



LESSON 6. WHAT'S ON YOUR PLATE

- Most people probably eat about **three main meals** every day namely:

A stack of pancakes with a blueberry on top.
Breakfast



A bowl of soup with a slice of bread on top.
Lunch



A piece of meat, a chicken drumstick, and a fish.
Dinner



Fill each plate with your favorite meal.

FOOD is something that we eat or drink in order to live a healthy life.



What is your favorite food?

Activity 1

- There are two kinds of food. **Healthy** and **unhealthy**. Name the pictures and put them in the right group?



1

Pizza



2

French Fries



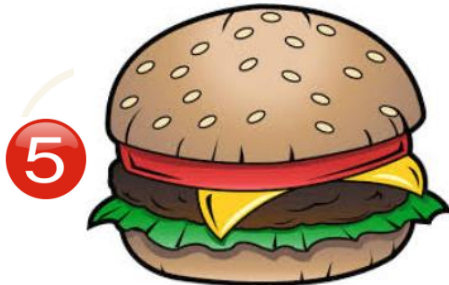
3

Salad



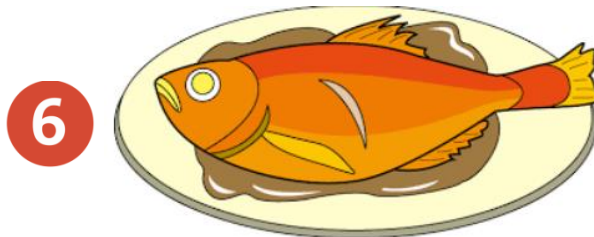
4

Milk



5

Hamburger



6

Fish



7

Soda



8

Fruits and Vegetables



1. Differentiate the two pictures.
2. Who do you think eats healthy food? Why?
3. What is the effect of eating unhealthy food?
4. Do you eat healthy food? Why or Why not?

Bitter

Salty

Sour

Spicy

Sweet

sugar
honey



lemons
limes



chili peppers
garlic



coffee
chocolate



chips
pretzels



Make sentences like the sample below.

1. Sugar and honey taste sweet.

- Some of your friends are having dinner at your home. How do they like the food? Ask them.



A. How do you like the _____?

B. I think (it's / they're) delicious.

A. I'm glad you like (it / them) Would you care for some more?

B. Yes, please. But not (too much / too many). Just a (little / few). My doctor says that (too much / too many) _____ (is / are) bad for my health.

Try these:

Cake

Cookies

Ice Cream

Pizza

Coffee



delicious

Lucy likes French fries. IN fact, she eats them all the time. Her friends often tell her that she eats too many French fries, but Lucy doesn't think so. She thinks they're *delicious*.



TERRIBLE

Susan doesn't like vegetables. In fact, she never eats them. Her friends often tell her that vegetables are good for her, but Susan doesn't care. She thinks they taste *terrible*.

1. What foods do you think are delicious?
2. What food do you think are terrible?
3. How often do you eat them?
4. Do you think they are good for you?

- Complete the sentences with the correct word.

Carton

Jar

Bottle

Can

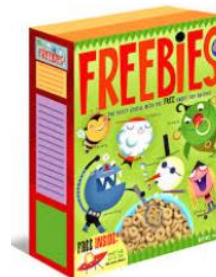
Bag

Gallon

1. A _____ of



3. A _____ of



5. A _____ of



2. A _____ of



4. A _____ of



6. A _____ of



Activity 2

- Practice using partitives.



Imagine you're going to shop for food in the supermarket.

What food items will you put in your cart? **Use Partitives.**

■ Express Yourself

1. What kinds of meals do you like?
2. Do you often eat dinner with friends or family?
3. When do you usually eat dinner?
4. Are there any fruits or vegetables you don't like? Why?
5. What food from your country do you recommend?
6. Do you like to eat out? Why?
7. What is your favorite foreign food?
8. What do you want to eat right now?

The End