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PROGRAMMA SVOLTO – LINGUA INGLESE

a.s. 2025/2026

CLASSE	4 A IPSEO A
MATERIA	LINGUA INGLESE
DOCENTE	MANUEL MURA
LIBRO DI TESTO	CATERING TODAY A. De Chiara, V. A. Gambari, C. Torchia – Trinity Whitebridge

UNIT 4: Good, clean and fair

Slow food
Organic farming
The EU organic Logo
GMOs
The 2030 Agenda
Focus on SDG n° 2: Zero Hunger
Stop food waste
Having a sustainable diet
Future foods and modern food trends
Current food trends

Vocabulary:

Sustainable food and the Environment:

1. Food quality
2. Food production
3. Environmental issues
4. Waste and recycling
5. Hunger and food problems

UNIT 5: Diets

Test your health!
Healthy Eating
The food pyramid
MyPyramid and MyPlate
The Mediterranean diet
The New Nordic diet
The Macrobiotic diet
Vegetarianism
Veganism
The 80/20 diet
The Dukan diet

Vocabulary:

Diets, nutrition and healthy lifestyle

1. Types of diets
2. Food and nutrition
3. Health and body
4. Eating habits and actions
5. Social and cultural aspects
6. Goals and comparisons

UNIT 6: Food safety

Professional uniforms

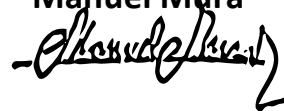
Vocabulary:

Restaurant staff uniforms: clothes and actions

1. Chef uniform
2. Waiter uniform
3. Accessories and protective items
4. Actions: getting dressed
5. Uniform care and appearance

Il docente

Manuel Mura

A handwritten signature in black ink, appearing to read 'Manuel Mura', with a stylized flourish at the end.