



מדינת ישראל  
משרד החינוך



מערכת שידורים לאומית

# Healthy Eating

Grade 6 | English

With: Karen Preis-Hirschberg

. Please make sure to bring a pencil, paper and a snack



# What will we do today?

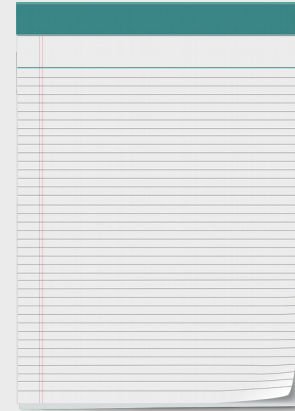
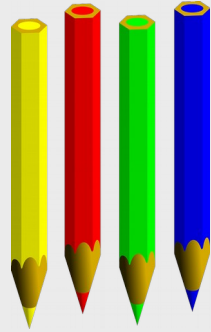
- A small math problem
- Some weird facts
- Helpful vocabulary
- New way to look at healthy eating
- History of the sandwich
- Small check
- Trivia quiz







# What do you need to prepare for the class?



Something different before we begin ...



$$\text{Fries} + 2 \times \text{Hamburger} = 15$$

$$2 \times \text{Donut} * 2 \times \text{Hamburger} = 20$$

$$\text{Fries} + \text{Donut} * \text{Hamburger} = ?$$

Hint: The hamburger is worth 5 points

Something different before we begin ...



$$\text{Fries} + 2 \times \text{Hamburgers} = 15$$

$$2 \times \text{Donuts} * 2 \times \text{Hamburgers} = 20$$

$$\text{Fries} + \text{Donut} * \text{Hamburger} = ?$$

Hint: The hamburger is worth 5 points



Something different before we begin ...



$$\text{Fries} + 2 \times \text{Burger} = 15$$

$$2 \times \text{Donut} * 2 \times \text{Burger} = 20$$

$$\text{Fries} + \text{Donut} * \text{Donut} * \text{Burger} = 15$$



## ■ Interesting fact



**Nutella** is a very popular food. Lots and lots of hazelnuts are needed to make it. In fact, scientists are trying to find a way to grow them indoors (as well as on trees) so that the Nutella company has enough of them to make all the Nutella we want to buy!



## ■ Interesting fact



**Garlic** is a very healthy food. It can fight sickness, and stop us from getting a cold.

A lot of garlic is grown in China and sent to 75% of all countries.



# ■ Some new useful vocabulary



carbohydrates

dairy

herbivore

oils

recommended

usually

carnivore

fats

minerals

omnivore

sometimes

vitamins

daily

healthy

never

proteins

sugar



# ■ Which are we ?

**Carnivores** eat only meat

**Herbivores** eat only plants

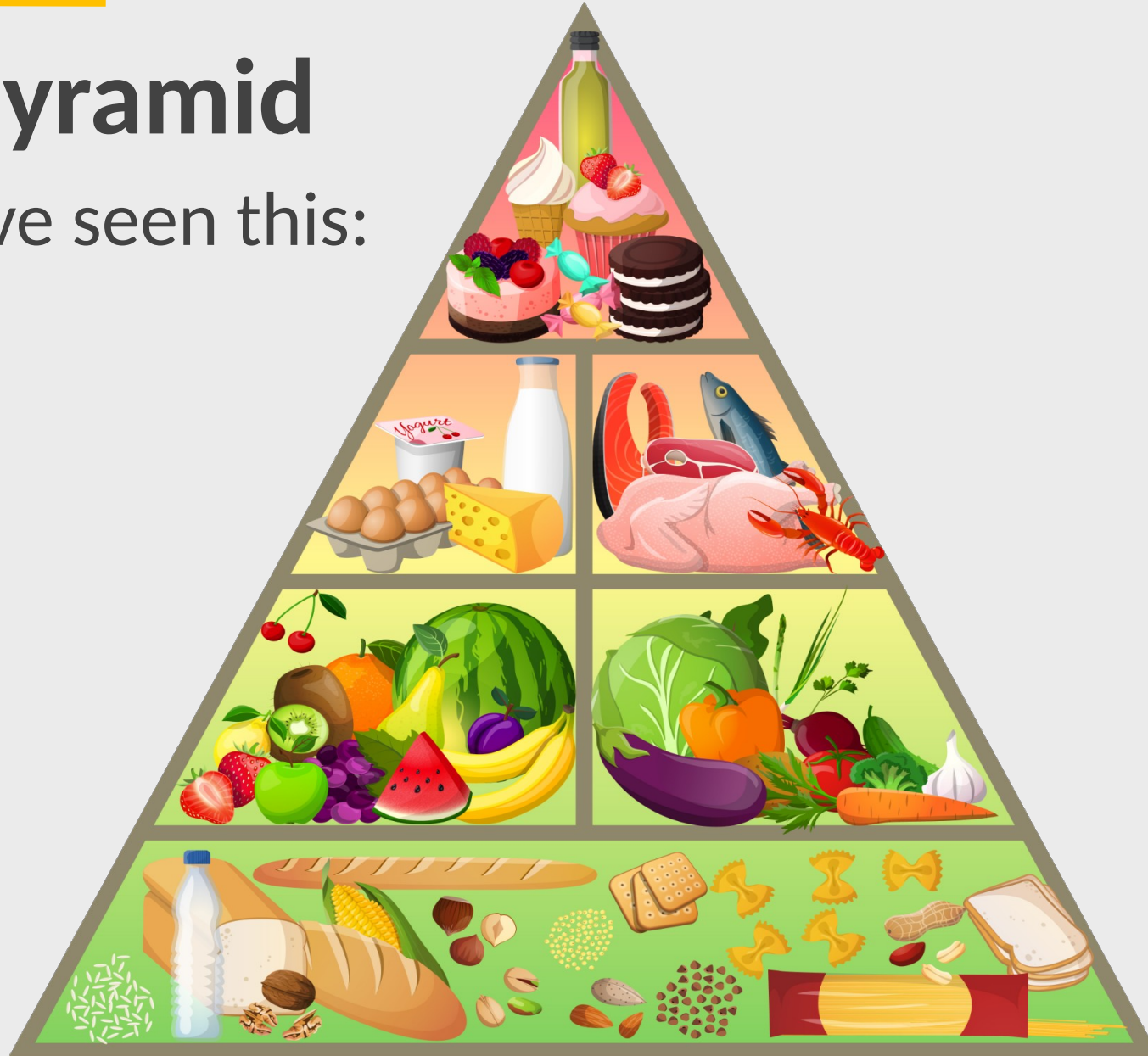
**Omnivores** eat both meat and plants



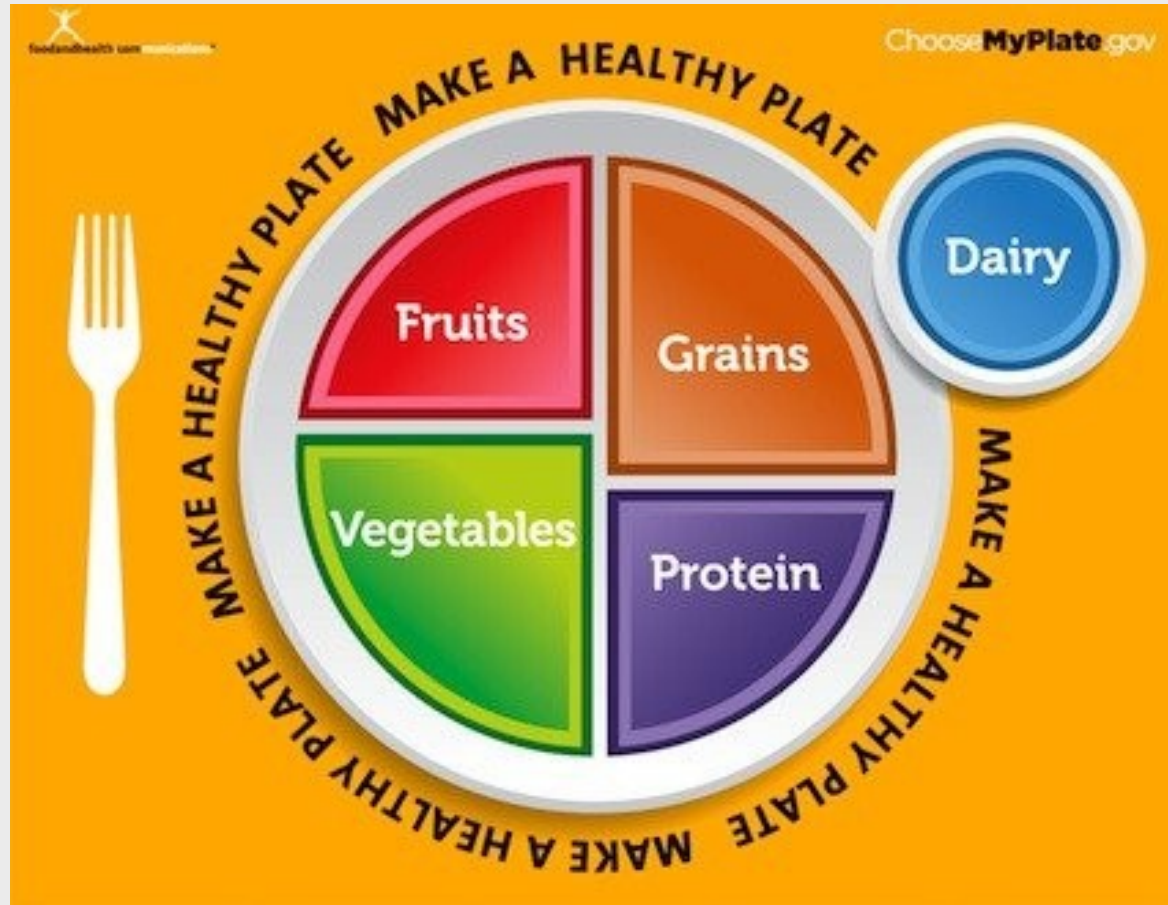


# Food Pyramid

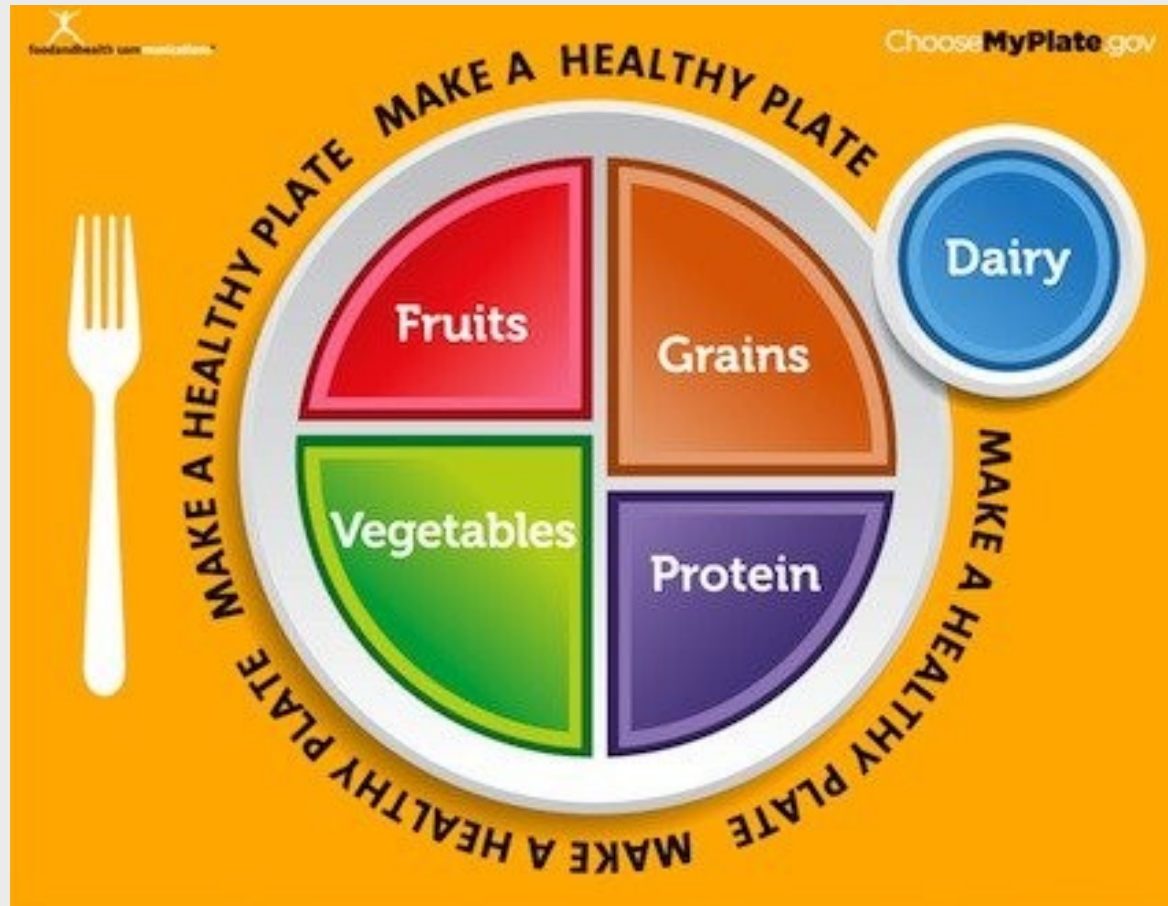
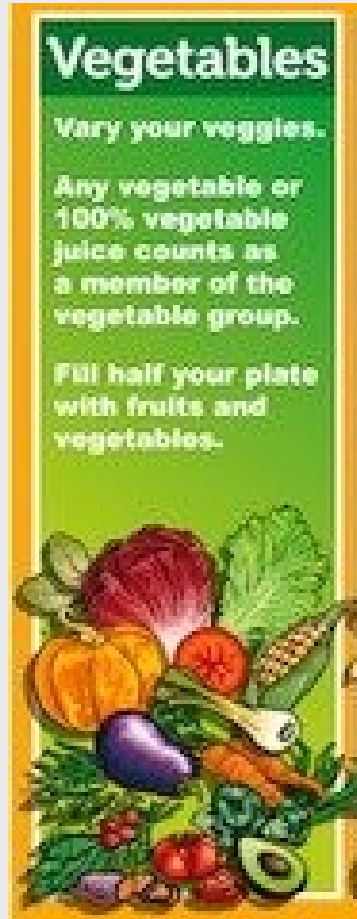
We all have seen this:



# My Plate

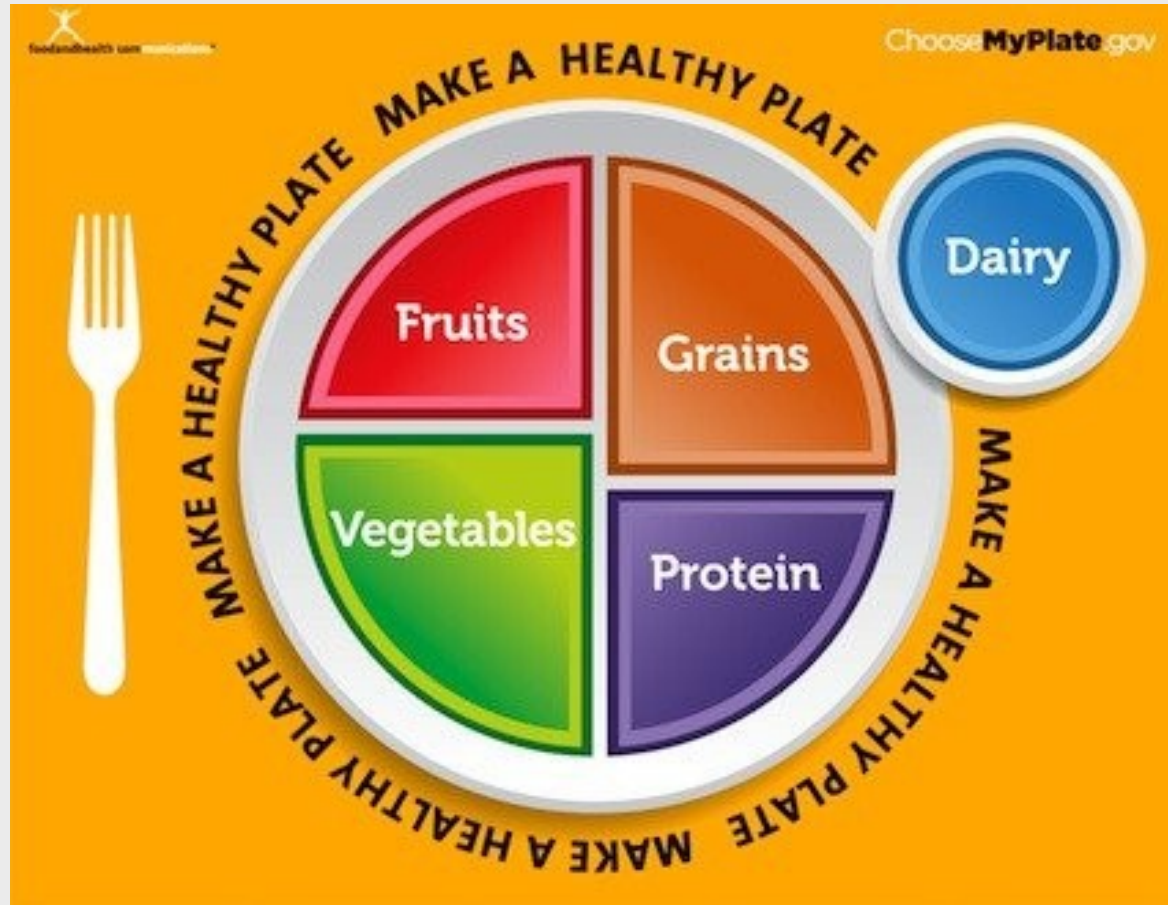


# My Plate

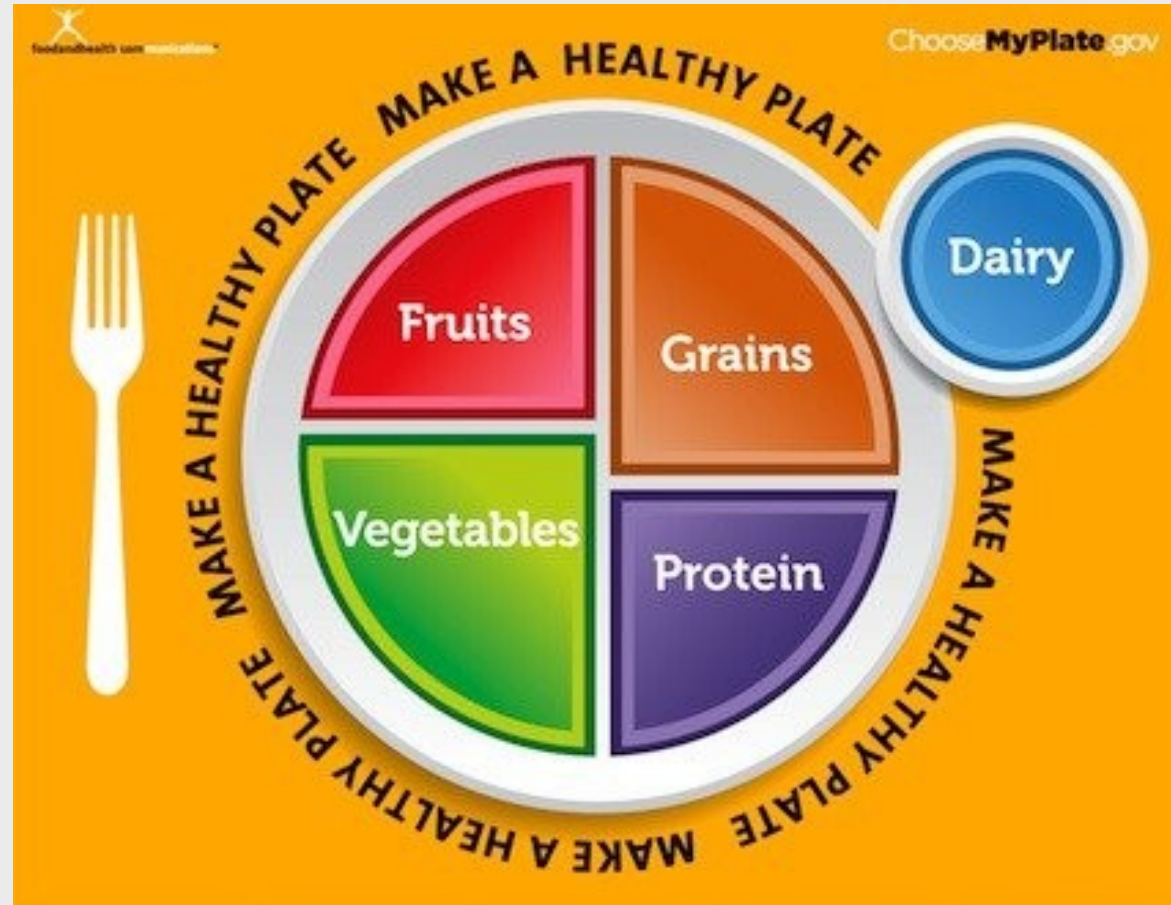
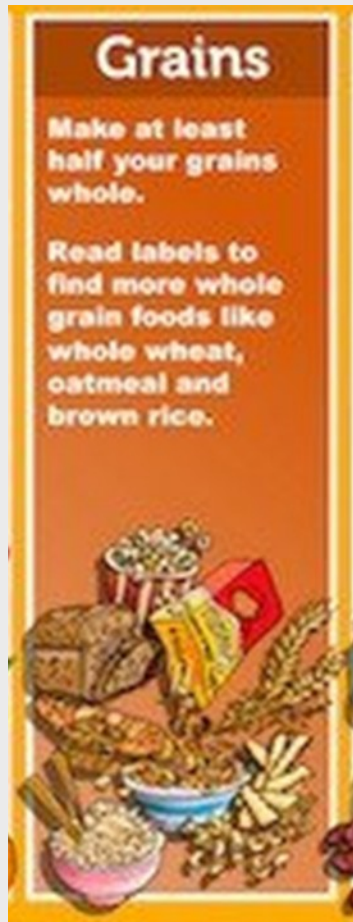




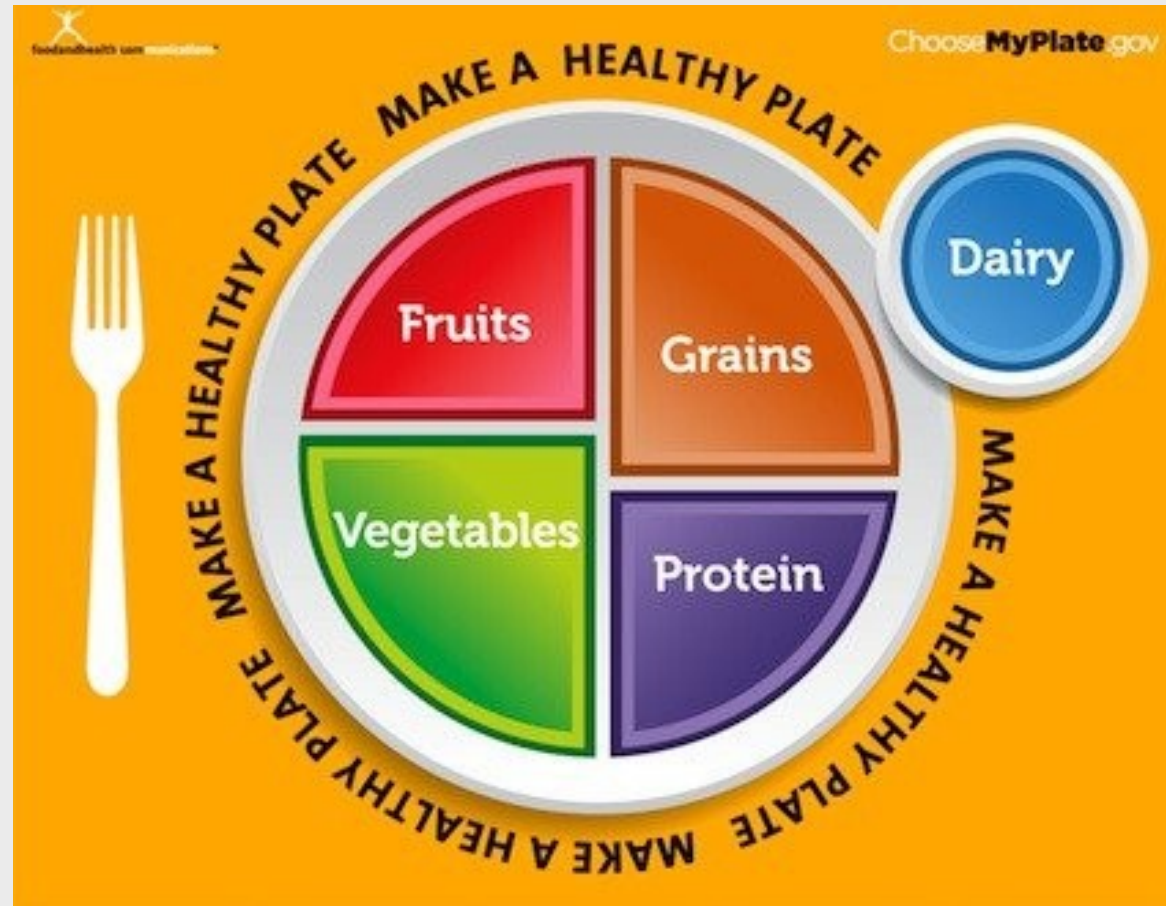
# My Plate



# My Plate



# My Plate



## Protein

Go lean with protein.

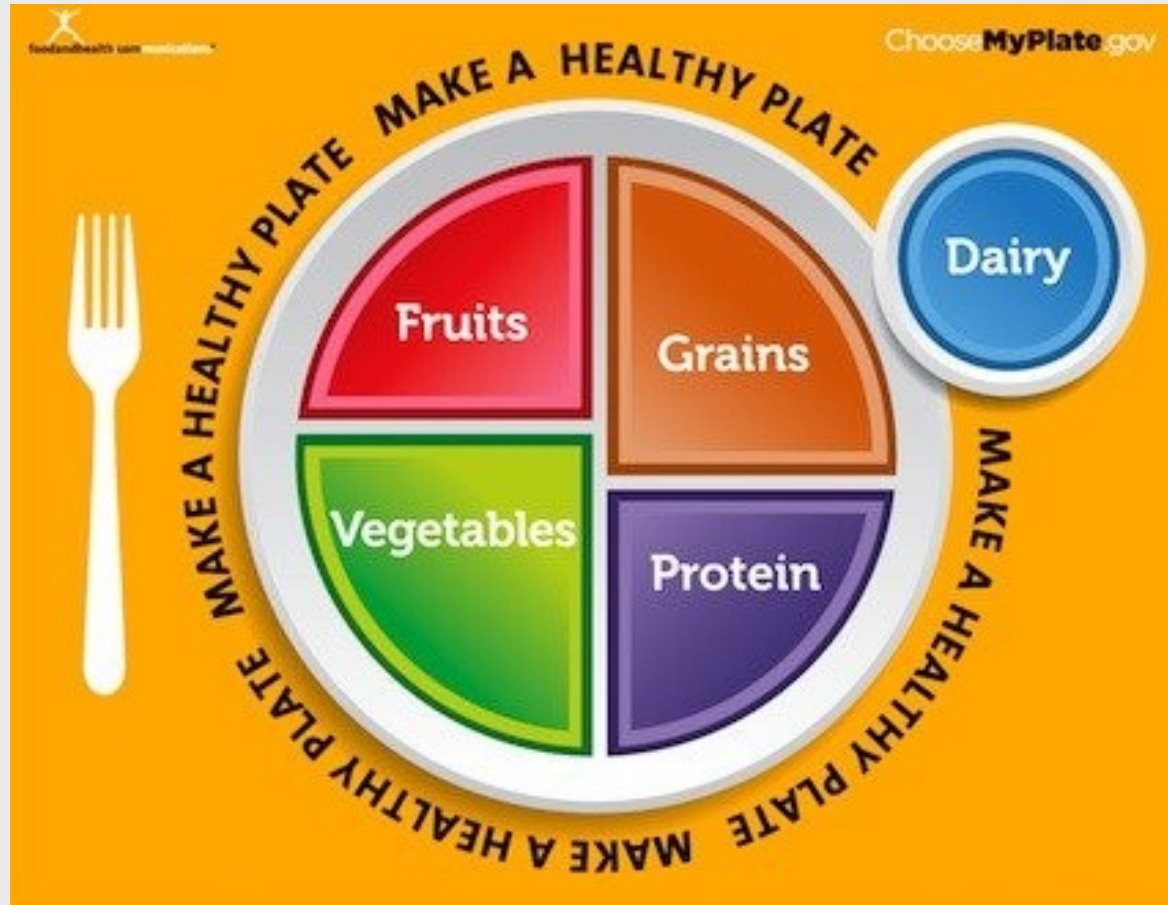
Keep portion to 1/4 of the plate.

Nuts, beans/peas, seeds, poultry, lean meat, seafood, soy and eggs are in this group.



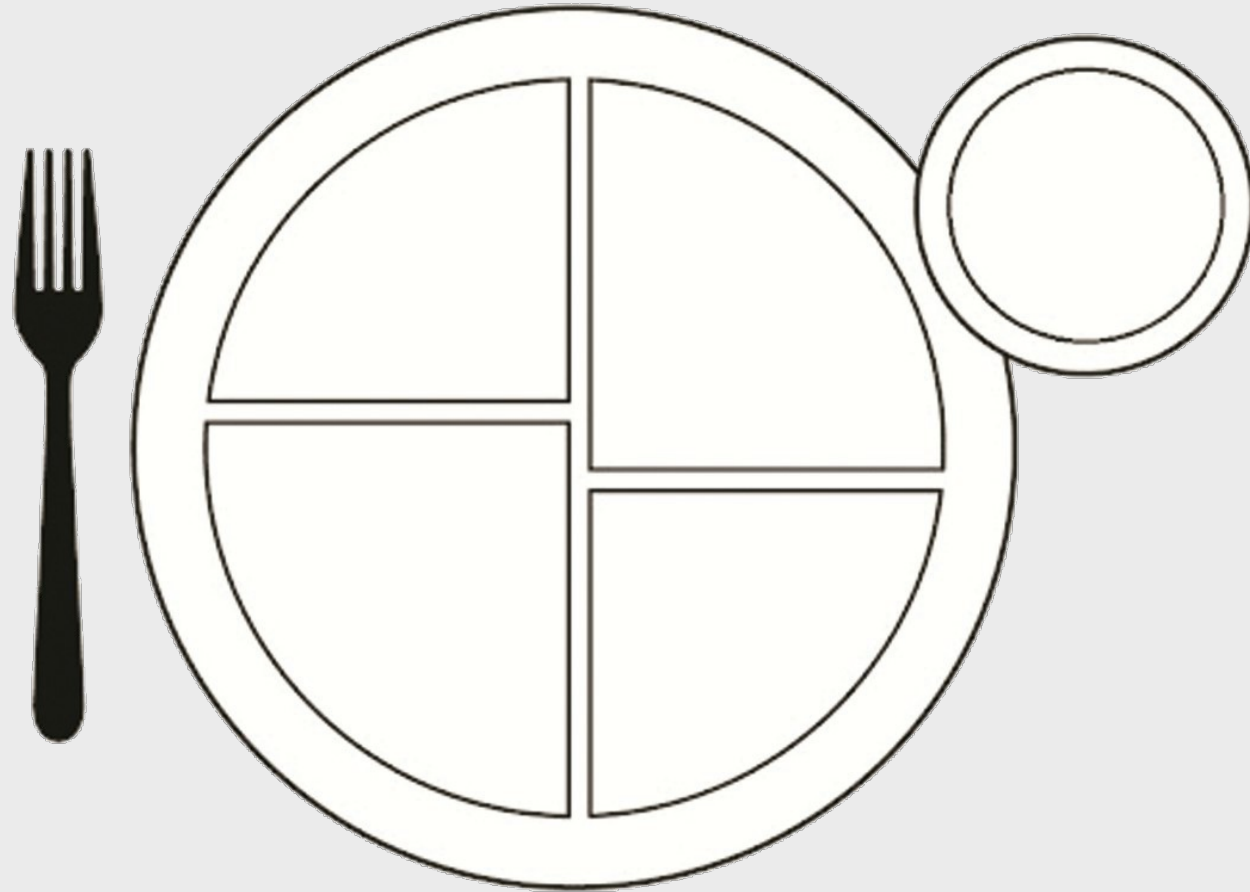


# My Plate



Can you draw one?

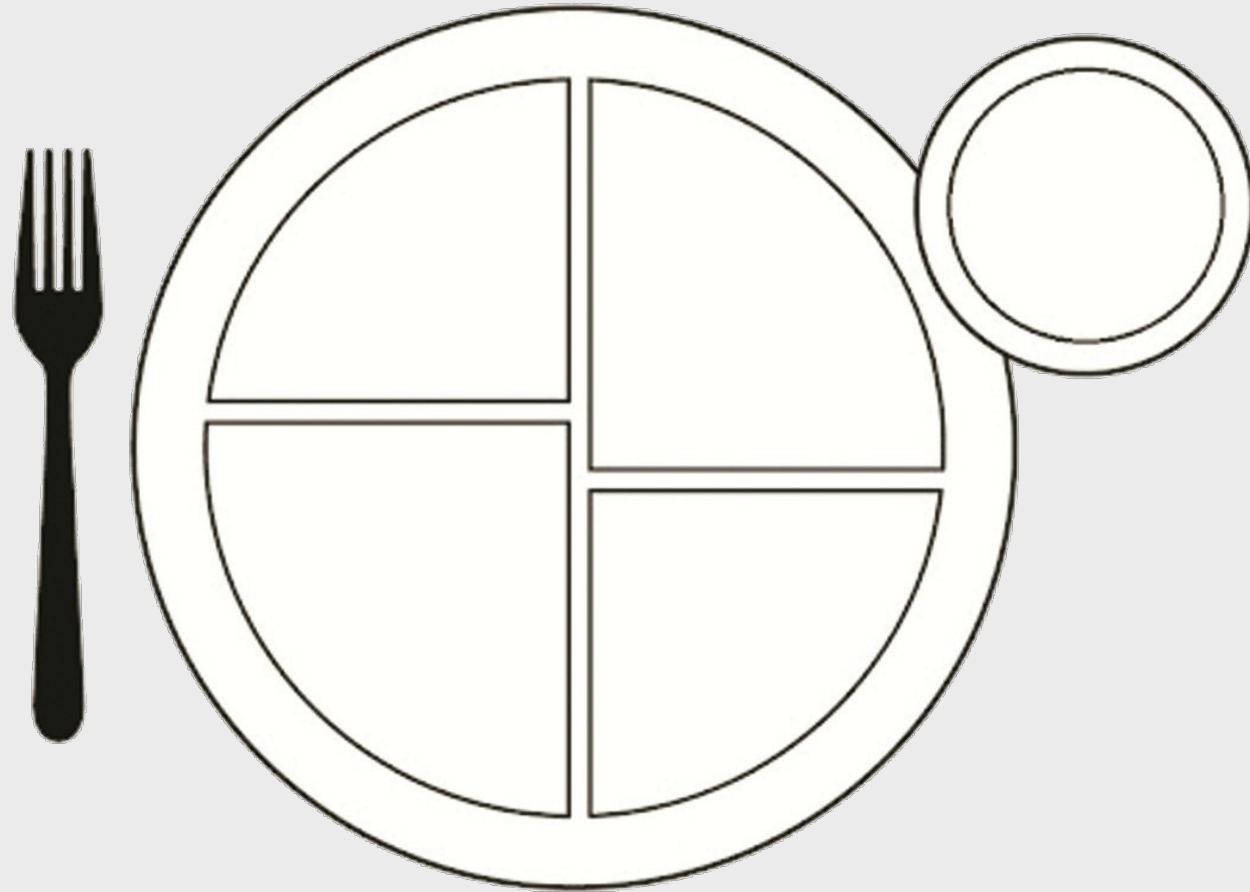
Fill it in with the correct healthy food group.





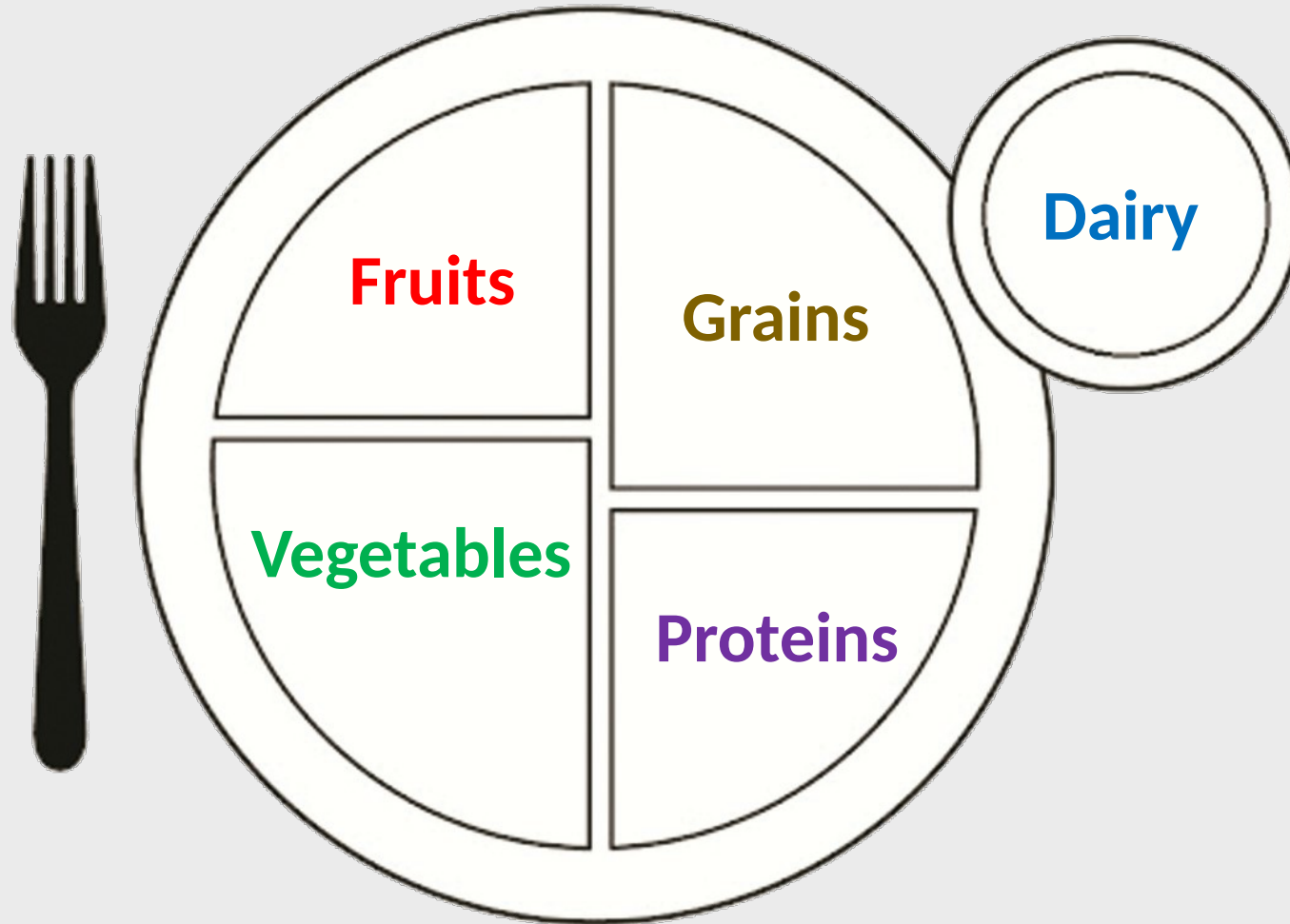
Can you draw one?

Fill it in with the correct healthy food group.



Can you draw one?

Fill it in with the correct healthy food group and color.





# The History of the Sandwich



In 1762, in England, the Earl of Sandwich, John Montagu, was playing cards and he was hungry. He wanted to eat but didn't want to stop the game. He asked someone to warm up some meat and put it between two slices of bread. This was so he could hold his food, eat and still play his card game.





# The History of the Sandwich



The men around the table saw this and thought it was a great idea. They said: “Bring me what the Earl of Sandwich is having!”

“Here’s your copy of Sandwich!”

And just like that, the sandwich was born!



# Were you paying attention?



1. The world is divided into three types of eaters:

\_\_\_\_\_, \_\_\_\_\_, and  
\_\_\_\_\_.

2. According to the old food pyramid, foods were divided into:

• a. \_\_\_\_\_

• b. \_\_\_\_\_

c. \_\_\_\_\_

d. \_\_\_\_\_





# Were you paying attention?

1. The world is divided into three types of eaters:

\_\_\_\_\_, \_\_\_\_\_, and  
\_\_\_\_\_.

2. According to the old food pyramid, foods were divided into:

• a. \_\_\_\_\_

• b. \_\_\_\_\_

c. \_\_\_\_\_

d. \_\_\_\_\_





# Were you paying attention?

1. The world is divided into three types of eaters: **carnivores, herbivores and omnivores.**
2. According to the old food pyramid, foods were divided into:
  - a. **carbohydrates**
  - b. **vitamins and minerals**
  - c. **proteins**
  - d. **oils, fats and sugars**
- 3. The Earl of Sandwich made a sandwich by putting **meat** between two slices of **bread**.



## A Little Riddle :



I am a bird, I am a fruit and I am a person.  
What am I?





## A Little Riddle :



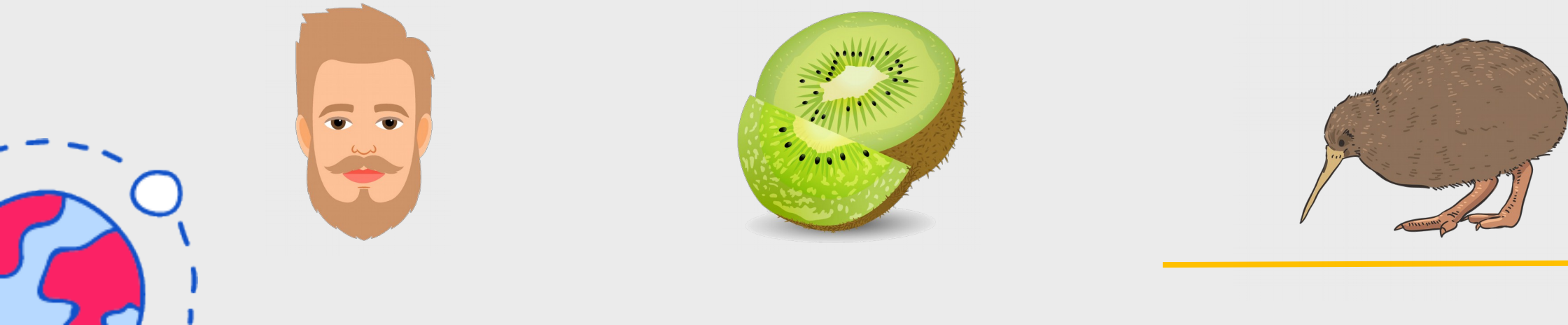
I am a bird, I am a fruit and I am a person.  
What am I?



# A Little Riddle :

A Kiwi!

(a Kiwi is a kind of bird, a really tasty fruit  
and a person from New Zealand)



# ■ What did we learn today?

- Some unusual facts
- New useful vocabulary
- Food Pyramid vs. My Plate
- The History of the Sandwich
- A cool riddle to share with your parents



# ■ Something Extra for you :



You have two choices:

On the next screen are 18 trivia questions.

A) Using what we learned here, in school, and the Internet, see how many questions you can answer in 15 minutes. At the end of the time, I'll be back with the answers.

**AND/OR**

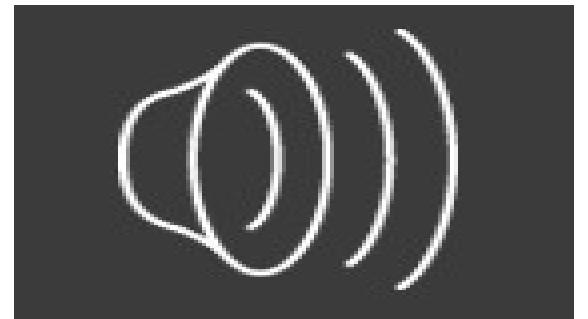
B) Copy/screen shot the questions from the next slide, wait for the answers, and then turn it into a KAHOOT or trivia game to play with your families.

**Have Fun!**



## Trivia Questions

1. Are humans omnivore, herbivore or carnivore?
2. Chiffon, marble and bundt are types of what?
3. Dairy products are generally made from what common liquid?
4. Deer meat is known by what name?
5. What is Nutella made of ?
6. Foods rich in starch such as pasta and bread are often known by what word starting with the letter C?
7. Lures, reels, rods, hooks, baits and nets are common equipment used in what food gathering method?
8. The 'Pizza Hut' franchise began in what country?
9. The rice dish 'paella' comes from what country?
10. True or false? 'Beefsteak' is a variety of tomato.
11. True or false? Garlic can help fight against sickness.
12. True or false? India is the world's largest producer of bananas.
13. True or false? McDonald's has restaurants in over 100 countries around the world.
14. John Montague was better known as what?
15. What food is used as the base of guacamole?
16. What is another name for maize?
17. What is the popular food is used in the USA to carve "jack-o-lanterns" during Halloween?
18. What is the sweet substance made by bees?



## Trivia Questions

1. Are humans omnivores, herbivores or carnivores? **omnivores**
2. Chiffon, marble and bundt are types of what? **cakes**
3. Dairy products are generally made from what common liquid? **Milk**
4. Deer meat is known by what name? **venison**
5. What is Nutella made from ? **hazelnuts**
6. Foods rich in starch such as pasta and bread are often known by what word starting with the letter C? **carbohydrates**
7. Lures, reels, rods, hooks, baits and nets are common equipment used in what food gathering method? **fishing**
8. The 'Pizza Hut' franchise began in what country? **The USA**
9. The rice dish 'paella' comes from what country? **Spain**
10. True or false? 'Beefsteak' is a variety of tomato. **true**
11. True or false? Garlic can help fight against sickness. **true**
12. True or false? India is the world's largest producer of bananas. **true**
13. True or false? McDonald's has restaurants in over 100 countries around the world. **true**
14. John Montague was better known as what? **The Earl of Sandwich**
15. What food is used as the base of guacamole? **avocado**
16. What is another name for maize? **corn**
17. What is the popular food is used in the USA to carve "jack-o-lanterns" during Halloween? **pumpkin**
18. What is the sweet substance made by bees? **honey**



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■ Thank you for  
!watching

הופק עבור משרד החינוך ע"י מטח