



## Healthy Eating (Answer Keys and Tapescripts)

### Answer Keys

#### Task 1: A Smart Way to Start the Day

##### *Pre-listening Activity 1: Vocabulary Focus*

<u>C</u>	Weetabix
<u>E</u>	Chives
<u>A</u>	Spread
<u>B</u>	Skimmed milk
<u>D</u>	All-bran

##### *Pre-listening Activity 2: Anticipation*

Food Group	Grain group	Fruit and Vegetable group	Meat and Protein group	Milk group	Fat and Sugar group
	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Example(s)	<b>cereal, bread, rice, noodles</b>	<b>mangoes, oranges, bananas, broccoli, tomatoes</b>	<b>lean meat, nuts, beans and soya-bean products</b>	<b>milk, cheese, yoghurt</b>	<b>cream cheese, butter, oil, cakes, biscuits, chips, soft drinks</b>

##### *Task: Breakfast Quiz*

<p>A Smart Way to Start the Day</p> <ol style="list-style-type: none"> <li>1. <b>Breakfast Week</b></li> <li>2. <b>Have a nutritious breakfast</b></li> <li>3. <b>Two did not have breakfast, and one of them got up at 4 a.m.</b></li> <li>4. <b>a) That was not unusual.</b></li> </ol>
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## **Task 2: Break the Fast**

### ***Part A: Note-taking***

#### ***Pre-listening Activity: Anticipation***

##### **Suggested Questions:**

- **Why is it important to eat breakfast?**
- **Is there any evidence that people are skipping / not eating breakfast?**
- **What are the possible reasons that people skip breakfast?**
- **Will people gain weight or get tired after eating breakfast?**

### ***Task: Note-taking***

#### **Note Sheet**

1. **Probably she finds it contradictory as many children tend to like eating a lot.**
2. **15%**
3. **a) lack of time  
b) people don't feel hungry  
c) worrying about weight**
4. **Because one will miss out on important nutrients.**
5. **Teenagers**
6. **Because it affects the metabolic rate.**



*Part B: Leaflet Writing Activity*

Model Leaflet

**Rise and Shine for Breakfast Time**

**Children Skipping Breakfast**

A recent survey shows that 15% of school children skip breakfast. Why?

For three main reasons:

1. They do not have sufficient time.
2. They do not feel hungry early in the morning.
3. They worry about putting on weight.

**Importance of Eating Breakfast**

If one skips breakfast, he/ she misses out on important nutrients after fasting while sleeping.

Teenagers, in particular, need to have breakfast because it affects their metabolic rate.

Furthermore, breakfast:

- fuels the body with nutrients;
- provides food energy for the morning's active play;
- may help you lose weight because it affects your metabolic rate;
- may help you get more done in the morning;
- helps keep a healthy body weight; and
- helps control the urge to nibble or eat too big a lunch.

**Choices of Food for Breakfast**

- Take plenty of fibre: take brown or wholemeal bread, not white.
- Take anything simple such as cereal with skimmed milk and a piece of fruit, or congee with a little bit of meat and less fat in it, and/ or noodles, etc.
- Avoid food with too much fat such as luncheon meat.



### Task 3: Skip It or Eat It

#### Pre-listening Activity 2: Anticipation

1. **F**
2. **T**
3. **F**

#### Task: Note-taking

1. Examples of good and bad breakfast.	
Examples of good breakfast	Examples of bad breakfast
<b>a. something simple such as cereal with milk</b> <b>b. a piece of fruit</b> <b>c. congee with a little bit of meat and less fat on the meat</b> <b>d. noodle soup</b>	<b>a. sausages</b> <b>b. white bread</b> <b>c. 2 eggs</b> <b>d. no fruit or other nutrients in that meal</b>
2. Clare mentions the Breakfast Week because it <b>encouraged people to eat</b> breakfast every day. 3. Clare has a <b>positive</b> attitude towards eating a <b>simple / light</b> breakfast. 4. Having breakfast is a <b>good</b> way to spend family time together no matter how short it is. 5. Clare prefers a <b>home-cooked breakfast</b> , which may be a bit more nutritious and contains less junk food, and allows her to sit back and relax with her family. 6. Breakfast eating <b>does not</b> have an impact on eating lunch. 7. In Clare's view, a simple breakfast may consist of <b>yoghurt / fruits / a sandwich</b> . 8. <b>b) enthusiastic</b> 9. <b>a) She anticipates this question.</b>	



## Task 4: Edible Poem

### Part A: How to Write a Poem

#### Activity 1: Vocabulary

##### Fruit Poem

Apple, banana, cantaloupe, dragon fruit, eggfruit,  
Fuji apple, grapes, kiwi fruit, a lemon, mangoes, nectarines, oranges

##### Meal Poem

Skimmed milk, tuna roll, tea eggs, raspberry jam toast, wholemeal spaghetti,  
Carrot cake, salad, strawberry milkshake, brown rice, pork chop, vegetables, fruit lollipop

#### Activity 2: The Defining Features of an Alphabet Poem

Each line starts with a letter starting from A to O in alphabetical order. In all the lines that start with a letter in alphabetical order starting from “A”, there is a kind of fruit in which the first letter of its name is the same as the beginning letter.

#### Activity 3: Rhymes

The rhyming words are: roast and toast in the first stanza, cake and milkshake in the second, and chop and lollipop in the last.



## Tapescripts

### Task 1 (Duration – 0:55)

Presenter: Now, how often do you eat breakfast? Every morning without fail? Or does the thought of eating at that time in the morning make your stomach churn? Well, did you know that last week was Hong Kong Breakfast Week, and the Director of Health, Dr Margaret Chan, said that more people in Hong Kong should practice the healthy life-style of having a nutritious breakfast. So what did you have for breakfast this morning?

- Two weetabix with raisins and skimmed milk
- I had a big bowl of all-bran plus natural bran plus raisins plus skimmed milk
- I didn't have anything for breakfast
- Do you normally eat something for breakfast? Sometimes just a cup of coffee.
- Egg sandwich
- Ham and egg sandwich
- Toasted wholemeal roll with cream cheese, onion & chives spread
- Two mangoes
- I didn't eat breakfast. I get up at 4 a.m.

### Task 2: Part A

*For Part A (Duration – 1:22)*



## Teen Time Remix

### Unit: *Healthy Eating*

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**Presenter:** But why is it so important to eat a good breakfast, and what should we eat? Well, Helen talked to Clare Yurman, a nutritionist and dietitian, to find out more.

**Clare:** The interesting fact is that we've been finding in Hong Kong, that 15% of children do not eat breakfast – and this is maybe because of lack of time – you don't feel hungry – or girls just worrying about their weight. But the important thing is that if you miss breakfast, the nutrients that you usually get at breakfast are not made up for the rest of the day – especially in teen years – you have increased requirements for things like calories, protein, iron and calcium. So that's one reason to have breakfast...to...don't miss out on important nutrients, but other facts are coming out: that people who don't eat breakfast can be heavier than those that do have a breakfast; although you might think that by missing breakfast, you miss out a meal, therefore, you've eaten less calories. So, if any of you are trying to watch your weight, not gain any weight, I would really recommend that you have a breakfast.

**Helen:** How does that work? Why is it that you eat more, you tend to lose weight?

**Clare:** Yes, it's very surprising. Because it affects the metabolic rate. If you think of breakfast, eating the first meal of the day, as stoking up a fire to get your fire burning more, so increasing your metabolic rate that way, that's why it's fairly important.



### Task 3

*For Part A (Duration – 4:00)*

Music

Helen: Does it matter what sort of breakfast you have, or is it just that you've got to eat something, or should you eat one thing rather than another?

Clare: Oh, you can eat various foods at breakfast time. For health reasons, you know, people don't really like to think it's been too fatty, but something simple, like cereal with milk and a piece of fruit, or congee with a little bit of meat in it – less fat on the meat though – and/or noodle soup – something like that will be fine for breakfast.

Helen: Can you give us some bad examples of things to have for breakfast?

Clare: Bad examples. Well, I have to say the Western set breakfast – which has been found by Dr Gouldman to be the most popular breakfast in Hong Kong – I would say that's probably a bad example, because it's really high in calories and fat, because it consists of 2 sausages, white bread and 2 eggs – and there's no fruit or other nutrients in that meal.

Helen: So that's something not to have for breakfast.

Clare: It's OK to have it occasionally, but I wouldn't advise to have it every day.

Music

Helen: Do you think that people skipping breakfast is a big problem in Hong Kong?

Clare: Yes, it's something that we'd like to encourage. As you may be aware, there was a Breakfast Week last week to try to encourage us all to eat more breakfast, or to eat breakfast every day – and it's a big family time, because again, Hong Kong fathers, in particular, have been finding on average to be only spending 6 minutes a day with their children, and this 6 minutes was...tended to be more likely at breakfast time, so we're trying to encourage family time as well, and to ... everybody to sit down and eat their breakfast together.

Helen: What about when you wake up in the morning and you really don't feel like eating? Like, you feel a bit groggy and just a cup of coffee, and go off to school. How can you sort of pep yourself up to face a big breakfast?

Clare: You don't have to face a big breakfast. I'm, don't say... I'm just saying eat breakfast. You don't have to eat a big breakfast. Something like – something simple – even like a yogurt and a piece of fruit would be enough if you don't feel very hungry first thing. And I'll say a lot of you may not find – you know – you wake up – you don't feel hungry – “how can I force anything down now?”, so if you find that you cannot eat breakfast first thing, wait a little bit; maybe have something just before you leave for school, or take something packed, like a sandwich and eat that the first opportunity when you arrive at school – if that's practical.





**(Cont'd)**

Helen: What about children who eat their breakfast on the way to school, who'll pick something up from the shops on the way there. Is that OK?

Clare: It's better than no breakfast at all – but it would be nicer, to eat breakfast in more relaxed circumstances, to sit down and eat breakfast, and have something home-cooking, maybe a bit more nutritious and less junk food – like what you may pick up in a shop on the way to school.

Music

Helen: And does having breakfast mean you eat less lunch?

Clare: Not necessarily. In fact, sometimes, if you eat breakfast, you may find you're getting hungrier in the middle of the morning – that's a surprising thing – it doesn't matter to eat little and often, again something light, like a plain biscuit, piece of fruit, yogurt, sandwich. You can have your main meal at lunch-time if you fancy. I don't think that by eating breakfast, it's going to make you eat less lunch.

Helen: What did you have for breakfast this morning?

Clare: Ah, I was... thought you might be asking that. I made sure I had a good breakfast. This morning for my breakfast I had a cup of tea, some fresh orange juice, with some breakfast cereal with skimmed milk on it.

Helen: Very healthy.

Music