**Food outline**

**1 Introduce yourself (1 min)**

**2 Speak about the topic (5-6 mins):**

Healthy lifestyle x unhealthy lifestyle, dieting

Your favourite meal

Differences between Czech and British cuisine

The typical Czech meal

Eating out, fast food restaurants

**3 Describe, compare, contrast the pictures (4 mins.)**

Describe:

Who is in the picture? Where is it? What are the people doing, wearing? What is the atmosphere in the picture?

Use present progressive – They ARE eatING … He IS smilING…

Compare:

What is the same? In both pictures …

What is different? The food in the first picture is MORE expensive THAN in the second picture…

Fast food is less healthy THAN home-cooked meal. Home cooked meal is healthiER THAN fast food.

Speak about your preferences and experience

**4 Pedagogical part (3-4 mins)**

**Eating disorders**

What can children refuse eating in a nursery school?

**•** What are the guidelines for helping someone with an eating disorder?

**•** Is it a good idea to argue with that person?

**•** Have you met anybody with an eating disorder?