

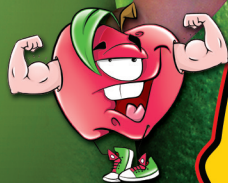
EXPLORE
OUR
WORLD

CLIL READERS

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2

HEALTHY EATING



Express Publishing

LET'S START!



Everybody likes food.
Food is a big part of our lives.
Do you like chocolate, pizza
and ice cream? We all do!
They are yummy!



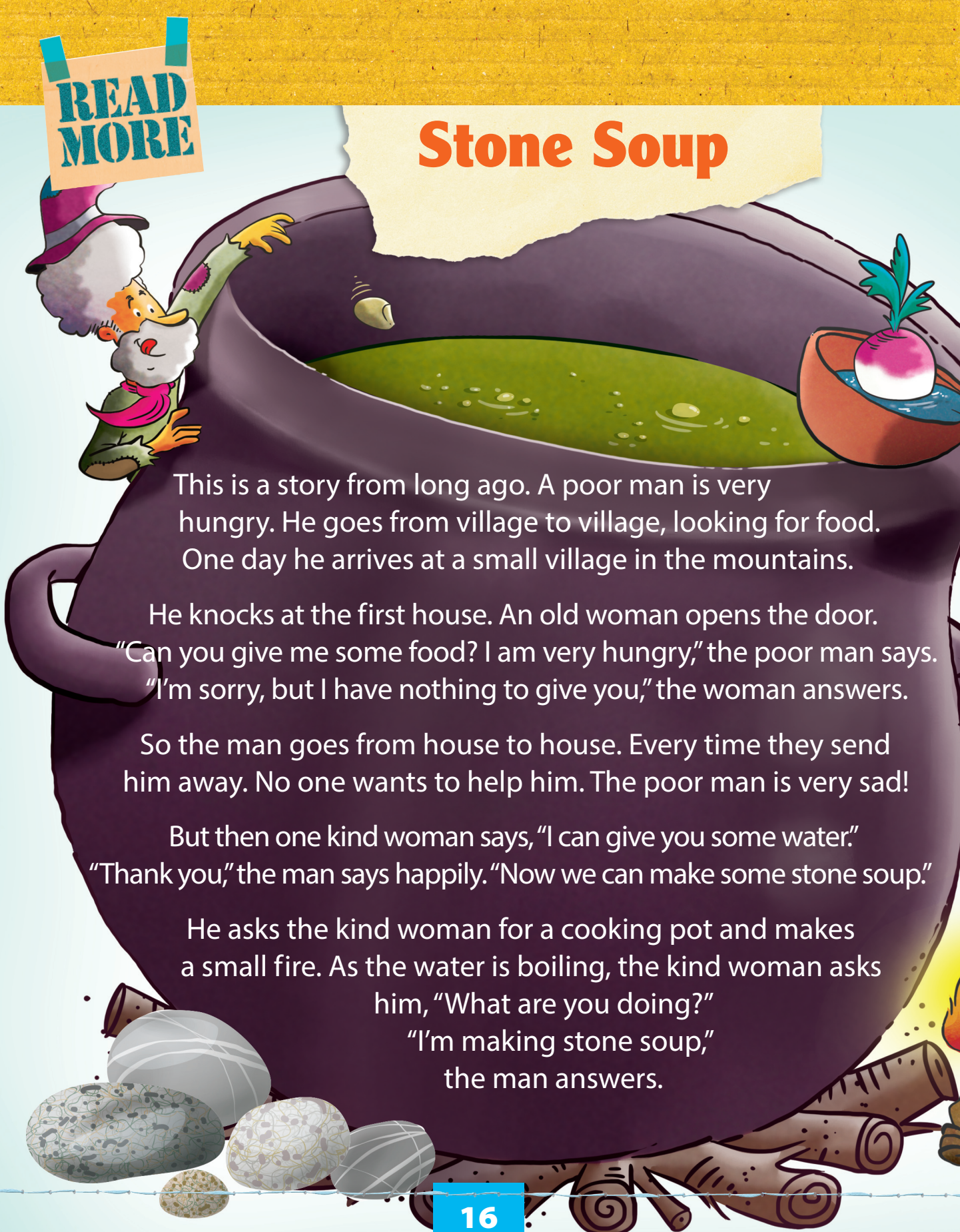
Look at the pictures!

Which foods are healthy and good for us?

Which are unhealthy?

Which should we eat only a little of?





**READ
MORE**

Stone Soup

This is a story from long ago. A poor man is very hungry. He goes from village to village, looking for food. One day he arrives at a small village in the mountains.

He knocks at the first house. An old woman opens the door. "Can you give me some food? I am very hungry," the poor man says. "I'm sorry, but I have nothing to give you," the woman answers.

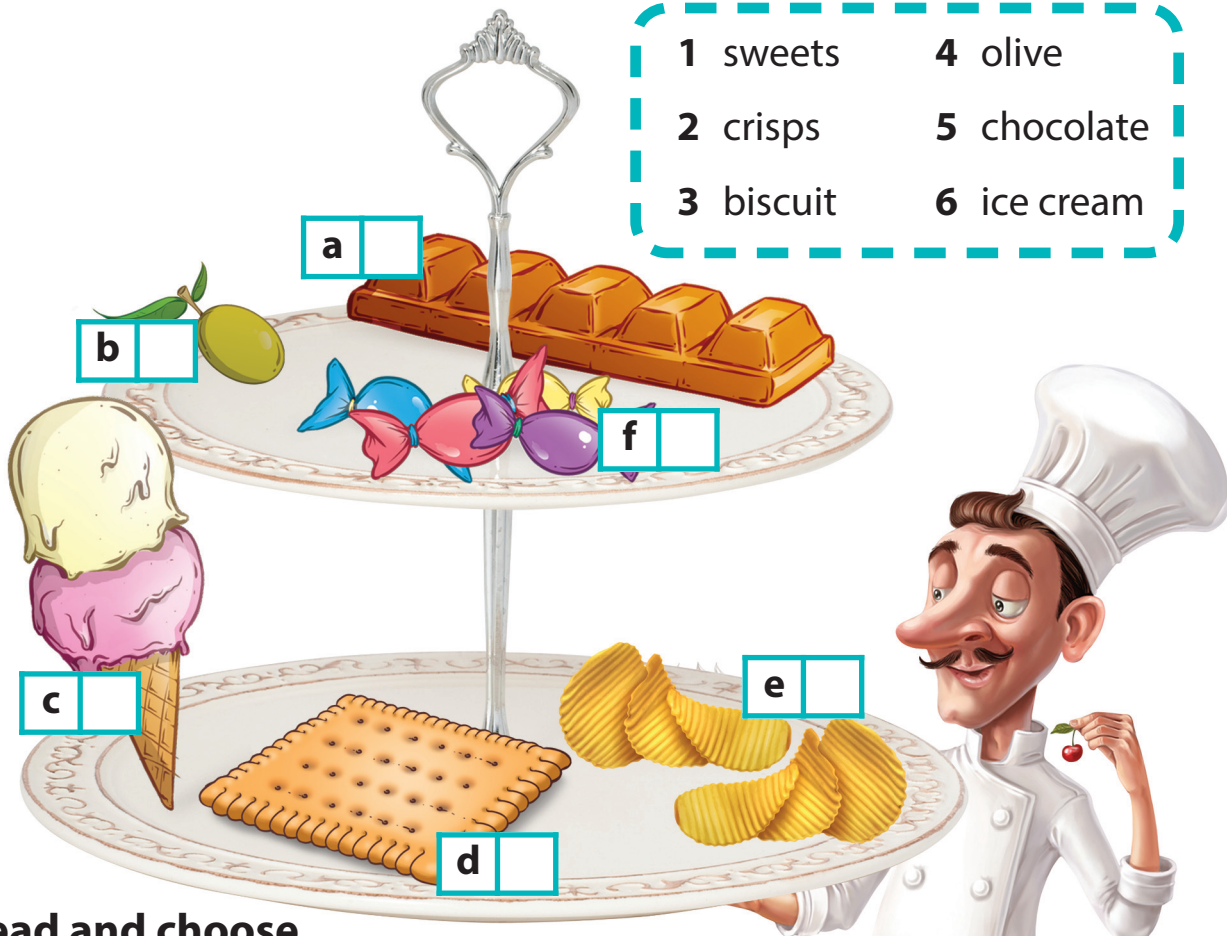
So the man goes from house to house. Every time they send him away. No one wants to help him. The poor man is very sad!

But then one kind woman says, "I can give you some water." "Thank you," the man says happily. "Now we can make some stone soup."

He asks the kind woman for a cooking pot and makes a small fire. As the water is boiling, the kind woman asks him, "What are you doing?"

"I'm making stone soup," the man answers.

1 Look, read and number the pictures.



- | | |
|-----------|-------------|
| 1 sweets | 4 olive |
| 2 crisps | 5 chocolate |
| 3 biscuit | 6 ice cream |

2 Read and choose.

- | | |
|---|--|
| 1 They are high in sugar.
a fizzy drinks b eggs | 4 It is very bad for your heart.
a a lot of fat
b a lot of fruit |
| 2 It is bad for your teeth.
a cereal b sugar | 5 It is healthier.
a animal fat b olive oil |
| 3 We call them empty foods .
a bread and rice
b cakes and sweets | 6 You can have chocolate ...
a every day.
b but not every day. |

- Help Super Spud find a cool glass of water!



Drink lots of water every day!
Keep fizzy drinks away!



HEALTHY EATING



Explore our World CLIL Readers are graded readers from levels 1-6. They cover a range of subjects and themes, promoting **Content and Language Integrated Learning (CLIL)**.

Healthy Eating (*Design & Technology*) focuses on the popular topic of food and what we need to eat to keep our bodies fit and healthy!

- Which foods give us strong teeth and bones?
- Which foods give us energy?
- Which foods should we stay away from?

Components:

- Reader with DIGI MATERIAL cross-platform application (iOS, Android, Windows, MacOSX)



Level 1
300 headwords



Level 2
450 headwords



Level 3
600 headwords



Level 4
800 headwords



Level 5
1,000 headwords



Level 6
1,200 headwords



CLIL READERS

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