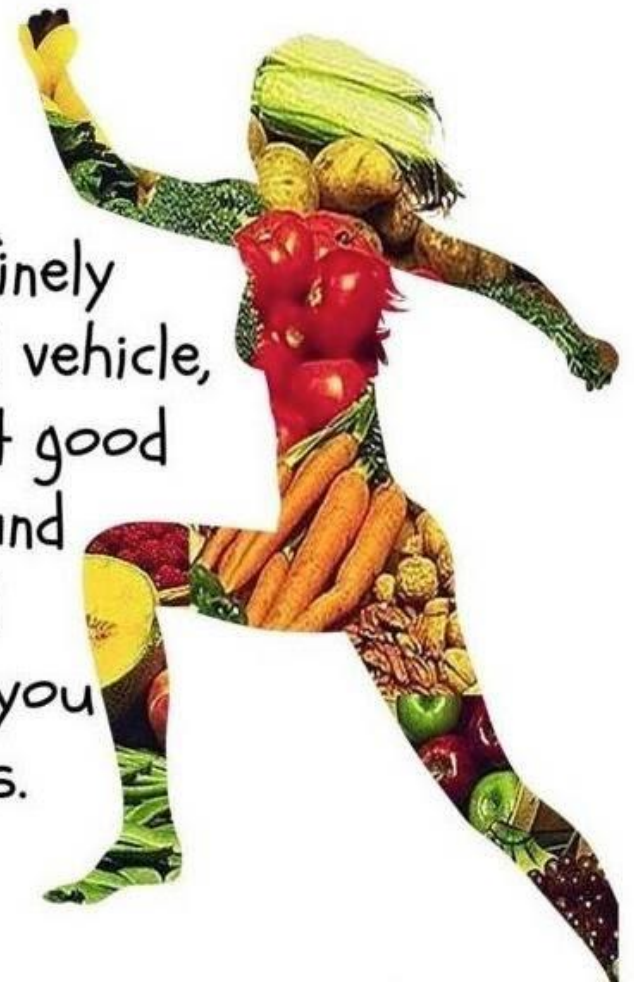


Meals What we eat

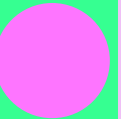
You are what you eat

Your
body
is a finely
tuned vehicle,
give it good
fuel and
it will
take you
places.



October Non – GMO month

- Human Health
- Environmental and Animal Health
- Moral and Ethical concerns
- Labeling concerns



I like food

I like food, I like eating

Lots and lots of food.

Bread and jam, and meat, and fish,

Cakes and biscuits too.

Beans and mustard, eggs and chips,

Mutton steaks, potatoes, peas,

And salted mushrooms too.

I like food, I like eating

Lots and lots food.

Cabbage, tomatoes, lettuce leaves,

Chocolate and cheese,

Toast and butter, soup and spices,

Onions, cereal, cucumber slices,

Marrows, pumpkins, beets.

Don't forget I also like drinking, when I eat:

Coffee, tea and water-soda.



**Fruity lemonade, coca-cola,
Sugar makes them sweet.
I like food, I like eating
Lots and lots of food.
Some more, please.**



Phonetic Drills

1. An apple a day keeps the doctor away.
2. Good health is above wealth.
3. After dinner sit a while, after supper walk a mile.



Vocabulary

Find the name of the dishes hidden in the word search below as quickly as you can.

A C Q W E R T Y U I
B O R S C H U L P O
K M J O K A S H A H
X P Z U S L V D G F
C O V P B U A N M N
Q T A Z X S R C V V
W E S X D H E C V B
F G H J K K N L M N
D S A Q W Y Y E R T
G J K L P O K I U Y
F D S A C X Y Z V W



Speaking

What would you eat ... ?

- at an expensive restaurant
- at a birthday party
- on a picnic
- on a coffee break
- at a fast food restaurant
- on holiday

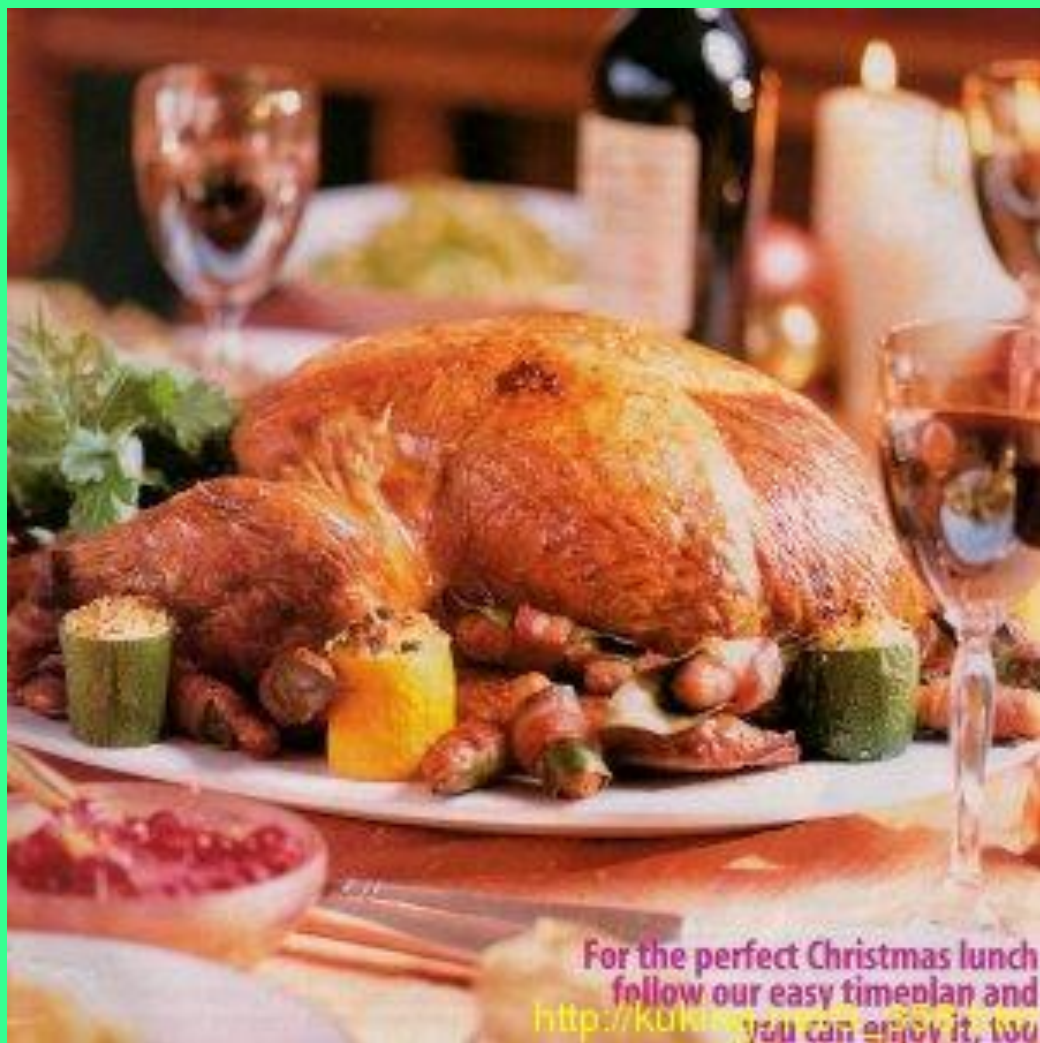


Project Work

Ukrainian Cuisine



British Cuisine



American Food



Fast Food



My favourite dish



Living a Healthier Life



Ukrainian Borsch with Pampushkas (Dumplings).

---. Add some salt, vinegar essence, tomato sauce, sugar, sauté the ingredients till they get half-done. Onions carrots and parsley should be cut and roused in butter. (2)---. When the contents start to boil, put in the prepared vegetables, the gently sautéed and diluted with the cold stock flour, bay leaves, and pepper. (3)---. Put some sour cream curdled together with the finely cut greenery into the plate. (4)---. Recipe for making pampushkas : take flour, sugar, diluted in warm water leaven (yeast), some vegetable oil. (5)--- Grate garlic with salt, add some vegetable oil, boiled water, stir the mixture and pour the resulting sauce over the baked rolls. (6) ----.

- A. From this dough bake tiny round rolls.
- B. The well-done borsch should be thickened with pounded grease and cloves of garlic.
- C. Cut beets into fine slices (like French fries)
- D. Enjoy Ukrainian borsch with pampushkas.
- E. Serve the table with pampushkas.
- F. Put segment-cut potato into the simmering stock and cook till it gets half-done, add some cabbage.



Keys: 1 C, 2 F, 3 B, 4 E, 5 A, 6 D.

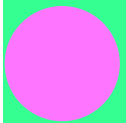


Healthy and Unhealthy

Stuart is thirteen years old. He is a vegetarian – he doesn't eat meat. Stuart eats fruit, vegetables and cheese. He usually drinks milk, not cola, and he doesn't eat chocolate or sweets. Stuart always walks to school and he usually swims every day and he often plays basketball and football. Sally is thirteen years old, too. She eats meat every day. She loves hamburgers and cheeseburgers. She often eats 'fast food'. Sometimes she has an apple or an orange but she never eats vegetables. Sally doesn't often exercise. She sometimes dances at parties and in the holidays she often swims or plays tennis with her friends.

Post reading

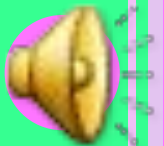
T: Discuss in pairs Sally and Stuart's way of eating. Do you have the same eating habits?



Listening to the interview

Read the statements below and say if they false or true.

1. George opened up a restaurant in Canada.
2. They mainly serve international dishes.
3. George thinks everybody knows the English to be excellent cooks.
4. The chef of the restaurant is Argentinian.
5. They have traditional English breakfast and typical English desserts on the menu.
6. English dishes are not much popular in Argentina.
7. George misses a wonderful French cheese – Roquefort.
8. Stilton is English blue cheese.
9. They open in the morning and serve traditional English breakfast.
10. They do proper English teas in the morning-tea with cakes and sandwiches.



Grammar revision

His friends like eating pizza.

Complete the dialogue

A: -----?

B: They're probably in the country having a picnic.

A: -----?

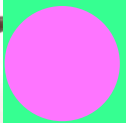
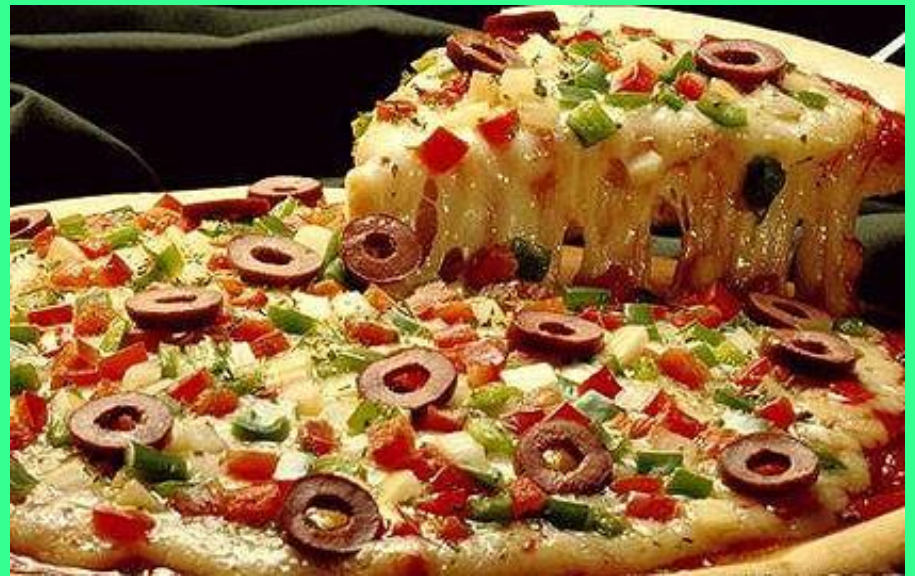
B: They must be enjoying themselves because they're smiling.

A: -----?

B: Not, really. I don't like eating outdoors.

A: -----?

B: I love eating at a place with good music and lots of people of my own age.



Reading

The Story of McDonalds

In 1937 the McDonalds brothers, Dick and Mack, opened a little drive-in restaurant in Pasadena, California. They served hot dogs and milk shakes there. In 1945 they had 20 waiters and all the teenagers in towns ate hamburgers at McDonald's.

In 1948 they already got paper boxes and bags for the hamburgers. They put the price down from 30 cents to 15 cents. They cut the menu down from 25 things to 9. There are no more waiters – it is self-service. So it is cheaper and faster. And they have windows all around the kitchen – so everyone can see it's clean. Parents started bringing their children to the restaurant. Poor families ate at McDonald's for the first time.

The idea of simple, fast, but tasty food appeared to be successful, and in the 1960s the McDonald's company opens hundreds of restaurants all over the States. In the 1970s they opened restaurants abroad: in Japan, Germany and Australia.

At present the McDonald's company opens a new restaurant every 8 hours! There are more than 30,000 restaurants in over 90 countries. The largest restaurant is in Beijing in China and the smallest in Ginza, Tokyo. The northernmost restaurant is in Fairbank, Alaska and the southernmost is in Gibson, New Zealand.

McDonald's restaurants serve almost the same food in every country. But in Italy they serve beer, in Norway the McLak (salmon burger) and in the Netherlands the vegetarian Groenteburger!

True or false



1. In 1947 the McDonalds brothers, Dick and Mack, opened a little drive-in restaurant in Pasadena, California.
2. In 1945 they had 12 waiters and all the teenagers in town eat hamburgers in McDonald's.
3. In 1948 they already got paper boxes and bags for the hamburgers.
4. They put the price from 15 cents to 30 cents.
5. There are more waiters nowadays in McDonald's.
6. Parents started bringing their children to the restaurant.
7. In 1970s the McDonald's company opens hundreds of restaurants all over the States.
8. At present the McDonald's company opens a new restaurant every 8 hours.
9. There are more than 3,000 restaurants in over 90 countries.
0. McDonald's restaurants serve almost the same food in every country.





Fortune 500 Company

By Zach M, Jessica M, and Marcella B

Reading

Read an article and match the headings (A – G) to the paragraphs (1-6). There is one extra heading which you do not need to use.

- A Be Careful What You Buy
- B Dangerous Diet
- C Life in the Fast Lane
- D Can You Give up Chocolate?
- E New Diet – New Life!
- F Some Healthy Advice
- G You Know What's Good for You



Eat Your Way to Good Health

1.-----

We all know that a varied diet with the right combination of protein, carbohydrates and fresh fruit and vegetables is necessary for good health.

2.-----

However, modern living and a busy lifestyle often mean that many of us don't have time to eat proper well-balanced meals. We seem to be relying too much on 'fast food' to match our fast lives. The problem with these foods though is that they are high in bad things like fat and calories, but low in the good things like vitamins and minerals. If you are only eating this sort of 'junk' food, then you've got a poor diet.

3.-----

A poor diet can lead to lots of health problems. These include allergies and tiredness or much more serious illnesses such as cancer and heart disease. The additives which are put in processed foods can also cause illness. Additives are used to add colour, flavor and long life to foods, but they can be quite harmful if you eat too many of them.

4.-----

If you eat raw and organic foods, you will be much healthier. Therefore, it makes sense to eat organically grown fruit and vegetables whenever you can. Try to stop drinking coffee and stop using sugar, too. Also, it is good idea to take vitamin and mineral tablets if you know your diet is not as healthy as it should be.

5.-----

A good time to think about healthy eating is when you are shopping, read the list of ingredients on food packets to find out if there are a lot of additives so you can avoid them. Foods that contain a lot of additives include: processed meats, soft drinks, tinned fruit, margarine and biscuits.

6.-----

All in all, a few simple changes to your diet can make a big difference to your health. Eat the right things and you can eat your way to good health.



Do the quiz and find out how healthy you are. Give yourself two points for each correct answer.

QUIZ : FOOD AND HEALTH

- 1. How many portions of fruit and vegetables should you eat every day?**
a) 2 b) 3 c) 4 d) 5 or more
- 2. Vitamin A helps us to see at night. Which of these gives us a lot of Vitamin A?**
a) carrots b) potatoes c) oranges d) bread
- 3. Vitamin D is good for our skin. Which of these gives us a lot of Vitamin D?**
a) bread b) carrots c) eggs d) oranges
- 4. Which of these contains the most fat?**
a) 50 g of hard cheese b) 50 g of chocolate
c) 50 g of chips d) 50 g of peanuts
- 5. How often should we exercise?**
a) at least 20 min once a week
b) at least 20 min twice a week
c) at least 20 min three times a week
- 6. Which activity burns up the most energy per minute?**
a) swimming b) football c) walking quickly
- 7. Which of these is a vegetarian allowed to eat?**
a) meat b) eggs c) cheese d) nuts



The correct answers: 1 d 2 a 3c 4d 5c 6a 7d

YOUR SCORE

12 - 14 Congratulations! You are an expert.

7 - 11 Good . Very good.

0 - 6 You should learn more about diet and health!



