

Lesson C Vocabulary and Grammar

A Read the sentences. Circle the correct answer.

- I eat a lot of _____. I like eggplant, carrots, and onions.
a. vegetarian b. fresh c. vegetables
- A _____ diet includes beans, brown rice, vegetables, and wheat bread.
a. high-fiber b. high-protein c. home grown
- She eats _____ vegetables from her garden all summer.
a. frozen b. processed c. home grown
- Kenji is a(n) _____. He doesn't eat meat, but he eats dairy products.
a. vegan b. vegetarian c. organic
- Eating a lot of _____ is not good for you.
a. fresh b. home grown c. fast food
- A _____ diet includes chicken, fish, and eggs.
a. fast food b. high-protein c. vegan

B Circle the correct word.

- A:** How *much* / *many* cheese do you need?
B: *A lot* / *A few*. I'm making six pizzas.
- A:** How *much* / *many* sausages do we have?
B: Not *many* / *much*. There are two in the fridge.
- A:** How *much* / *many* milk do you usually buy?
B: *A lot* / *a little* because I have four kids.
- A:** How *much* / *many* sugar do you put in your tea?
B: Not *many* / *much*. Just a little.
- A:** How *much* / *many* burgers are there?
B: Only *a lot* / *a few*. We need to buy more.
- A:** How *much* / *many* rice do you want?
B: Not *many* / *much*. I'm on a high-protein diet.
- A:** How *much* / *many* desserts do we need?
B: Not *many* / *much*. My friends are very healthy.
- A:** How *much* / *many* oranges do you need to make the juice?
B: *A lot* / *A few*. Everyone wants some.

C Complete the sentences with *much*, *many*, *a lot*, *a little*, or *a few*.

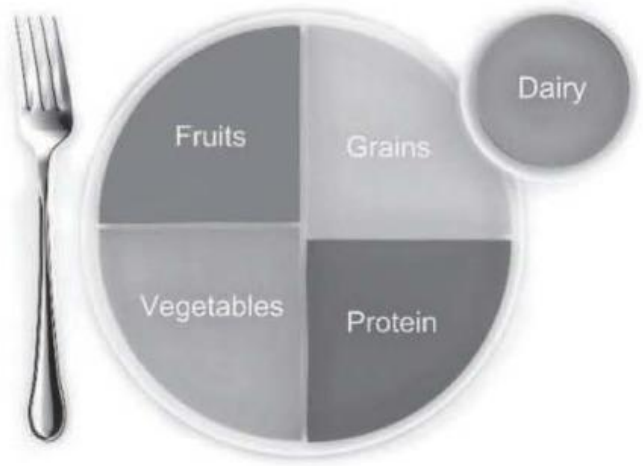
- People on high-protein diets eat _____ of meat and fish.
- Ritika doesn't eat _____ wheat bread. She doesn't like the taste.
- We have _____ of apples. Let's make a pie!
- How _____ tomatoes do we need?
- How _____ garlic do you put in the sauce?
- Put _____ salt in the soup. Not too much!
- Carla only eats _____ chocolate every day.
- Can you eat nuts? The salad has _____ walnuts in it.

Making Good Food Choices

How much dairy should you eat every day?
How many glasses of water do I need every day?
How much protein do we need? There are so many popular diets that it's hard to know what is healthy. Some countries produce charts with information and pictures to help people make healthy food choices.

The chart from the United States looks like a plate and a glass. There are five food groups: fruits, **grains**, dairy, vegetables, and protein. The size of each food group shows how much you need each day. Vegetables and grains are the largest sections. These are the foods you should eat a lot of every day. Also, you need to eat some protein, such as meat, fish, or eggs, and some fruits. The dairy section is the smallest. That means you shouldn't eat a lot of dairy products, such as milk, yogurt, or cheese. The chart doesn't say how much sugar or fat you should eat, or how much water to drink.

The food balance chart in Korea is the shape of a bicycle! It has six food groups and water. In addition to the food groups in the US chart, the Korean chart includes a section for sugar and oil. This section is, of course, the smallest.



▲ United States food balance chart

Brazil's food guide doesn't have food groups like vegetables or dairy. It says to eat more unprocessed food, less processed food, and no ultra-processed food. Take fish as an example. Fresh fish is unprocessed. It's healthy. Canned fish is processed. It's not as good for you as fresh fish. Finally, frozen fish nuggets are ultra-processed. Ultra-processed foods are not healthy because they have a lot of **artificial** ingredients and **preservatives**. The message is that unprocessed food is better for you.

grains rice, bread, oatmeal, etc.

artificial man-made, not natural

preservatives something put in food to make it last longer



A Read the article. Circle **T** for *true* or **F** for *false*.

- | | | |
|---|---|---|
| 1. Some countries give information to help people make good food choices. | T | F |
| 2. The countries in the article are the US, Korea, and Brazil. | T | F |
| 3. The US chart is a triangle. | T | F |
| 4. The US chart says you only need a little milk or yogurt. | T | F |
| 5. The Korean chart includes coffee and tea. | T | F |
| 6. Brazil's food groups are the same as Korea's. | T | F |
| 7. Unprocessed food has chemicals and preservatives. | T | F |
| 8. Natural or unprocessed food is good for you. | T | F |

B Write the food groups in order from the food you need a lot of (1) to the food you only need a little of (3).

1. _____
2. _____
3. _____

dairy fruits and protein vegetables and grains

C Answer the questions.

1. What foods are in the protein group? Give two examples. _____
2. How many food groups does Korea's chart have? _____
3. What groups are on the Korean chart and not on the US chart? _____
4. How many food groups are in Brazil's food guide? _____
5. What are Brazil's food groups? _____
6. In Brazil, fresh vegetables are an example of which food group? _____
7. In Brazil, a bag of potato chips is an example of which food group? _____

D Which country's food information do you think is the most helpful? Why?

A Circle the correct word. Choose x if no word is needed.

1. Would you like *a / an / x* orange?
2. She eats *a / an / x* chicken sandwich for lunch every Monday.
3. There is *a / an / x* butter in the fridge.
4. Do you drink *a / an / x* soda?
5. Please buy *a / an / x* bag of potatoes at the store.

B  14 Listen and complete the conversation.

1. **A:** This potato salad is good. What are the ingredients?
B: It is very simple. _____ potatoes, _____ onion, _____ mayonnaise, and _____ salt and pepper.
A: Do you put _____ blue cheese on it?
B: No, I usually don't. Would you like _____?
2. **A:** I want _____ BLT sandwich for lunch.
B: What's _____ BLT?
A: It's _____ sandwich with bacon, lettuce, and tomato.
B: Oh, I see. Do you have the ingredients?
A: Well, there are _____ tomatoes on the table and there is _____ lettuce in the fridge.
B: Do you have _____ turkey bacon?
A: I don't see _____ in the fridge. And I don't have _____ bread, either.
B: Then let's go out to lunch. You can order a BLT at the restaurant!

C Find the error in each sentence. Rewrite the sentence so it is correct.

1. How many orange juice do you need? _____
2. He drinks a little of coffee in the morning. Sometimes five cups! _____
3. There is not many sugar in the sugar bowl. _____
4. Don't buy tomatoes. We have lot of home grown ones. _____
5. My son likes a few of vegetables with his dinner. _____
6. How much apples do you need to make apple pie? _____