

## LESSON 4.

### REFERENCE TABLE TO SUPPORT THE DEVELOPMENT OF SPEAKING AND REASONING SKILLS.

My plate is <b>balanced</b>	My plate <b>is not so balanced</b>	My plate is <b>not balanced</b>
<p><b>There is/are:</b></p> <ul style="list-style-type: none"> <li>- GRAINS</li> <li>- FRUIT</li> <li>- VEGETABLES</li> <li>- PROTEINS <u>or</u> DAIRY PRODUCTS</li> <li>- FATS</li> </ul> <p>Nel piatto bilanciato <b><u>ci sono</u></b> questi gruppi alimentari.</p>	<p>In this plate <b>something important is <u>MISSING!</u></b></p> <p>In questo piatto, non tanto bilanciato, <b><u>manca qualcosa di importante</u></b>... (fruit, vegetables, grains, proteins).</p>	<p><b>There are no/is no:</b></p> <ul style="list-style-type: none"> <li>- VEGETABLES</li> <li>- GRAINS</li> <li>- PROTEINS or DAIRY PRODUCTS</li> <li>- FRUIT</li> </ul> <p>Nel piatto non bilanciato <b><u>non ci sono</u></b> <u>molti</u> gruppi alimentari importanti!</p>