



Adelaide High School's *Turn Your Health Around* focus for 2009 has been incorporated into the Year 8 Italian Semester 1 Program. Part of each term's program has been dedicated to the study of an aspect of the healthy eating focus. Year 8 students of Italian learn fruit and vegetable vocabulary and associated useful expressions. They also learn to read simple recipes, and sample some 'healthy' dishes.

The Fruit Topic is incorporated into the Term 1 Program: LA FRUTTA

Students brainstorm in English fruit words. Any students who know the Italian words for fruit can say them and write them on the board. All students then learn the new fruit vocabulary and others introduced by the teacher.

Students undertake an activity using a website, either on an individual or pair basis, or as a class if there is an interactive whiteboard in the room. Students visit <http://www.hotpot.femis.pl/frutta.htm>

They click on frutta (principianti).

They type in the noun for the pictures given (no def article)

la mela

la banana

l'uva

il limone

l'arancia

la pesca

l'ananas

la fragola

l'anguria / il cocomero

Students need to know these computer terms:

index (indice) / controlla / ricontrolla / suggerisci

Students undertake other learning tasks such as pluralizing nouns and definite articles, reading simple recipes for **Fruit Salad** (see below), writing shopping lists in Italian, describing fruits in Italian and discussing fruit preferences. The students are given a vocabulary test and a short grammar test on the fruit words.

LA MACEDONIA DI FRUTTA (Fruit Salad)

Ingredienti (per 4 persone)

un'arancia

due banane

250 grammi di fragole

due mele

due pere

un po' di succo di limone

Procedimento

Lavare e tagliare la frutta nella maniera preferita, meglio se a pezzetti.

Mettere tutta la frutta in un recipiente e versarci il succo di limone.

Lasciar riposare in frigo per qualche ora prima di servire.

Servire con gelato o yogurt.

Adapted from <http://ricette-calorie.com/ricette/macedonia-di-frutta.php#> 15 Feb 09

A popular class activity is preparing and sampling fruit salad, served with yoghurt or **la Macedonia di Frutta, con yogurt**. Each student brings in a piece of fruit to class. Students assist with the preparations, including washing, peeling and cutting and serving up.



Turn Your Health Around

The Vegetable Topic is incorporated into the Term 2 Program: LE VERDURE

Students brainstorm in English vegetable words. Any students who know the Italian words for vegetables can say them and write them on the board. All students then learn the new vegetable vocabulary and others introduced by the teacher.

Students undertake an activity using a website, either on an individual or pair basis, or as a class if there is an interactive whiteboard in the room. Students visit

http://www.hotpot.femis.pl/esercizio_match1.1.htm

They match each vegetable noun with its picture.

broccoli
patata
carciofi
cipolla
radicchio
peperone
melanzane
aglio
carota
cavolfiore
barbabietola
erba cipollina

Students revise these computer terms:

index (indice) / controlla / ricontrolla / suggerisci

Students undertake other learning tasks such as pluralizing nouns and definite articles, reading simple recipes for Italian thick vegetable soup or **Minestrone** (see below), writing shopping lists in Italian, describing vegetables in Italian and describing vegetable preferences. The students are given a vocabulary test and a short grammar test on the vegetable words.

MINISTRONE (Thick vegetable soup)

Ingredienti per 6 persone (*g – refers to grammi*)

150g fagioli borlotti
100g piselli
50g fagiolini
un cavolo
una carota
due gambi sedano – two celery stalks
due patate
una zucchina
due pomodori
prezzemolo
uno spicchio d'aglio
formaggio grattugiato
olio d'oliva extravergine
sale
uno o due dadi (1 or 2 stock cubes)

Optional

200g riso (Add cooked rice to the minestrone)

Procedimento – Method (*Instructions are usually given by verbs in the infinitive or voi forms*)

Cuocere in due litri d'acqua fredda, non salata, tutte le verdure a pezzi, i fagioli, i piselli, il prezzemolo e l'aglio.

Far bollire a fuoco alto il tutto per dieci minuti, salare e poi abbassare la fiamma e cuocere a lungo lentamente, anche per tre o quattro ore.

Servire il minestrone tiepido, o freddo, (con il riso) completato con un filo d'olio e formaggio grattugiato.

A popular class activity is preparing and /or sampling **Minestrone**. Each student brings an ingredient to class. Depending on available facilities, students can either assist with the preparations, including washing, peeling and cutting and cooking of the dish, or simply enjoy the dish prepared prior to the lesson.