

# MEALS



# Meals

## Warm Up



**What did you eat today?**

# Meals

## Introduction



A **MEAL** is any of the regular occasions in a day when a reasonably large amount of food is eaten, such as **breakfast**, **lunch**, or **dinner**.

**What is a typical meal from your country?**

# Meals

## Introduction

Fill in the blanks with the correct meal each sentence is describing.



### Breakfast

The first meal you have in the morning.

*What do you eat?*



### Lunch

A meal that you eat  
In the middle of the day

*What do you eat?*



### Dinner

The last main meal of the day  
Usually an informal meal  
that you eat at home.

*What do you eat?*



### Snack

A small amount of food that  
you eat between meals.

*What do you eat?*

# Meals

## Food Preferences



1. Look at the picture. Do you like all the food? Which one's don't you like?

2. How important is food in your life?

- A. Really important
- B. Very important
- C. Quite important
- D. Not very important

3. Is there any food you hate?

4. Have you tried....? (select)

- A. Indian food
- B. Thai Food
- C. Japanese food
- D. Chinese food
- E. Italian food

5. Which one do you like best and why?

# Meals

## Five Basic Tastes

How do things taste?

**Bitter**

**Salty**

**Sour**

**Spicy**

**Sweet**



Sugar



Chocolate



Coffee



Lemon



Chili



Honey



Garlic



Vinegar

**Sentence Pattern: Sugar tastes sweet.**

# Meals

## Vocabulary

Choose the correct number for each word.



Tomatoes  
Eggplant  
Grapes  
Cabbage Jam  
Bananas  
Butter  
Oranges  
Cereal  
Mustard Eggs  
Orange Juice  
Fish  
Soup

Carrots Cottage  
Cheese Chicken  
Ice cream  
Soda Pizza  
Cheese  
Honey Yogurt  
Milk  
Pie Ketchup  
Cola Melon

What's inside your refrigerator?

## Reading

### My Favorite Meal

My favorite meal is breakfast. From Monday to Friday I go to school early so I have a quick breakfast. I usually have cereals with milk or sometimes toast and jam, but the weekend is different!

On Saturdays and Sundays, my dad cooks an English Breakfast for everyone in our family. A typical English breakfast is egg, bacon, sausages, tomatoes, mushrooms and baked beans. Then we have toast and jam. I drink orange juice and my mom and dad drink tea or coffee. I love breakfast at the weekend because I have breakfast with my whole family.



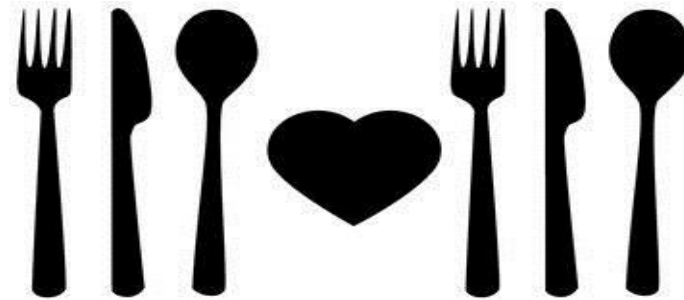


## Comprehension

1. What is Jonathan's favourite meal?
2. When does Jonathan eat an English breakfast?
3. In Jonathan's family who cooks the English breakfast?
4. What is a typical English breakfast?
5. What does Jonathan drink for breakfast?
6. Why does Jonathan love breakfast at the weekend?

## Free Response

1. What do you usually eat for breakfast?
2. Have you tried an English breakfast?
3. Who cooks breakfast in your family?
4. What is an ideal breakfast for you?



## Grammar Focus

Partitives are expressions used to make an *uncountable noun* countable.

| Partitives | Example Sentences   |
|------------|---|
| A cup      | Do you prefer a <b>cup</b> of tea with your breakfast, or a cup of coffee?        |
| A spoonful | How many <b>spoonfuls</b> of sugar do you like in your tea?                       |
| A glass of | After drinking four or five <b>glasses</b> of rum, I felt sick.                   |
| A plate of | How many <b>plates</b> of seafood should we order for the party?                  |
| A bottle   | Every morning the milkman would leave two <b>bottles</b> of milk on our doorstep. |
| a scoop    | You don't really need three <b>scoops</b> of ice cream on your apple pie, do you? |
| A slice    | Put one <b>slice</b> of meat into every sandwich, with some lettuce and tomato.   |

**Partitive structure:** Quantity + Partitive + of + Uncountable noun

# Meals

## Exercise

### Common Food Partitives

Write the words from the box in the spaces below.

carton   box   glass   can   slice   bunch  
piece   jar   bowl   packet   tube   bottle



a \_\_\_\_\_ of cake



a \_\_\_\_\_ of champagne



a \_\_\_\_\_ of chocolates



a \_\_\_\_\_ of beer



a \_\_\_\_\_ of jam



a \_\_\_\_\_ of cereal



a \_\_\_\_\_ of milk



a \_\_\_\_\_ of bread



a \_\_\_\_\_ of coke



a \_\_\_\_\_ of peanuts



a \_\_\_\_\_ of grapes

# Meals

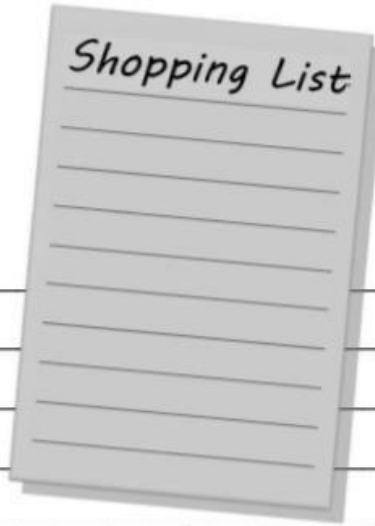
## Build Up

What will you buy if you have \$25?

### My Shopping List

#### Writing Practice

- Make a shopping list. Write the foods that you and your partner want to buy from Tom's Supermarket.
- Next, write a short paragraph and say **why** you want to buy these things. Remember to say **how often** you eat or drink these foods and drinks.




---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

| TOM'S: YOUR FAVORITE NEIGHBORHOOD SUPERMARKET   |   |  |  |
|---|---|--|--|
| <b>TOM'S BRAZILIAN COFFEE</b><br>250 Gram Bag<br><br><b>£2.99 each</b>   | <b>BLUE RIBBON SWISS CHEESE</b><br>Whole<br><br><b>£4.99 KG</b>                        | <b>FRESH CARROTS</b><br><br><b>£1.49 KG</b>                           | <b>DELICIOUS STRAWBERRIES</b><br><br><b>£4.59 box</b>                       |
| <b>YUMMY PEANUT BUTTER</b><br>750 Gram Jar<br><br><b>£6.49 each</b>      | <b>FRESH WHOLE MILK</b><br>1 Liter Carton<br><br><b>£2.99 each</b>                     | <b>FRESH STEAK</b><br>250 Grams<br><br><b>£5.49 KG</b>                | <b>'FARM FRESH' EGGS</b><br>Carton (10 large eggs)<br><br><b>£1.99 each</b> |
| <b>FRESH WHOLE CHICKEN</b><br><br><b>£8.99 KG</b>                       | <b>FRESH BANANAS</b><br><br><b>£1.49 bunch</b>   | <b>TOM'S FRESH-BAKED DONUTS</b><br>Box (Six)<br><br><b>£3.99 each</b> | <b>FRESH SEEDLESS GRAPES</b><br><br><b>£2.79 KG</b>                         |
| <b>FRESH SALMON STEAK</b><br>250 Gram Package<br><br><b>£7.99 each</b> | <b>HOME-STYLE CHOCOLATE-CHIP COOKIES</b><br>Jar (700 Grams)<br><br><b>£4.49 each</b> | <b>FRESH SWEET WATERMELON</b><br><br><b>£2.49 KG</b>                | <b>FRESH GREEN BEANS</b><br><br><b>£.99 KG</b>                            |
| <b>TOM'S SUPERMARKET: 15 Hamill Street TEL.: 555-1401</b>   |   |  |  |

# Meals

## Common Methods of Cooking

### Matching Exercise



Steaming  
Sautéing Pan  
Frying Deep  
Frying Boiling  
Braising Grilling  
Poaching

- What is the most common method of cooking in your country?
- Talk about your favorite recipe and how it is prepared or cooked.

# Meals

## Table Utensils and Cutlery

### Matching exercise



Bread and Butter Plate

Soup Spoon

Dinner knife

Dinner Plate

Napkin

Salad Fork

Butter Spreader

Water Glass

Dinner Fork

Dessert Fork

Dessert spoon

Wine Glass

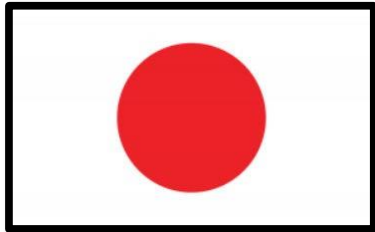
# Meals

## Culture File

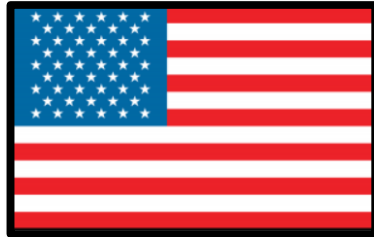
### Traditional Food Around the World

There are about 200 countries in the world, and every country has its own traditional food. Food is part of every country's culture. It is what makes countries unique. Can you name them?

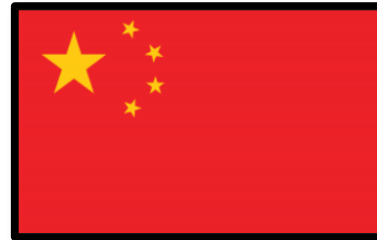
1



2



3



4



5



6

**Your Country?**

- What other international dishes do you know?
- What is your favorite foreign dish?

# Meals

## Speaking Drill

1. Do you always have three meals a day?
2. What's your favorite meal of the day?
3. Do you prefer meals alone, with one other person or lots of people?
4. Do you ever skip meals?
5. Do you think it's OK to eat between meals?
6. Do you cook your own meals?
7. Are home-cooked meals the best?
8. What do you think of fast foods like McDonald's?
9. Do you eat dessert?
10. What's the most delicious meal you can remember eating?
11. Do you think your meals are healthy?





# Meals

## Pronunciation Drills

### Minimal Pairs

Beginning of the Word

Ending of the Word

**The End**