

ESOL Choice Board for Grades 9-12

Monday	Tuesday	Wednesday	Thursday	Friday
Every day, you make daily decisions about what you will eat. Many times, we plan our daily diet based on what we enjoy eating, not what is healthy for us. When we are educated about food nutrition, we can make more healthy choices about the foods we eat. Knowing how to analyze the food you eat is a good step to a healthy lifestyle. Click here to see an infographic about how to read a nutrition label Grab the nearest food you see with a nutrition label and use the guidance in the link above to analyze it! Is it “healthy” or “unhealthy”? 	Some nouns are called “uncountable” nouns. These are nouns that name materials, concepts, information, emotions, or fluids, which are not individual objects and cannot be counted. You cannot add a number in front of an uncountable noun, and “a” or “an” cannot be used with uncountable nouns. Instead, use a word, expression, or exact measurement. One example of an uncountable noun is the word “research.” We would say “I did a lot of research,” not “I did three research.” Click here to sort countable and uncountable nouns. Confused? Choose a sort to complete from the link about and look up your nouns in the dictionary to check their countable/uncountable status. Click here for a dictionary to use. 	Did you know that you can see your school’s lunch menu online? Click here to see your school’s menu Click here to listen to a podcast discussing the laws that decide what’s in your lunch and a surprising food that is “healthy enough” to be included. After you listen to the podcast, discuss what you heard with your health teacher. 	Click here to evaluate multiple health related pages of advice for teenagers Choose 1 important health-related fact that you learned from those pages. Share your important fact in a post on social media. Make sure to add multimedia features, like photos, video, GIFS, sound, etc. Bonus: can you make a post in your home language?	An informative paragraph gives details and facts about a topic. Think about the food that you eat on a weekly basis and plan to write an informative paragraph about your diet. Explain what foods you eat the most and where you get those foods. Do you follow a special diet of any sort? If so, what type? Plan your paragraph here: <u>What food I eat:</u> <u>Where I get my food:</u> <u>How my food is prepared:</u> If you’d like, turn your plan into a paragraph. Start it like this: <i>Every week, I eat...</i>