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| 3 min. | 1. **THINK**   Choose **five things** from your ADVANCE ORGANIZER and decide whether you **should eat or drink very little** of it or whether you **should eat or drink it every day** to lead a healthy life. When you are ready, get up and **find a partner** who is also ready. |
| 6 min. | 1. **PAIR**   **Discuss** your decisions with your partner. |
| 5 min. | 1. **SQUARE**   Find **another pair of students** that is ready and **discuss** your ideas with them. **Agree on** **two things** to eat and drink which are **unhealthy** and **two things** which are **healthy**. **Write** your results on the **cards**. **Pin** your cards on the **board**. Be prepared to **present** AND **explain** your decisions in class. |
| 1 min. | 1. **SHARE**   **Present** the results of your discussion in class. |

You should eat very little...

You should eat a lot of ...

You should eat many...

You should eat only a few ... every day.

You should eat some ..... every day.

You should not eat many...

Bild "Food Pyramid"