

Food and Dining

Pre- Advanced Kids - Lesson 6

Lesson 6. Food and Dining



1. Think of something that you've been dying to eat.
2. Why do you want to eat it?
3. When was the last time you ate it?

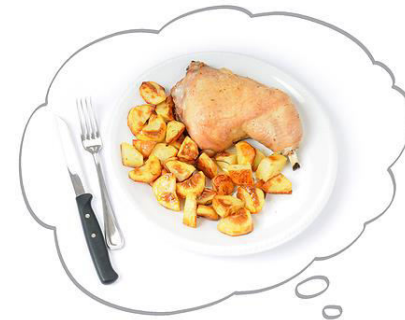
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The Determinants of Food Choice

The key driver for eating is of course hunger but what we choose to eat is not determined solely by **physiological** or nutritional needs. Some of the other **factors** that influence food choice include:

Biological determinants such as **hunger, appetite,** and **taste.**

Economic determinants such as **cost, income, availability.**



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What restaurant would you recommend for...

- a. ... music fans who don't mind queueing!
- b. ... a tourist wanting to try different English beers and ales.
- c. ... a person looking for a fun evening and good food on a budget.
- d. ... some young and hip professionals who like to dance.
- e. ... an adventurous couple looking for a romantic night out.
- f. ... a family looking for value for money.
- g. ... a health-conscious person on a budget.
- h. ... a person who enjoys spending money on high class dining.

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Listening 6.1 : Listen to the conversation and answer the questions.

TRUE OR FALSE

1. Susan doesn't want to eat fast food.
2. Susan hates Japanese food.
3. The Japanese restaurant in the mall is expensive.
4. Susan hates Italian food.
5. Susan wants to eat a variety of foods.
6. The woman at the information booth knows all of the restaurants in the mall.
7. Susan decides to eat Chinese food.
8. The buffet restaurant is far away.

1. What restaurant do you recommend in your hometown?
2. How do you decide which restaurant to eat?
3. What international food do you enjoy?

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Brainstorming: National Dishes

Your Country	Dishes
The Philippines	
The United States	
Korea	
China	
Italy	
France	
Thailand	
Spain	
Other countries...	



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Discussion Questions

1. Have you tried any of these dishes? Which ones? Did you like or dislike them?
2. What is your favourite food? What is your least favourite?
3. What is the strangest food you have ever eaten? Did it taste good or bad?
4. Do you like trying new foods?
5. Are there any foods that you wouldn't eat as a child that you eat now?
6. Do you prefer your own country's food or other kinds of food? Has your country 'adopted' many foods from other countries?
7. If you were living abroad, which food would you miss most from this country?

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Food Vocabulary Exercise

Tastes		Textures	
Adjective	Example	Adjective	Example
sour		soft	
sweet		hard	
salty		chewy	
bitter		crunchy	
bland		crispy	
strong		smooth	
hot		creamy	
spicy		flaky	

CLUES :

This food is soft and it tastes sweet. It is made from cream, sugar and fruit or chocolate. It is eaten very cold, usually in summer.

This food is hard on the outside, but usually soft in the middle. It is very versatile and is used to make lots of sweet and savoury dishes. In the UK people also eat it on its own for breakfast or in a sandwich.



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WARM UP: Tell the your teacher about a recent occasion when you have had to complain: a lousy meal or a disappointing holiday, for example.



Video Watching 6.2

<https://www.youtube.com/watch?v=bk0oury3eeU>

Answer these questions:

1. What did they order?
2. What do you think of the waitress in the video?
3. Why did they complain about the soup and the omelet?
4. What does the man mean when he said “The service here is slow”?
5. What would you have done if you were in customers’ shoes?
6. What do you think the restaurant could have done to improve their service?
7. Do you think the waitress has to be blamed for the bad service? Why or Why not?

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Role Playing

DISGRUNTLED DINER

You are absolutely furious! You took your date out for a romantic evening in one of the town's best restaurants and it was a disaster. You decide to complain to the waiter / waitress. Here are some of the things you might want to mention:

- You found a long red hair in your soup.
- The soup was cold.
- Your date had almost finished his / her main course while you were still waiting for yours to arrive.
- You saw the chef smoking in the toilets.
- The waiter / waitress flirted with your date and was rude to you.
- The cutlery was greasy.
- The 'background music' was so loud that you could hardly hear what your date was saying.
- You would like a refund.

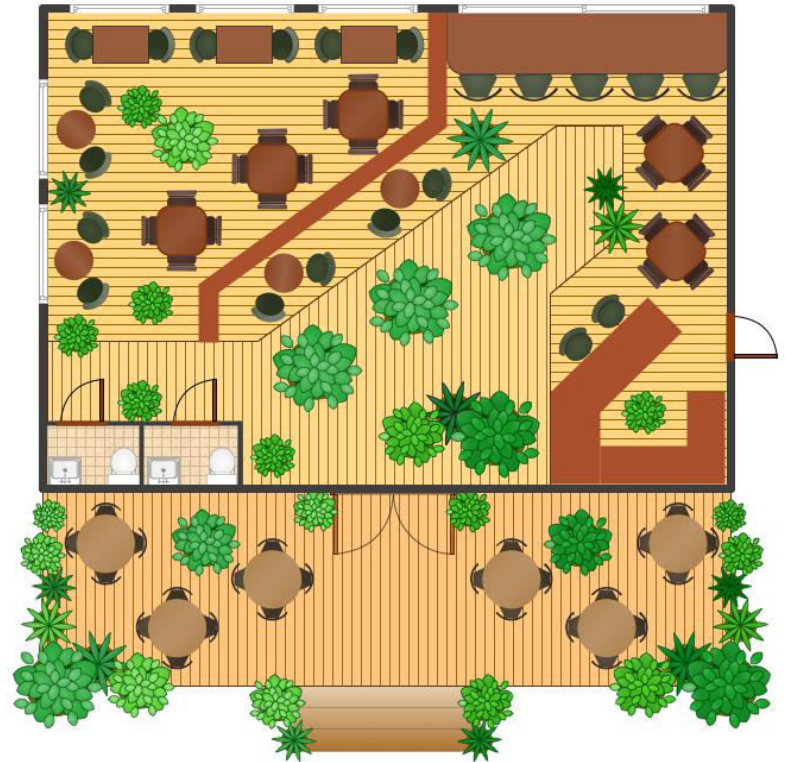


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Open a new restaurant!

Imagine you are going to open a new restaurant. Discuss and decide on the following aspects.

1. Who are your target consumers?
2. What cuisine will you serve?
3. Will you have any specialties, or a daily menu, or takeaway?
4. What type of atmosphere will you try to generate? How?
5. Will there be any entertainment?
6. What decor will you have?
7. Where will your restaurant be located?
8. How will you advertise?
9. What prices will you charge?
10. What are you going to call your restaurant?



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Listening 6.3 : Frank is in favour of genetically modified food but Ann is against it. Listen to their conversation then try the activities.

WARM UP

What comes to mind when you hear GM (genetically modified) food?

TRUE OR FALSE

1. Frank thinks Ann has been influenced by the newspapers.
2. Frank thinks non-GM foods are safer than GM foods.
3. Scientists have worked out a way of introducing a vaccine into bananas.
4. Ann thinks food companies will make money out of feeding poor countries.
5. Frank thinks Ann is being negative.
6. Ann is worried about guinea pigs becoming extinct.



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► Discussion

1. Why are scientists trying to develop GM crops?
2. Would you be happy buying GM apples the size of melons?
3. What do you think of GM bananas that contain vaccines against diseases?
4. Do you think genetically modified food is safe to eat?
5. Do you think it's important to label food as containing GM crops?
6. Do you think GM food will solve the world's food shortages?
7. GM food has been called 'Frankenfood', after Frankenstein's monster. What do you think of this name?
8. How might growing GM crops damage the environment?
9. Is genetically modifying food similar to cloning animals?



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Read and discuss the passage including the underlined words.

According to a World Bank report, eating the right kind of food is very important. In fact, it may be more important than ever before.

The report warns that children need to eat not only enough good food, but also the right kind of food. If children don't get enough vitamins and minerals, then they suffer long-term problems. At two years of age, the children are underweight and underdeveloped. They get sick from disease more easily, and may also suffer from health problems later in life. They often have lower intelligence levels. This leads to malnourished children who are more likely to drop out of school later in life. As a consequence, they then earn less money as adults. In some areas suffering from drought in Africa, as many as 30% of children are hungry. India, Southeast Asia, and parts of South America face similar problems.

The news is alarming, from both a humanitarian and an economic point of view. The report states that fighting malnutrition requires as much as 3% of a developing country's annual GDP. Because the growth rate of some countries is only two or three percent, providing better nutrition could double their economic growth. But many developing countries and international aid organizations aren't taking effective action.

The World Bank says it should set up education programs in health and nutrition for mothers with young babies. It also suggests cleaner living conditions and improvements in health care.



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Fill in the blank with the correct word.

1. If children don't get enough vitamins and minerals, then they _____ long-term problems.
2. These children get sick from _____ more easily.
3. Children who are _____ are more likely to drop out of school.
4. They then _____ less money as adults.
5. Africa suffers from _____ in some areas, so as many as 30% of children are hungry.
6. India, Southeast Asia, and parts of South America face _____ problems.
7. The news is alarming from a _____ point of view.
8. The news is alarming, from an _____ point of view.
9. Providing better _____ could double some countries' economic growth.
10. Many developing countries and international aid organizations aren't taking _____ action.

Talk about the following questions with your teacher. Remember to support your answers!

1. Do you ever think about the poor and the hungry of the world?
2. What can be done to fight malnutrition?
3. Who should fight malnutrition, the first world with massive economies, or countries where the problem exists?
4. Could a problem like this happen in your country?
5. What will be done to help because of this report?

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Fill in the blanks with the correct expression

up of tea
spice things up
bring home the bacon
cry over spilled milk

butter someone up
have his cake and eat it too
hard nut to crack
cool as a cucumber

cream of the crop
cheesy
bad eggs
big cheese

1. I don't want my little brother hanging around with the _____ on the street.
2. I thought I was just going to interview the secretary, but they let me talk to the _____ himself.
3. My husband has had to _____ ever since I broke my leg.
4. We'll have to _____ Angie _____ before we tell her the news about the broken vase.
5. Rick wants to _____. He wants to be single but he doesn't want me to date anyone else.
6. I love reading _____ romance novels because I don't have to think.
7. I thought I was afraid of flying, but I was _____ all the way to England.
8. We hired the _____ to entertain us at the Christmas party.
9. The mirror is broken and we can't fix it. There's no need to _____.
10. Opera isn't exactly my _____.
11. Angelo is a _____ when something is bothering him like this.
12. I wanted to _____ in the office, so I bought some red and gold paint.



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Express Yourself

1. What food do you like?
2. What is your all-time favourite food?
3. What food don't you like?
4. Are there any foods that you wouldn't eat as a child that you eat now?
5. Do you have a favourite restaurant? Why do you like it?
6. How often do you eat out?
7. Do you like food from other countries?
8. Do you have any traditional meals in your country?
9. Does your family have any special recipes that are passed down from generation to generation?
10. What special foods do you eat on holidays? (Christmas, New Year's Day or other types of festivals)
11. What is the most unusual food that you have eaten?
12. Why do you think obesity is becoming such a problem throughout the world?
13. Have you ever found something disgusting in your food?
14. Have you ever had food poisoning?
15. What is your favourite fruit?
16. What sweet food do you like?
17. What's your favourite snack?
18. Do you have any food allergies?
19. Are there any foods that bring back special memories for you? What are they?



The End