



# FOOD DETECTIVES

Is it healthy or unhealthy?

## GLOSSARY

fat, milk, nuts, protein, fruit, sugar, salt, carbohydrates, vitamins, ingredients, lactose, palm oil, gluten, vegetables



**TOP SECRET**

**C - T - N  
ZAWIERAĆ**

It has got/hasn't got...  
 It isn't healthy because it has got...  
 It is healthy because it has got...  
 I think that... - myślę, że...  
 In my opinion... - według mnie...  
 I am lactose intolerant. - Mam nietolerancję laktozy.  
 I am allergic to nuts. - Mam alergię na orzechy.

## MATERIALS



magnifying glass, product labels, Food Detective Card

## INVESTIGATION

1. Use the magnifying glass. Look for good and bad ingredients. Is the food healthy or unhealthy?
2. Fill in a Detective Card.

## SHARE THE RESULTS WITH YOUR CLASSMATES



Talk about the results of your investigation.  
 Model answer: In my opinion this yoghurt is healthy because it has got fruit and it is lactose free.

Remember Detectives!

You are what you eat!

I like grasshoppers!





Look at the first three ingredients. If you see sugar or fat - be careful!



DETECTIVE'S NAME: \_\_\_\_\_



# DETECTIVE CARD

Is it  healthy or  unhealthy?

Put the words in the correct categories.

fat, milk, nuts, protein, fruit, sugar, salt, carbohydrates, vitamins, lactose, palm oil, gluten, vegetables

**HEALTHY**

**UNHEALTHY**

**NOT SURE**

## MY INVESTIGATION

INGREDIENTS	PRODUCT 1	PRODUCT 2	PRODUCT 3
SUGAR			
FAT			
SALT			
FRUIT VEGETABLES			
MILK			
_____			
_____			
_____			
_____			