WORD POWER Foods

Food Guidelines

For good health, eat a lot of grains, vegetables, and fruit. Eat some dairy, meat, and other protein. Eat a little fat and oils.

Fruit
- blueberries
- apples
- oranges
- lemons
- bananas
- kiwis

Vegetables
- lettuce
- carrots
- broccoli
- tomatoes
- potatoes
- onions

Meat and other proteins
- chicken
- fish
- beef
- eggs
- beans
- nuts

Dairy
- yogurt
- milk
- cheese

Fats and Oils
- oil
- cream
- butter

Grains
- pasta
- rice
- crackers
- noodles
- bread
- cereal

B What foods do you like? What foods don't you like? Make a list. Then tell a partner.

A: I like rice, noodles, and oranges. I don't like fish, cheese, and carrots.
B: I like ...

I like	I don't like
rice	fish
noodles	cheese
oranges	carrots

CONVERSATION *How about some sandwiches?*

▶ Listen and practice.

Adam: What do you want for the picnic?
Amanda: Hmm. How about some sandwiches?
Adam: OK. We have some chicken, but we don't have any bread.
Amanda: And we don't have any cheese.
Adam: Do we have any lettuce?
Amanda: Let's see. . . . No, we need some.
Adam: Let's get some tomatoes, too.
Amanda: OK. And let's buy some potato salad.
Adam: All right. Everyone likes potato salad.

GRAMMAR FOCUS

Count and noncount nouns; some and any ▶

Count nouns	Noncount nouns
an egg → egg**s**	bread
a sandwich → sandwich**es**	lettuce
Do we need **any** eggs?	Do we need **any** bread?
Yes. Let's get **some** (eggs).	Yes. Let's get **some** (bread).
No. We do**n't** need **any** (eggs).	No. We do**n't** need **any** (bread).

A Complete the conversation with *some* or *any*.

Amanda: The store doesn't have ......any........ potato salad.
Adam: Well, we have lots of potatoes. Let's make .... !
Amanda: OK. Do we have .... mayonnaise?
Adam: No. We need to buy ....
Amanda: We need .... onions, too.
Adam: Oh, I don't want .... onions. I hate onions!
Amanda: Then let's get .... celery.
Adam: No. I don't want .... celery in my potato salad.
But let's put .... apples in it.
Amanda: Apples in potato salad? That sounds awful!

B **PAIR WORK** Ask *Do we need...?* questions about the food in the picture. Then look at your shopping list and answer.

A: Do we need any oranges?
B: Yes. We need some oranges. Do we need any lettuce?
A: Let's see.... No. We don't need any lettuce.

Shopping list

oranges	onions
tomatoes	broccoli
celery	kiwis
potatoes	apples
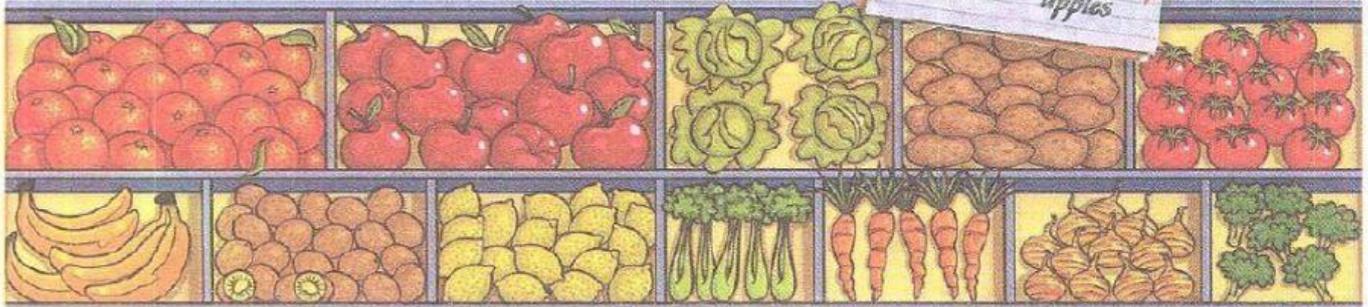
SNAPSHOT

Listen and practice.

What Do You Have for Breakfast?

The United States
- cereal with milk
- fresh fruit
- orange juice
- coffee

Japan
- fish
- rice
- soup
- pickles
- green tea

Mexico
- eggs
- beans
- tortillas
- fresh fruit
- sweet bread
- coffee with milk

Source: www.about.com