

Topic: Food

Vocabulary revision: Riddles about food.

Grammar revision: Countable/uncountable nouns – writing rules

Grammar tasks

Checking of the homework

Vocabulary – p. 85 + tasks

Reading Ex. 3.4.5 p. 86-87

Ex 8 p. 88 group discussion

Homework: small presentation ex 9 p. 88

+ learn new vocabulary

Resources: <https://en.islcollective.com/>

Сивак, Ковальчук English for 1<sup>st</sup> year students

**1. What food can be sharp or mild, comes in many varieties, and is often grated or sliced?**

**2. I have feathers and wings, but I don't fly. You can eat my meat, and sometimes my eggs, too. What am I?**

**3. I live in a shell, and you'll often find me on the shore. I can be eaten steamed, grilled, or in a soup. What am I?**

**4. I'm a cruciferous vegetable that's green and floret-shaped, full of vitamins and fiber, and often steamed or roasted. What am I?**

**5. I'm a frozen treat that's sweet and creamy, and comes in many flavors. What am I?**

**6. 4. I'm a green vegetable that's often sliced thin, with a crunchy texture and a mild flavor. What am I?**

**7. I'm a tropical fruit that's prickly on the outside, sweet on the inside, and often eaten in chunks or juice.**

**What am I?**

**8. I'm a citrus fruit that's sour and acidic, but can add flavor and zest to many dishes. What am I?**

**9. I'm a small, round fruit that's often eaten as a snack, or used to make wine or jam. What am I?**

**10. I'm a baked treat that's often sweet and crunchy, and comes in many shapes and sizes. What am I?**

**11. I'm a drink that's made from roasted beans, and can be enjoyed hot or cold, with or without milk and sugar. What am I?**

**12. I'm a seafood that lives in the ocean, has a hard shell, and is often eaten steamed or grilled with butter. What am I?**

1. beverages	a) To determine the size, quantity, or degree of something using a standard unit of measurement, such as a cup, a teaspoon, or a ruler.
2. grains	b) To ruin or make something unfit for use, especially food or drink that has gone bad or become unsafe to consume.
3. utensils	c) To eat a small amount of food, often between meals, as a light meal or to satisfy hunger.
4. to spoil	d) Having a pleasing taste or flavor, often used to describe food or drink that is especially enjoyable.
5. to purchase	e) Small, hard, and edible seeds, such as rice, wheat, barley, or oats, that are used as a staple food.
6. to measure	f) Feeling the need or desire to eat something, often because of lack of food or nutrients in the body.
7. thirsty	g) To go to a restaurant or other place where food is served and have a meal there.
8. hungry	h) Drinks, such as water, juice, tea, coffee, or alcohol, that are consumed to quench thirst or for enjoyment.
9. delicious	i) To order food from a restaurant or other food service establishment and have it delivered to a specified location.
10. to eat out	j) To buy or acquire something by exchanging money or other currency.
11. to order in	k) Tools or objects used for preparing, serving, or eating food, such as knives, spoons, forks, or plates.
12. to snack on	l) Feeling the need or desire to drink something, often because of dehydration.

eat out	glass	dessert	hungry	spoil	delicious
			thirsty		

Lena was feeling 1. \_\_\_\_\_ after a long day at work, so she decided to 2. \_\_\_\_\_ at her favorite restaurant. She ordered a 3. \_\_\_\_\_ chicken dish with a side of rice and a 4. \_\_\_\_\_ of iced tea. The waiter brought her utensils to eat with, and she began to measure out the perfect portion of rice to go with her chicken. As she ate, she realized that the chicken had started to 5. \_\_\_\_\_, and she regretted not checking it before ordering. Feeling 6. \_\_\_\_\_, she finished her iced tea and left the restaurant without ordering 7. \_\_\_\_\_.

biscuits	beer	restaurant	satisfied	order in	delicious
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John had a busy day planned, so he decided to 1. \_\_\_\_\_ for lunch. He called his favorite 2. \_\_\_\_\_ and placed an order for a sandwich and a soda. While waiting for the delivery, he snacked on some leftover 3. \_\_\_\_\_ he had purchased earlier in the week. When the food arrived, he realized they had forgotten to include utensils, but he was able to eat the sandwich with his hands. The sandwich was so 4. \_\_\_\_\_ that he decided to order in again for dinner, this time getting a pizza and some 5. \_\_\_\_\_ to drink. As he ate, he measured out the perfect slice of pizza to snack on and finished the meal feeling 6. \_\_\_\_\_.



Countable nouns, also known as count nouns, are nouns which can be counted. For example, one apple, two apples.

Countable nouns can have both singular and plural forms. The plural form is made by adding **s** (apples), **es** (sandwiches), or **ies**, (cherries) to the singular form.

Uncountable nouns, also known as non-count nouns, cannot be counted. For example, water, flour, rice, etc.

Uncountable nouns do not have a plural form and so you cannot add **s** to them.

We use *some* with uncountable nouns in positive sentences and *any* with negatives.

*There's **some** milk in the fridge.*

*There isn't **any** coffee.*

Questions

In questions we use *a/an*, *any* or *how many* with countable nouns.

*Is there **an** email address to write to?*

*Are there **any** chairs?*

***How many** chairs are there?*

And we use *any* or *how much* with uncountable nouns.

*Is there **any** sugar?*

***How much** orange juice is there?*

But when we are offering something or asking for something, we normally use *some*.

*Do you want **some** chocolate?*

*Can we have **some** more chairs, please?*

We also use *some* in a question when we think the answer will be 'yes'.

*Have you got **some** new glasses?*

Other expressions of quantity

*A lot of* (or *lots of*) can be used with both countable and uncountable nouns.

*There are **lots of** apples on the trees.*

*There is **a lot of** snow on the road.*

Notice that we don't usually use *many* or *much* in positive sentences. We use *a lot of* instead.

*They have **a lot of** money.*

However, in negative sentences we use *not many* with countable nouns and *not much* with uncountable nouns.

*There are a lot of carrots but there **aren't many** potatoes.*

*There's lots of juice but there **isn't much** water.*

Name: \_\_\_\_\_

Signed: \_\_\_\_\_

Score: /84

Mark: \_\_\_\_\_

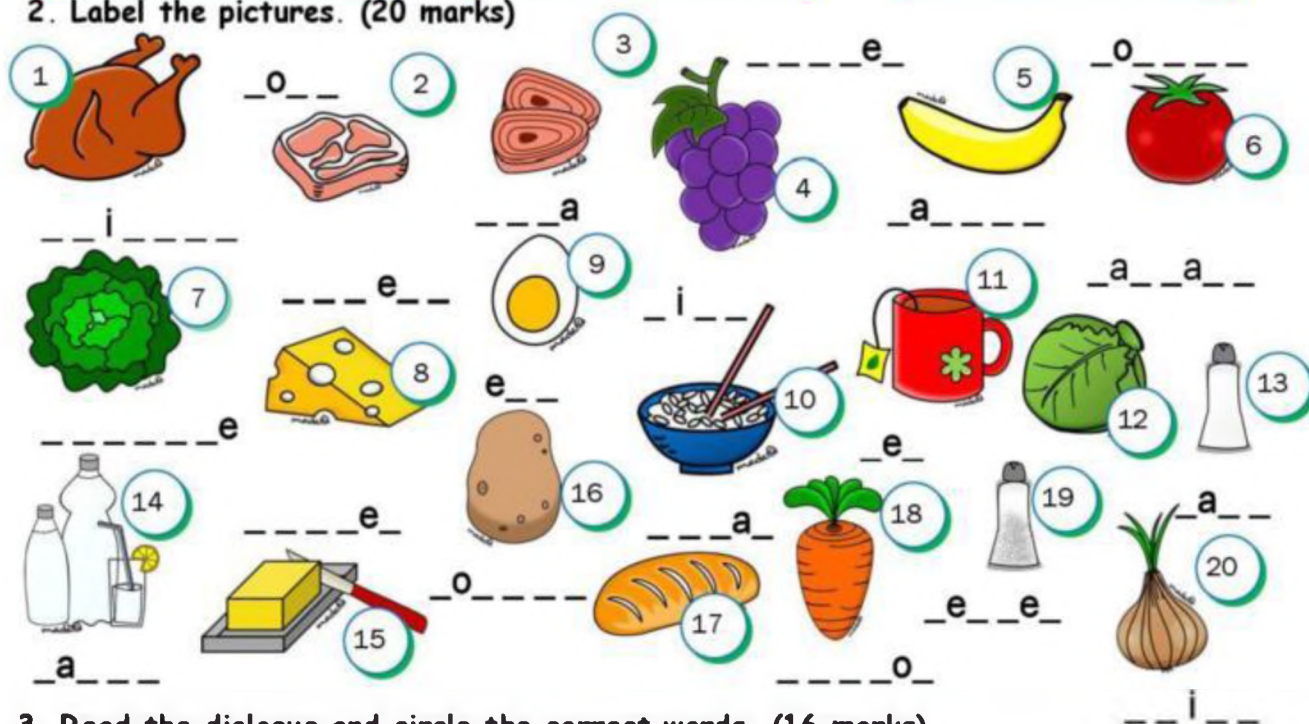
### 1. Write C for countable and U for uncountable. (15 marks)

1. sugar \_\_\_\_\_
2. pencil \_\_\_\_\_
3. biscuit \_\_\_\_\_
4. rice \_\_\_\_\_
5. cup \_\_\_\_\_

6. flower \_\_\_\_\_
7. jam \_\_\_\_\_
8. juice \_\_\_\_\_
9. slice \_\_\_\_\_
10. paper \_\_\_\_\_

11. tiger \_\_\_\_\_
12. bread \_\_\_\_\_
13. butter \_\_\_\_\_
14. plate \_\_\_\_\_
15. chair \_\_\_\_\_

### 2. Label the pictures. (20 marks)



### 3. Read the dialogue and circle the correct words. (16 marks)

Lucy How about making <sup>1</sup> a / an apple pie?

Alan Great idea! Have we got <sup>2</sup> some / any apples?

Lucy Yes, there are <sup>3</sup> some / any in the bowl. How <sup>4</sup> much / many do we need?

Alan A lot, about a <sup>5</sup> kilo / litre.

Lucy We haven't got enough. We can buy <sup>6</sup> some / any in the corner shop.

Alan And we need <sup>7</sup> some / any flour, too. Look at the recipe. How <sup>8</sup> much / many flour do we need?

Lucy About half a pound. And we need three <sup>9</sup> knives / spoons of sour cream so let's

buy a small <sup>10</sup> tub / bag, too.

Alan And how <sup>11</sup> much / many eggs do we need?






Sue Four. And we also need <sup>12</sup> some / any butter and <sup>13</sup> some / any sugar. Oh, we haven't got <sup>14</sup> some / any butter.

Andy We can buy a <sup>15</sup> bar / tin of butter in the shop, too.



4. Put the words in the box in the correct group. (15 marks)

biscuits bread cereal crisps dog food fried tomatoes ham lemon oil salad sardines  
soup sugar water wine

				
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5. Circle the odd one out. (10 marks)



- |             |         |         |             |
|-------------|---------|---------|-------------|
| 1. bowl     | plate   | glass   | knife       |
| 2. beef     | trout   | lamb    | pork        |
| 3. lettuce  | Carrots | bananas | mushrooms   |
| 4. buy      | market  | shop    | supermarket |
| 5. Cup      | Carton  | bar     | bottle      |
| 6. some     | many    | any     | a           |
| 7. sandwich | juice   | milk    | lemonade    |
| 8. lemon    | water   | fork    | egg         |
| 9. onion    | apple   | orange  | bean        |
| 10. tuna    | Cola    | grape   | pasta       |



6. Order the dialogue. (8 marks)



- Just a bottle of mineral water, please.
- Are you ready to order?
- Would you like a dessert?
- Yes, Can I have some mixed vegetables, please?
- No, thank you. That'll be all.
- Anything else?
- Certainly. Do you want something to drink?
- Yes, I'd like chicken with rice, please.

Waiter	_____
Tom	_____
Waiter	_____
Tom	_____
Waiter	_____
Tom	_____
Waiter	_____
Tom	_____

Good luck 😊





**Objective:** to activate students' background knowledge



*Let food be the medicine and medicine be the food*  
Hippocrates

### Warming-up

1. Work individually. Compare the photographs and say what topic both photos are connected to? What kinds of food are there? Which would you prefer? Why?



#### Useful expressions:

Many people think that ...  
For me, one of the most important..... is .....  
Personally, I would say that...  
If I had to choose ..., I would .....

### Essential vocabulary

<u>Nouns</u>	<u>Verbs</u>	<u>Adjectives</u>	<u>Phrasal verbs</u>
beverages (n)	to spoil (v)	thirsty (adj)	to eat out
grains (n)	to purchase (v)	hungry (adj)	to order in
utensils (n)	to measure (v)	delicious (adj)	to snack on
<u>Phrases related to food</u>			
Ukrainian cuisine		Favourite receipt	
Popular dish		Substantial meal	
To have breakfast / dinner / supper		A variety of ingredients	

**2. Make up sentences of your own with words and word-combinations from essential vocabulary.**

### Reading

**3. Read the text and do tasks after it.**

#### Top 10 Superfoods

A superfood is not just ordinary food, it is food that for some reason is especially good for your health, nature's own medicine!

1. *Honey* is natural and much better for you than sugar because it contains many vitamins, it can even heal wounds if you put some kinds of honey on your skin.



2. *Blueberries* contain anti-oxidants which reduce toxins in your body and improve your memory.

3. *Dark chocolate*. If your chocolate has 70% or more cocoa, eating a little dark chocolate can be very good for you and can actually reduce blood pressure.

4. *Pistachio nuts* are the least fattening nut, also proven to reduce cholesterol levels in the body.



5. *Egg whites*. The healthier part of the egg, the egg white can help you maintain strong bones, muscles, nails, and hair.



6. *Broccoli* is a rich source of vitamin A, vitamin C, and bone-building vitamin K, and has plenty of fiber to fill you up and help control your weight.

7. *Sweet potatoes*. Orange vegetables can be especially good for you because they



contain so many vitamins. Sweet potatoes make a great alternative to ordinary potatoes because they contain healthier potassium instead of sodium.

8. *Almonds* are high in protein and in Vitamin E, and calcium. You can also make them into healthy almond milk.

9. *Salmon* is a super food because of its omega-3 fatty acid content. Studies show that omega-3 fatty acids help protect heart health.



10. *Goji berries* have been used in Chinese medicine for centuries. They are high in vitamins B, C & E, and support a healthy immune system, liver and heart.

**4. Read the text again. Are these sentences true (T) or false (F) or is the information not mentioned (NM) in the text?**

- 1) Sweet potatoes are better for your health than ordinary potatoes.
- 2) Omega-3 fatty acids are good for your liver.
- 3) Eating any kind of chocolate is good for your health.
- 4) Honey is better for your health than sugar.
- 5) Blueberries do not help reduce toxins in your body.

**5. Answer the questions after the text.**

- 1) Which superfood can be made into milk?
- 2) Which superfood can heal wounds?
- 3) Which superfood can reduce blood pressure?
- 4) Which two superfoods can protect your heart?
- 5) Which superfood is good for your bones?

**6. Complete the chart as shown.**

Noun	Verb	Adjective
	to cook	
	to depend	
	to recommend	
	to describe	
	to enjoy	

**Writing**

**7. Write an essay. Your local newspaper is asking its readers to write a review of a restaurant where you have eaten recently and would recommend to others. You should explain, giving reasons in support of your answer. Write 220-260 words in appropriate style (<http://cpesamplewritings.blogspot.com/2014/07/cpe-restaurant-review.html>).**

**Speaking****8. Think about your answers to these questions.**

- 1) What is your favorite food that your mother/father cooks?
- 2) How would you describe your country's food?
- 3) What is your favorite foreign food? How is it different from your country's cuisine?
- 4) Where is the best place to eat in your town? Why is it so good?
- 5) Do you eat different foods depending on the season or weather? Give some examples.



**9. Describe a traditional meal that you prepare in your country on special occasions. You should say:**

- when you eat that meal;
- how you prepare it (recipe);
- what ingredients are used to prepare it;

and explain why you enjoy it.



**10. Work in a group. Make up menu for Group A "The Fatty Cow" and Group B "The Running Pig".**

Welcome to <b>The Fatty Cow</b>		Welcome to <b>The Running Pig</b>	
			
Today's Special		Today's Special	
_____		_____	
Starters	Main Courses	Starters	Main Courses
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
Drinks	Desserts	Drinks	Desserts
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

### Home project

**11. Make ppt presentation about Food.**

