Story Writing Competition

Healthy eating around the world – Create your Multilingual Story

Part 1 - Spring Term 2020

https://wales.britishcouncil.org/en
Healthy eating

What is healthy eating?
Healthy eating means eating:
• a wide variety of foods in the right proportions
• Eating the right amount of food and drink
• Eat a balanced diet between the 5 food groups

Why should you eat healthy?
It is important to eat healthily because:
• Gives you energy
• Reduces the risk of getting ill
• Has a positive effect on your mood and how you feel
• Helps you concentrate
• Helps you live longer

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Healthy eating – Balanced eating
Healthy eating around the world

United Kingdom

Diet in United Kingdom

• What do you usually eat for lunch? And dinner?
• Name one traditional food from United Kingdom
• Which fruits/vegetables grow in the UK naturally?
• Do you think this meal is healthy?

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Healthy eating around the world

Mediterranean

Mediterranean Diet

• What is the Mediterranean Diet? What are the main foods in this diet?
• Which countries eat the Mediterranean Diet?
• Name one fruit/vegetable that grows in any of these countries
• Find the two recipes for Mediterranean Diet foods

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Healthy eating around the world

South America

• Which countries are in South America?
• Do you think all the countries in South America will eat the same foods?
• What are the traditional foods in South America?
• Find 5 regional fruit/vegetables that grow in these countries

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Healthy eating around the world

Asia

Asian Diet

• Is there a single “Asian Diet”?
• How many countries are there in Asia?
• What are the main ingredients in an Asian Diet?
• Are their meal portions bigger, the same or smaller than Western portions?
• Name one fruit/vegetable that grows in any of these countries
• Find the two recipes for Asian Diet foods

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Healthy eating around the world

Africa

• What is the African Heritage Diet?
• Which continents might you find this diet in? And which countries?
• Name one fruit/vegetable that grows in any of these countries
• What kind of food is included in the African diet?

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Part 2 - Spring Term 2020

https://wales.britishcouncil.org/en
Healthy eating around the world – Create your story

Food you love        Food you don’t like much
Choose key words - Suggestions

<table>
<thead>
<tr>
<th>English</th>
<th>Welsh</th>
<th>Spanish</th>
<th>French</th>
<th>Italian</th>
<th>German</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruit</td>
<td>Ffrwyth</td>
<td>Fruta</td>
<td>Fruit</td>
<td>Frutta</td>
<td>Obst</td>
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<tr>
<td>Strawberries</td>
<td>Mefus</td>
<td>Fresas</td>
<td>Fraises</td>
<td>Fragole</td>
<td>Erdbeeren</td>
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<tr>
<td>Fish</td>
<td>pysgod</td>
<td>Pescado</td>
<td>poisson</td>
<td>pesce</td>
<td>Fisch</td>
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<tr>
<td>Meat</td>
<td>Cig</td>
<td>Carne</td>
<td>Viande</td>
<td>Carne</td>
<td>Fleisch</td>
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<tr>
<td>Bread</td>
<td>Bara</td>
<td>Pan</td>
<td>Pain</td>
<td>Pane</td>
<td>Brot</td>
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<td>Pizza</td>
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<td>Pizza</td>
<td>Pizza</td>
<td>Pizza</td>
<td>Pizza</td>
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<tr>
<td>Sweets</td>
<td>Melysion</td>
<td>Dulces</td>
<td>Bonbons</td>
<td>Dolci</td>
<td>Süßigkeiten</td>
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</table>
Healthy eating around the world – Create your story

Choose key words - Class

<table>
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</table>
## Healthy eating around the world – Create your story

### Choose key phrases

<table>
<thead>
<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>I like</td>
<td>Rwy'n hoffi</td>
<td>Me gusta...</td>
<td>J'aime</td>
<td>Mi piace</td>
<td>Ich mag</td>
</tr>
<tr>
<td>I don’t like</td>
<td>Dwi ddim yn hoffi</td>
<td>No me gusta...</td>
<td>Je n’aime pas</td>
<td>Non mi piace</td>
<td>Ich mag nicht</td>
</tr>
<tr>
<td>I love</td>
<td>Rwy'n caru</td>
<td>Me encanta...</td>
<td>J’adore</td>
<td>Io amo</td>
<td>Ich liebe</td>
</tr>
<tr>
<td>I hate</td>
<td>Rwy'n casau</td>
<td>Yo odio...</td>
<td>Je déteste</td>
<td>Io odio</td>
<td>Ich hasse</td>
</tr>
<tr>
<td>It’s yummy</td>
<td>Mae'n blasus</td>
<td>Esta rico!</td>
<td>C'est délicieux</td>
<td>È buonissimo</td>
<td>Es ist lecker!</td>
</tr>
<tr>
<td>It’s disgusting!</td>
<td>Mae'n ffiaidd</td>
<td>Es asqueroso!</td>
<td>C'est dégoûtant</td>
<td>È disgustoso</td>
<td>Es ist ekelhaft</td>
</tr>
<tr>
<td>I want more/less</td>
<td>Rydw i eisiau mwy / Dw i eisiau llai</td>
<td>Quiero mas/menos</td>
<td>Je veux plus/moins</td>
<td>voglio di più/ voglio di meno</td>
<td>Ich will mehr/weniger</td>
</tr>
</tbody>
</table>

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Healthy eating around the world – Create your story

Some useful words

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<th>German</th>
</tr>
</thead>
<tbody>
<tr>
<td>Because</td>
<td>Achos</td>
<td>Porque</td>
<td>Parce que</td>
<td>Perché</td>
<td>Weil</td>
</tr>
<tr>
<td>Why?</td>
<td>Pam</td>
<td>Por que?</td>
<td>Pourquoi</td>
<td>Perché</td>
<td>Warum</td>
</tr>
<tr>
<td>How?</td>
<td>Sut</td>
<td>Como?</td>
<td>Comment</td>
<td>Come</td>
<td>Wie</td>
</tr>
<tr>
<td>What is it?</td>
<td>Beth ydyw</td>
<td>Que es?</td>
<td>Qu’est-ce que c’est?</td>
<td>Che cos’è?</td>
<td>Was ist es?</td>
</tr>
<tr>
<td>How many/much?</td>
<td>Faint</td>
<td>Cuanto(s)?</td>
<td>Combien?</td>
<td>Quanti?</td>
<td>Wie viel/viele?</td>
</tr>
<tr>
<td>Do you like...?</td>
<td>Wyt ti'n hoffi</td>
<td>Te gusta...?</td>
<td>Aimes-tu...?</td>
<td>Ti piace...?</td>
<td>Mögen Sie...?</td>
</tr>
</tbody>
</table>
Story Writing Competition

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Part 3 - Spring Term 2020

https://wales.britishcouncil.org/en
Healthy eating around the world – Create your story

Choose your setting

• Where is your story going to take place?
• One place or many?

Choose your main character

• What do they look like?
• What are they like?
• What do they like? What don’t they like?
Healthy eating around the world – Create your story

What’s happening in the story?  
1.  
2.  
3.  
4.  
5.  
6.  

How are you going to captivate your audience?

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Activity
You now need to use these ideas to create your own story.
Remember that you should use words and phrases in English, Welsh and another language!
When you finish writing your story, you will need to create the illustrations to go with it.

Activity
You can either write:
  • A comic
  • A book.