

# CARROTS – WHAT ARE THEY?



CODE 082

|  |   |
|--|---|
| Fertigkeit                                       | Lesen   |
| Relevante(r) Deskriptor(en)                      | <b>Deskriptor 4:</b><br>Kann unkomplizierte Sachtexte über Themen, die mit den eigenen Interessen und Fachgebieten aus den Themenbereichen des Lehrplans in Zusammenhang stehen, mit befriedigendem Verständnis lesen. (B1) |
| Themenbereich(e)                                 | Essen und Trinken   |
| Zeitbedarf                                       | 10 bis 12 Minuten   |
| Länge des Lesetextes                             | 264 Wörter  |
| Material- und Medienbedarf                       | Schreibmaterial   |
| Besondere Bemerkungen, Hinweise zur Durchführung | ---   |
| Quelle   | ---   |

## UNTERLAGE FÜR SCHÜLERINNEN



Read 'Carrots – what are they?'

Then tick (✓) the sentences below “true” and “false”.

The underlined words are explained at the bottom of the page.

### Carrots – what are they?

Jamie Oliver is a young and famous TV chef<sup>1</sup>. He wants to help children to eat more healthily and has declared war on school meals. He thinks that the junk food served in most schools is the reason why too many children in England are unhealthy and too fat.

Meals such as hamburgers, fried chicken, pizzas, chips and doughnuts are made with too much salt, fat and sugar and not enough fresh ingredients<sup>2</sup>. Some kids don't even recognize common vegetables!

However, when he tried to improve the meals at one London school, Jamie was faced with a big problem. The government doesn't spend much money on school meals – only 35p per child. This made it very difficult to buy healthy ingredients without spending too much.

The next problem was the dinner ladies. Dinner ladies are the women who cook the school meals. They are only paid to work for a short time each day. They complained that they did not have enough time to cook the healthy meals. Jamie says the government must spend more money on school meals, more money on teaching kids how to cook and also pay more money to dinner ladies.

Will this be enough? Many schools also have vending machines<sup>3</sup> full of unhealthy snacks and drinks and many pupils are allowed to leave school during the lunch break. They can go to the shops and buy snacks.

Jamie Oliver wants schools to offer meals with more fresh ingredients and less sugar, fat and salt – but will children choose healthy food rather than junk food?

#### Vocabulary:

1 - Chef – Köchin, Koch

2 - ingredients – Zutaten

3 - vending machines – Verkaufsautomaten



 Tick (✓) the sentences true or false.

|   | true | false |
|---|------|-------|
| (1) Jamie Oliver thinks schools should not serve junk food.               |      |       |
| (2) Kids in school eat too many vegetables.                               |      |       |
| (3) Kids need to eat more salt, sugar and fat.                            |      |       |
| (4) Jamie Oliver was given extra money to buy ingredients.                |      |       |
| (5) The dinner ladies did not have time to cook the new meals.            |      |       |
| (6) Jamie Oliver thinks kids should learn to cook.                        |      |       |
| (7) At many schools, kids can buy a healthy snack from a vending machine. |      |       |



|   | true | false |
|---|------|-------|
| (1) Jamie Oliver thinks schools should not serve junk food.               | ✓    |       |
| (2) Kids in school eat too many vegetables.                               |      | ✓     |
| (3) Kids need to eat more salt, sugar and fat.                            |      | ✓     |
| (4) Jamie Oliver was given extra money to buy ingredients.                |      | ✓     |
| (5) The dinner ladies did not have time to cook the new meals.            | ✓    |       |
| (6) Jamie Oliver thinks kids should learn to cook.                        | ✓    |       |
| (7) At many schools, kids can buy a healthy snack from a vending machine. |      | ✓     |