

The Chicken Nugget Experiment

1 LEAD IN Watch the video and answer the following questions.

What different kinds of fast food are the kids singing about?

What other kinds of fast food can you think of? Do you enjoy eating fast food? Why/why not?



2 VOCABULARY Check the meanings of the words in the box. Then discuss the questions, using the vocabulary where appropriate.

cheap convenient processed home-cooked nutritious overweight
 ingredients additives colouring flavouring fat salt sugar balanced diet

1. Why do some people eat a lot of fast food? Try and give at least three reasons.
2. Why do some people try and avoid it? Try and give at least three reasons.

3 VIDEO In this video clip, Jamie Oliver, a British Chef, is trying to persuade American school-kids to eat more healthily. Watch to 0.56 and answer the following questions.



1. What choice did the kids make last time Jamie cooked for them?
2. Has Jamie done this experiment before? How do you know?
3. What kind of processed food does Jamie mention as being one of the 'worst'?
4. What does Jamie want to achieve with this experiment?



4 Now watch the next section, from 0.56-3.40.

5. In what ways does Jamie try hard to shock the children?
6. Did you find it disgusting? Why/why not?
7. Why do you think the children still wanted to eat the nuggets?

5 Watch the final section. Why does Jamie think the kids still ate the nuggets?

6 SPEAKING

a) Look at the following phrases and put them in the right place in the table.

I think that.... I'm sorry, but I can't agree with that... I'd probably say that..... Yes, that's just what I think.

I've always felt that..... I'm not sure about that... That's true.

Giving an opinion	Agreeing	Disagreeing

b) Discuss the following questions, Try to use some of the useful phrases from 6a.

Which of the following factors do you think encourage people to eat processed and 'fast' food?

Poverty Not learning to cook properly Working long hours Laziness Addiction to salt and sugar

What, if anything, do you think the Government should do about helping people to eat more healthily?



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Key and Notes

1

The song goes 'A Pizza hut, a Pizza hut, Kentucky Fried Chicken and a Pizza Hut. McDonalds, McDonalds, Kentucky Fried Chicken and a Pizza Hut.' Obviously, Pizza Hut sells pizza, KFC fried chicken (including chicken nuggets) and McDonalds is famous for burgers, though they also sell chicken nuggets and fried fish.

Students might also mention fish and chips, kebabs, and many other foods, depending on your context. Incidentally, at time of writing, there is a big scandal in the UK about 'ready meals' (microwaveable), that have been found to be made with horsemeat instead of beef. People in the UK don't usually eat horsemeat, but the biggest problem is that the horses may have had dangerous drugs in their systems.

2

1. Why do some people eat a lot of fast food? Convenience, because it's cheap, because the fat and salt and sugar make it taste good.

NB This question is explored more fully in the final speaking activity, so no need to pull out every possible reason here.

2. Why do some people try and avoid it? Not very nutritious, processed, too much fat, salt and sugar...

3

- 1 They chose processed food over home-cooked food
- 2 He says he's done it many times before 'back home' - in the UK, and that it always worked.
- 3 Chicken nuggets
- 4 To make the kids think about what they are putting in their bodies.

4

5 He waves the bones at them, he keeps repeating bones, skin, connective tissue etc, he uses words like 'horrible' and 'disgusting'

6&7 are subjective questions.

5

Because even though they knew they were bad, they looked familiar.

6

Giving an opinion	Agreeing	Disagreeing
I think that... I'd probably say that..... I've always felt that....	Yes, that's just what I think. That's true	I'm not sure about that... I'm sorry, but I can't agree with that...