

Story Writing Competition

Healthy eating around the world – Create your Multilingual Story

Part 1 - Spring Term 2020

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

Healthy eating – Balanced eating

Healthy Plate



Healthy eating around the world

United Kingdom



<https://wales.britishcouncil.org/en>

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?

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

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



Healthy eating around the world

Asia



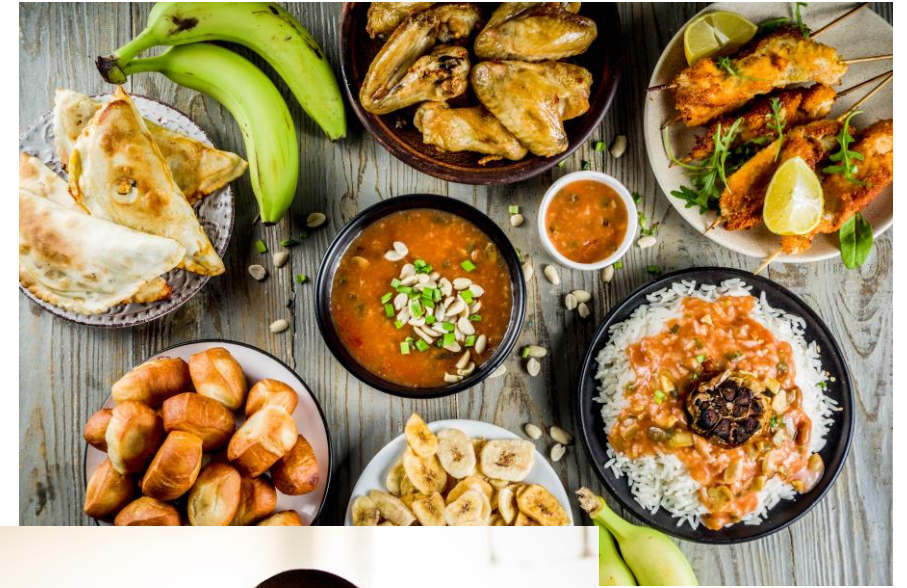
Asian Diet

- 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

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

Healthy eating around the world – Create your story

Food you love

Food you don't like much

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Choose key words - Suggestions

English	Welsh	Spanish	French	Italian	German
Fruit	Ffrwyth	Fruta	Fruit	Frutta	Obst
Strawberries	Mefus	Fresas	Fraises	Fragole	Erdbeeren
Fish	pysgod	Pescado	poisson	pesce	Fisch
Meat	Cig	Carne	Viande	Carne	Fleisch
Bread	Bara	Pan	Pain	Pane	Brot
Pizza	Pizza	Pizza	Pizza	Pizza	Pizza
Sweets	Melysion	Dulces	Bonbons	Dolci	Süßigkeiten

Healthy eating around the world – Create your story

Choose key words - Class

English	Welsh	Spanish	French	Italian	German

Healthy eating around the world – Create your story

Choose key phrases

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

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Some useful words

English	Welsh	Spanish	French	Italian	German
Because	Achos	Porque	Parce que	Perché	Weil
Why?	Pam	Por que?	Pourquoi	Perché	Warum
How?	Sut	Como?	Comment	Come	Wie
What is it?	Beth ydyw	Que es?	Qu'est-ce que c'est?	Che cos'è?	Was ist es?
How many/much?	Faint	Cuanto(s)?	Combien?	Quanti?	Wie viel/viele?
Do you like...?	Wyt ti'n hoffi	Te gusta...?	Aimes-tu...?	Ti piace...?	Mögen Sie...?

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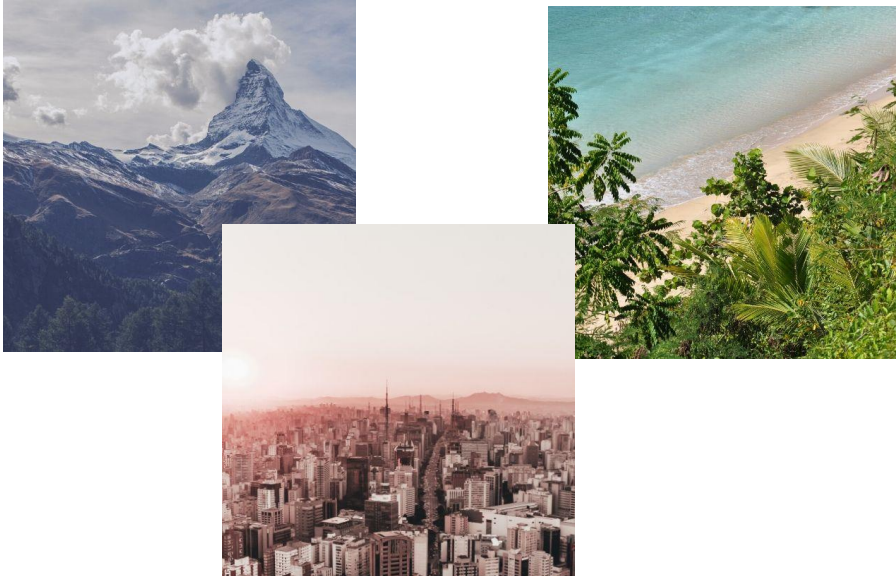
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Part 3 - Spring Term 2020

Healthy eating around the world – Create your story

Choose your setting

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



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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?

Healthy eating around the world – Create your Story

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.