

UNIT 4 Food, GloriousFood!	VOCABULARY	SKILLS WORK	FUNCTIONS	QUIZ
4.1 Good morning: Rise and Shine	Lead-in activity Look at the pictures	Reading and writing Breakfast, Lunch and Dinner p.65 Listening Watch the video and answer	Talking about meals Speaking about the nutritional value of the foods we eat	
4.2 Types of restaurant	Lead-in activity Watch and match	Reading and writing Restaurants Listening 7 strange restaurants (video)	Classifying different types of restaurants	Quiz time: take the test

In this unit you will learn :

- vocabulary related to meals
- about different types of restaurants
- about food groups



UNIT 4.1

Good morning:
rise and shine.

- Types of meals
- Foods and dishes
- Useful information

1



Lead-in activity: Look at the pictures and answer the questions below.



English _____



Continental _____

- Which type of meal is it?
- Which foods can you see?
- What do you usually have for breakfast?

2



Reading part: Breakfast, Lunch and Dinner

First meal of the day is breakfast, it is important because it helps to wake up the body and the mind. A good breakfast gives you the energy to start the day properly, whatever is your activity.

There are two types of breakfast: English and Continental breakfast. Full English breakfast, very popular in other English speaking countries, it is a meal on its own with orange juice, cereal, tea, coffee, toast, jam, butter, grilled tomato, sausage, scrambled eggs, beans, mushroom, grilled tomato and potato scone. Continental breakfast usually includes: fruit juices, tea, coffee, jam, butter, toasts, cereal, and croissant. Lunch is often a light fast meal on weekdays, especially when people are engaged with their work. The main meal of the day is consumed in the evening, when all family gather together to have dinner.

3



Complete the sentences with the appropriate word:

Dinner, English breakfast, lunch.

- I am looking forward to have.....with Mary this evening.
- Its nearly two o' clock, I am terrible late for.....at George's.
- Mark and Stella have every Sunday morning.....in bed.



To try the game-based gallery technique activity, visit this <http://www.cram.com/flashcards/breakfast-lunch-and-dinner-4890344>

4



Listening: watch the [video](#) and answer the following questions.



- Which foods are prepared for breakfast?
- Which spices and herbs are used in the video?
- How do you make a citrus salad?

5



Match the pictures to the right captions

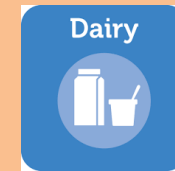
1. Eat a varied diet and not too much of one thing



2. Drink at least 2 litres of water per day



3. Consume plenty of fresh fruit, salads and vegetables



4. Use wholegrain cereals to get more fibre in your diet



5. Eat more fish, poultry and pulses for protein and less red meat



6. Have a modest amount of eggs, low fat cheeses and other dairy products.



7. Cut down on sugar



8. Get daily carbohydrates from bread, pasta and rice instead of snack foods



9. Drink more fruit and vegetables juices and less tea, coffee and alcohol



10. Use more olive oil for seasoning and less butter.

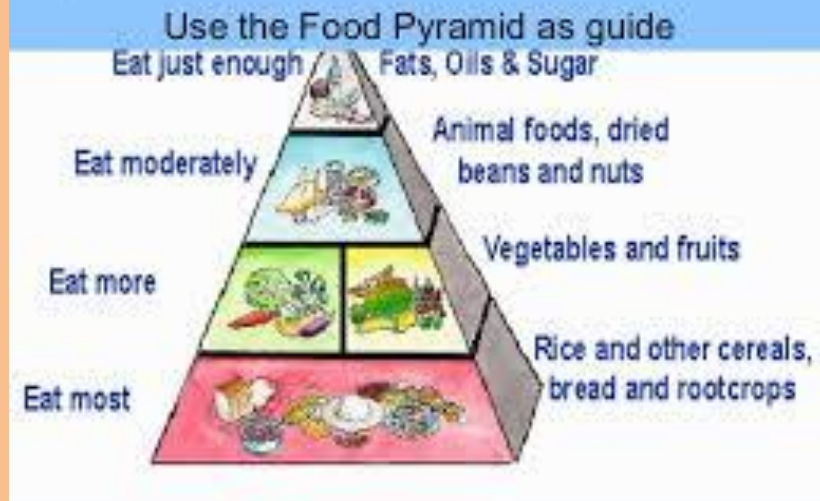


6



[Useful information](#)

How do we meet these requirements?



UNIT 4.2

Types of restaurants

- Restaurants around the world
- Food and dining

1 Lead-in activity: Which types of restaurant are these? Have a look at the words below.

Fast food restaurant, ethnic restaurant, fine dining or gourmet restaurant, hotel restaurant



2



Reading part: Restaurants

Today there are many different types of restaurant, the main ones are:

Hotel restaurant, Ethnic restaurant, Fast food restaurant, Gourmet restaurant.

In ancient Rome we can find the first type of restaurant-bar, called THERMOPOLIA which served hot and cold food.

Hotel restaurants cater for their guests, for external customers, and for special occasions such as wedding, and birthday parties.

Ethnic restaurants are those that offer foods from different nationality.

Fast food restaurants cook and serve food very quickly. They are often part of a chain or franchise, so prices and products are always the same everywhere.

Gourmet restaurant is often associated with culinary art of fine food and drinks. It serves wealthy people, celebrities and business people

3



Find the right answer:

- | | | |
|--------------------------------|-------------------------|-----------------------|
| Fast food restaurant sells: | a) gourmet food | b) low price food |
| Roman thermopolia served: | a) hot and cold food | b) fast food |
| Celebrities go to: | a) fast food restaurant | b) gourmet restaurant |
| For a wedding you will choose: | a) ethnic restaurant | b) hotel restaurant |

4



LISTENING. Watch the [video](#) and choose the restaurant you like most then follow the instructions in the exercise below.



5



Activity: Write an advert

- Find a picture of the restaurant and write its name.
- Write what type of restaurant it could be
- Describe the food it offers
- Finally, write its address and the phone number or reservations. Add its web address if available.



QUIZ: TEST MODULE

1. What should you eat least of every day?
A. Carbohydrates B. Fats and sugars C. Vitamins and minerals
2. How much water should you aim to drink per day?
A. 2 litres B. 4 litres C. 4 glasses
3. Which type of meal includes orange juice, croissant, butter, coffee?
A. Dinner B. English breakfast D. Continental breakfast.
4. Where do you go for a burger?
A. Fast food restaurant B. gourmet restaurant C. Ethnic restaurant
5. An Indian restaurant is.....
A. Gourmet restaurant B. hotel restaurant C. ethnic restaurant
6. How many portions of fruit and vegetables should you consume each day?
A. 9 portions B. 3 portions C. 5 portions
7. the first type of restaurant-bar served...
A. Cold food B. Hot and cold food C. Hot food
8. What can you find at the top of the food pyramid?
A. Cereals and bread B. Fish and meat C. Fats, oil and sugar

9. The only decent restaurants are on the other side of town.

A. All restaurants on the other side of town are decent restaurants.

B. All decent restaurants are restaurants on the other side of town.

C. Some restaurants on the other side of town are not decent restaurants

10. A gourmet restaurant offers:

A. a table d'hôte menu B. a fast food menu C. à la carte menu