

# VIDEO TIME

## UNIT 7 Coach Me!

Date: \_\_\_\_\_

Name: \_\_\_\_\_

Class: \_\_\_\_\_

**Titre de la vidéo :** The Top 5 Food Mistakes Most Teens Make and How to Fix Them

**Durée :** 3'03"

**Sous-titres :** oui

**Lien vers la vidéo :**

<https://www.youtube.com/watch?v=vx0ZTy2SWfk>

### HELP!

**a nutrition label** une étiquette  
nutritionnelle

**processed food** des aliments  
transformés

**a nutrient** une substance  
nutritive

## PART 1 ► Watch the whole video.

### 1. Select the correct answers.

a. The video talks about teenagers':

likes and dislikes.  eating habits.

b. The video:

shows teenagers' bad eating habits.

explains teenagers' bad eating habits but also gives them some advice.

c. The video gives advice about:

the variety of food.  the price of food.

### 2. Put the elements in the order you see them.

2 a. consequences of an unhealthy diet on the health

4 b. advantages of fruit and vegetables

1 c. teenagers explaining their eating habits

3 d. teenagers explaining how often they eat vegetables

**PART 2 ▶ Watch the video from the beginning to 0:06.**

**3. True or False?**

	True	False
a. The teenagers think that nutrition is very important for them.		X
b. Some of them admit that they never look at nutrition labels.	X	
c. One of them says that he eats fast food once or twice a week.		X

**PART 3 ▶ Watch the video from 0:32 to 1:30.**

**4. Tick the correct answers.**

a. The average teenager's diet is:

processed foods.       healthy wholefoods.

b. The consequences of bad eating habits can be:

money problems.       health problems.

c. The program is about:

identifying the food mistakes of teenagers and suggesting solutions.

forbidding teenagers to eat junk food.

**PART 4 ▶ Watch the video from 1:31 to 1:41.**

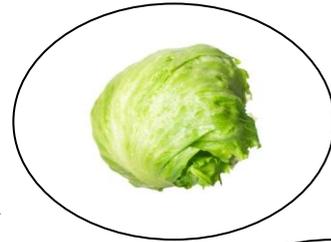
**5. Complete with the missing words.**

Your **bodies** are still developing and you're **working** hard to get good grades and perform your **best** athletically.

Good food will **boost** your **energy** for schoolwork, **athletics** and just plain **life**.

**PART 5** ▶ Watch the video from 1:42 to 2:17

6. Select the produce they're talking about.



**PART 6** ▶ Watch the video from 2:18 to the end.

7 Answer the questions.

a. Why is it important for teenagers to eat a lot of fruit and vegetables?

*Because they pack tons of important vitamins, minerals, nutrients and fiber.*

b. How will they feel after having eaten fruit and vegetables?

*They will feel more full.*

c. Has food rich in calories the same effect?

*No, it hasn't.*

**PART 7** ▶ Express Yourself.

8 Talk about your daily diet and say if you eat enough fruit and vegetables.

*Réponse personnelle.*