

GEPT Elementary Healthy School Lunch Handout

Healthy School Lunch: Choosing Food That Helps You Learn

Teacher Notes 教師備課

- Level: GEPT Elementary / CEFR A2
- Class time: 50-90 minutes
- Skills: reading, vocabulary, dialog, speaking practice, quiz

A. Vocabulary 單字解析

Word	Part	中文	Easy meaning	Example
meal	n.	一餐	food eaten at one time	Lunch is my favorite meal.
vegetable	n.	蔬菜	a plant food like carrots or spinach	I eat vegetables at lunch.
fruit	n.	水果	sweet food from plants	An apple is a fruit.
protein	n.	蛋白質	food that helps the body grow	Eggs have protein.
grain	n.	穀物	food like rice, bread, or noodles	Rice is a grain.
dairy	n.	乳製品	food made from milk	Milk is a dairy food.
choose	v.	選擇	to pick something	Choose water instead of soda.
balanced	adj.	均衡的	having different good parts	A balanced meal has many food groups.

B. Reading 1 | Lunch Tray Choices

At lunch, Leo looks at the school menu. Today there is rice, chicken, cabbage, soup, and oranges. Leo likes chicken, but he does not like cabbage. He wants to take only rice and chicken.

His friend Amy says, 'A balanced lunch has different foods. You need vegetables too.' Leo takes a small amount of cabbage. He also takes an orange because fruit is sweet and fresh.

After lunch, Leo feels full but not too heavy. He says, 'Maybe cabbage is not so bad.' Amy laughs and says, 'You do not have to love every vegetable, but you can try a little.'

C. Reading 2 | Food Groups

A healthy meal can include vegetables, fruits, grains, protein foods, and dairy foods. These foods help the body in different ways. Vegetables and fruits give vitamins. Grains give energy. Protein helps the body grow and repair.

Students do not need a perfect meal every day, but they can make better choices. They can choose water, eat different colors of vegetables, and try fruit instead of candy after lunch.

Healthy eating is not only about rules. It is about having energy for class, sports, and life. A good lunch can help students stay active in the afternoon.

D. Reading 3 | A Class Menu

Ms. Chen asks students to design a healthy school lunch menu. Each group must include at least three food groups. They also need to explain why their lunch is good for students.

Leo's group makes a menu with brown rice, grilled chicken, carrots, bananas, and milk. Amy's group makes noodles with vegetables, tofu, fruit, and yogurt.

The class votes for the most colorful menu. Students learn that healthy food can be simple and tasty. They also learn new English words for talking about meals.

E. Dialog Practice 口說對話

Dialog 1 At Lunch	
Leo	I do not want cabbage.
Amy	Try a little. It is good for you.
Leo	Can I take more chicken?
Amy	Sure, but take some vegetables too.
Leo	OK. Just a small amount.

Dialog 2 Choosing a Drink	
Student	Can I have soda?
Teacher	Water is a better choice for lunch.
Student	Why?
Teacher	It has no sugar and helps your body.
Student	Then I will drink water.

Dialog 3 Making a Menu	
Teacher	What food groups are in your menu?
Amy	We have grains, protein, vegetables, fruit, and dairy.
Teacher	Good. Is it balanced?
Amy	Yes. It has many colors too.
Teacher	Nice work.

F. Speaking Practice 口說練習

- For lunch, I usually eat ____.
- A healthy lunch should have ____.
- I like ____ but I do not like ____.
- I can make my lunch healthier by ____.

G. Quiz 測驗

1. What is on the school menu?

Answer: _____

2. Why does Amy tell Leo to take cabbage?

Answer: _____

3. Name three food groups.

Answer: _____

4. What does Leo's group put on its menu?

Answer: _____

5. Ask what your friend eats for lunch.

Answer: _____

6. Make one healthy lunch rule.

Answer: _____

H. Answer Key 答案

1. Rice, chicken, cabbage, soup, and oranges.
2. Because a balanced lunch needs vegetables.
3. Vegetables, fruits, grains, protein foods, or dairy foods.
4. Brown rice, grilled chicken, carrots, bananas, and milk.
5. What do you usually eat for lunch?
6. Possible answer: Drink water and eat vegetables.

Source Notes 來源參考

- USDA MyPlate: <https://www.fns.usda.gov/tn/myplate>
- USDA MyPlate Guide to School Lunch: <https://www.fns.usda.gov/tn/myplate-guide-school-lunch>