

Project English and Biology

STEP 1: Look at breakfast in different countries

People from different countries eat different things in the morning, but wherever you go, breakfast is the first and most important meal of the day.

- a) Look at the pictures and say which breakfast you like best and why.
- b) Have you ever had breakfast in another country? What did you have?

English kids like cereal¹ with milk for breakfast. They sometimes eat eggs, bacon and sausages², or porridge³. They never eat cheese.



Japanese⁴ people traditionally eat soup⁵ for breakfast.

Mexicans⁶ like to eat fruit for breakfast. They also have tortillas with meat, vegetables or eggs.



Swedish⁷ kids like bread with butter⁸, jam⁹, cheese or fish. They also eat cornflakes with milk in the morning.

STEP 2: Find out about your own breakfast

- a) What do you have for breakfast? Make two groups. Write down on cards what you eat in the morning.
- b) Collect the cards and sort them into groups (e.g. fruit, cereal, ...). Then put them up on the board.

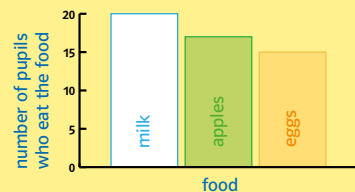
STEP 3: Make a bar chart¹⁰



PROJECT SKILLS

When you are preparing a presentation, you will often find useful information in charts. You can also use a chart to show what you have found out if you have done a survey¹¹.

- In your groups look at the cards on the board and count how many of you eat which food for breakfast (e.g. milk 20; eggs 15 ...).
- Now put the information you have found in a bar chart. Write the food on the x-axis¹² and the number of pupils who eat the food on the y-axis¹³.
- Draw the bars. Now you can see how many of you eat which food. Compare the two groups.

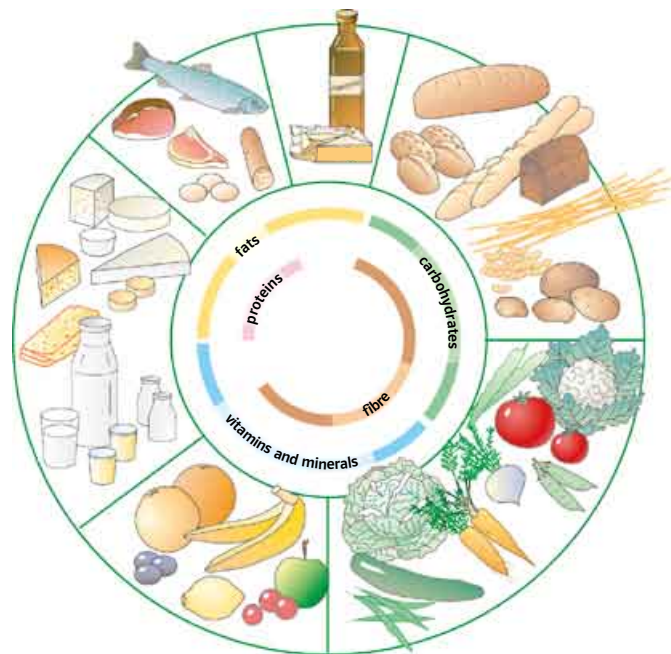



¹cereal ['sɛəriəl] = Getreide (Cornflakes etc.) • ²sausage ['sɒsɪdʒ] = Würstchen • ³porridge ['pɒrɪdʒ] = Haferbrei • ⁴japanese [ˌdʒæp'niːz] = japanisch • ⁵soup [su:p] = Suppe • ⁶Mexican ['meksɪkən] = Mexikaner / -in • ⁷Swedish ['swiːdɪʃ] = schwedisch • ⁸butter ['bʌtə] = Butter • ⁹jam [dʒæm] = Marmelade • ¹⁰bar chart ['bɑː ˌtʃɑːt] = Balkendiagramm • ¹¹survey ['sɜːveɪ] = Studie, Umfrage • ¹²x-axis [eks 'æksɪs] = X-Achse • ¹³y-axis [waɪ 'æksɪs] = Y-Achse

STEP 4: Look at food and its contents¹⁴

We eat a lot of different things every day. Almost everything we eat contains¹⁵ fats¹⁶, proteins¹⁷ and carbohydrates¹⁸. Some foods have more of these than others. If you want to eat healthily, you also need minerals¹⁹, vitamins²⁰, fibre²¹ and water.

Look at the chart on the right and compare it to what you have found out about breakfast in your class. Do you think you eat a healthy breakfast? Is breakfast in other countries healthier? Say why or why not.

**STEP 5:** Do a project: Healthy food

 You have learned a lot about healthy food so far, and maybe you have found out that some of you eat the wrong things. Now it's your turn to inform the pupils at your school. Read about Jamie Oliver first.



JAMIE OLIVER is a famous TV cook. He is worried about the food British pupils eat at school and at home, and has cooked at different British schools to show kids how bad fast food is and how good healthy

food can be. He has been to Thomas Tallis, too. At one school he threw a lot of chips, burgers and other fast food onto the floor to show how terrible the smell is.



Unhealthy food is not only a problem at British schools. Lots of German pupils eat the wrong things, too. Plan a healthy food campaign²² for your next school project week. You could have an information stand²³ with posters and give a presentation in which you use charts. You could also sell healthy food.

1. Think of more ideas in class.
2. Get together in groups of four or five and decide what the different groups are going to do.
3. In your group, talk about what you have to do (e.g. find information in books, on the Internet, draw posters etc.). Decide who is going to do what and when. Make a plan.
4. After you have finished your group projects, plan the campaign with your teacher.

¹⁴ contents (pl) ['kɒntents] = Inhalt • ¹⁵ (to) contain sth [kən'teɪn] = etw. beinhalten • ¹⁶ fat [fæt] = Fett • ¹⁷ protein ['prəʊti:n] = Protein • ¹⁸ carbohydrate [ˌkɑːbə'haɪdreɪt] = Kohlenhydrat • ¹⁹ mineral ['mɪnrəl] = Mineralstoff • ²⁰ vitamin ['vɪtəˌmɪn] = Vitamin • ²¹ fibre ['faɪbə] = Ballaststoff • ²² campaign [kæm'peɪn] = Kampagne • ²³ information stand [ˌɪnfə'meɪʃn ,stænd] = Informationsstand