

# 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.

a. consequences of an unhealthy diet on the health

b. advantages of fruit and vegetables

c. teenagers explaining their eating habits

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.

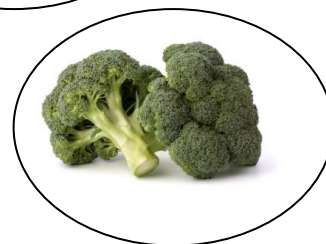
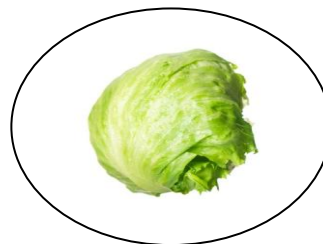
### 5. Complete with the missing words.

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.*