

**CONSCIOUS CONSUMERS OF FUTURE**

Lesson plan on unsustainable consumption

Time: 3\*45 min

Level: students aged 16-18, intermediate level of B1/B1+ of European framework

Related subjects: English (vocabulary connected to food, grammar – future time clauses, countability of nouns), Biology (nutritional function of food, eating habits, daily diets), Maths (statistics),

Aims: Students will become aware of unsustainable consumption and production, their consequences on the environment and the benefits of sustainable consumption. They will:

* know the basic concepts of unsustainable consumption and the basic principles of sustainable one;
* become aware of the impact on the environment by consumers’ daily choices;
* analyze their own needs and learn how to change their wrong living habits;

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1. discussion on a quotation: *“As a child my family’s menu consisted of two choices: take it or leave it”*  - Buddy Hackett
2. show what you know on food – complete the table (pairwork / groupwork)

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| --- | --- |
| Meat of fish: |  |
| Fruit: |  |
| Vegetables: |  |
| Food bought in packets: |  |
| Food bought in jars or tins: |  |

1. Reading comprehension.

Read the text and the blog comments. Choose the correct option for sentences 1-5 and match sentences 6-11 as True of False.

FUSSY EATERS

When I was a child I was a fussy eater. I refused to eat any cooked food. I only ate raw carrots and white bread, even old stale white bread! Nothing else! My parents thought I was a difficult child, but now I know that there are reasons why children are fussy eaters:

1. Genes.

Some people are born with a gene that makes them more sensitive to strong flavours. For these people sweet things taste sweeter, salty things taste saltier and bitter things taste more bitter. Children who have this gene often refuse food with bitter flavours such as fruit and vegetables.

1. Experience.

If children’s older brothers and sisters or parents refuse to eat something, they will probably do the same. This is why it’s important to give children lots of different kinds of food with different textures and flavours when they are really young.

1. Texture.

The texture and smell of food often puts children off. For most kids, mushrooms have a horrible texture, fish is smelly and the taste of red meat is too strong.

1. Evolution.

Children are usually fussy about the same food: vegetables, meat and fruit. In early human history, these types of food could be dangerous and might poison you!

Were there any types of food you didn’t like as a child, but love now? Please leave your comments.

#Veggie girl: Eggs – I didn’t like the texture or the smell. And fried eggs were really greasy. I hated them as a kid, but now I love all kinds of eggs: boiled, scrambled , even fried, and my favourite, an omelette with some cheese on top. Mmmmm, tasty!

#Hungry man: Very ripe bananas! I used to think the texture was disgusting. I felt the same about mushrooms. But now I love mushrooms in everything – they’re delicious on pizzas and in pasta sauces!

#Foodie: I was a very fussy eater – I hated green beans and refused to eat all other green vegetables: broccoli, cabbage, spinach and especially Brussels sprouts. But I eat all vegetables now, except for the beetroot, tomatoes and red peppers – I’m allergic to them.

#Shane: Meat. I didn’t ,like the strong taste. Now my favourite meal is a big juicy steak with crispy chips and fresh green salad.

#Kitchen Ken: When I was younger, I didn’t like anything spicy. I only liked mild flavours. Now my favourite food is hot Mexican food with lots of chilis!

#Edward: Anything from the sea. I hated prawns and all kinds of shellfish, But now I love all fish: tuna, sardines and salmon are my favourites. But they have to be cooked – I’m not keen on raw fish in sushi for example.

(www.allaboutfoodblog.com)

1. Fussy eaters eat a *limited / wide* selection of food.
2. Fussy eaters may be *less / more* sensitive to strong flavours.
3. Fussy eaters *usually / rarely* copy their families’ eating habits.
4. Fussy eaters probably *will / won’t* like mushrooms.
5. Fussy eaters may refuse food that was *safe / unsafe* in early human history.
6. Veggie girl used to like eggs. T / F
7. Hungry man used to hate mushrooms. T / F
8. Foodie has a bad reaction when he eats red vegetables. T / F
9. Shane is a vegetarian. T / F
10. Kitchen Ken used to avoid strong flavours. T / F
11. Edward loves sushi. T / F
12. Grammar focus – when we are talking about future, we use the present tense after the conjunctions: if, when, unless, before, after, until, as soon as, as long as. Complete the text – will you do similar things today after school?

As soon as I get home today.

As soon as I ……….(get) home today, I ……. (have) a snack. Then, if there …..(not be) anybody at home I ….. (watch) television for a bit. However, if my parents ….. (be) at home, I ….. (go) to my room. In my room, I’ll switch on my computer and I ……. (probably / listen) to music unless my friends ….. (be) online. If my friends …….. (be) online, I ….. (chat) with them. When I ….. (finish) chatting, it …….. (probably / be) time for dinner. Finally, if there …….. (not be) anything else to do, I ……(do) my homework.

1. Discussion on UK facts – which of them do you find most shocking? Which situation is similar / different in your country?

* UK supermarkets reject 40% of fruit and vegetables because they are “ugly” – i.e. not a perfect shape.
* One UK sandwich factory throws away four slices of fresh bread – including the two crusts – from every loaf, that’s a total of 13,000 slices a day.
* UK homes waste 20% of all the food they buy.

1. Revision of verbs to prepare food (boild, chop, mix, pour, slice, etc). A puzzle “What’s my favourite dish?” – write a short recipe of your favourite dish without saying what it is. Explain what to cook it and make your mates guess what you like most.
2. At a restaurant. In pairs prepare a dialogue, using the prompts given:

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| --- |
| Student A:  You are a customer in a restaurant. You are a vegetarian ( no meat no fish) and you’re allergic to eggs and mushrooms. You don’t like peppers very much. Ask the waiter for information about the following items: pizza, pasta, soup and salad. Explain why you can’t eat some dishes. |
| Student B:  You are a waiter. Take student A’s order. Answer Student’s A questions about the dishes on the menu and make suggestions.  MENU:   * pizza: ham, eggs, tomatoes, cheese * pasta: prawn sauce * soup: mushrooms * salad: chicken, green beans, lettuce, peppers. |

1. Writing. You’ve got your blog on food and healthy eating habits, which is quite popular among teenagers. Thanks to that you have just received an invitation to write a culinary section in a magazine for teens. Write a letter to the editor in which you:

* thank for the offer and confirm your willingness to write that column,
* ask about the salary,
* suggest a title of your first article to the newest issue of the magazine and briefly explain it,
* make sure till when and to whom you are supposed to send the materials.

Make sure you start and finish the letter appropriately, write approx. 200 – 250 words.

**Disclaimer: This project has been funded with support from the European Commission. This lesson plan reflects the views only of the author and the Commission cannot be held responsible for any use which may be made of the information contained therein.**