITY

WATER

**Test Your
Knowledge**

**FOLLOW THE INSTRUCTIONS TO MAKE THE
PROJECT**

Advices to Avoid Diseases by Bad Nutrition



You shouldn't eat junk food.

Instructions

Make a brochure about advices to avoid diseases caused by bad nutrition.

- ✓ **Write 5 advices to about diseases caused by bad nutrition.**
- ✓ **Use pictures or draws to illustrate each advice.**
- ✓ **Use should or shouldn't in each example.**
- ✓ **Remember capital letter and punctuation marks.**

Self-assessment Checklist

Use the following check list to make sure your project is well done.

- ☐ **Wrote 5 advices to void diseases by bad nutrition.**
- ☐ **Used pictures and draws to illustrate each advice.**
- ☐ **Used should and shouldn't correctly in sentences.**
- ☐ **Used capital letters and punctuation marks correctly.**
- ☐ **Expressed his/her creativity.**

GLOSSARY

READ ALOUD

1. Advice: a recommendation.
2. avoid: not to do something.
3. consequence: result of a bad decision or action.
4. diabetes: is a disease that occurs when your blood glucose is too high.
5. heart disease: any disorder that affects the heart.
6. high blood: blood pressure exceeding 140 over 90.
7. obesity: an abnormal or excessive fat accumulation that represents a risk to health.
8. poultry: domestic fowls, generally raised for egg or meat.
9. stroke: is a sudden death of brain cells due to a lack of oxygen.
10. unhealthy: something that affects the health.

I CAN...

CHECK (✓) THE THINGS YOU LEARNED

☐

I can distinguish healthy from junk food.

☐

I can list diseases caused by bad nutrition.

☐

I can use should to write advice about healthy and junk food



SUPPLEMENTARY MATERIAL

CHECK THIS MATERIAL FOR EXTRA KNOWLEDGE

https://www.tvn-.com/pass/produccion/conectate_con_la_estrella/ingles/septimo_grado/Conectate-Estrella-Food-Groups-balanced_2_5610958898.html

<https://youtu.be/mMHVEFWNLMc>
<https://youtu.be/puq8cLfTg0Y>