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Name:
Section:
Academic number:

Unit 3 self-study

3.1 Lead In

- **Discussion:**

• What would you order from this menu?

……..……..

• What food do you like on this menu?

…….

• What type of food do restaurants in your country have?

……..

3.2 Reading

Reading Tips: Skimming and Scanning

Skim through the passage below ,Then choose the one that is the correct main idea of the reading :

A . The kind of diet we have can cause or prevent diseases.
B . Doctors advise people to eat more fruit, vegetables, and grains.
C . Eating meat causes cancer and heart disease.

A Healthy Diet for Everyone

Everyone knows that we must eat food in order to live. However, sometimes, people are confused about what type of food is healthy, and what kind of food can be harmful to our health. The USDA1 has prepared a food guide to help people learn about which types of food are the healthiest to eat. The food guide describes six basic food groups: meat (beef, fi sh, chicken, etc.), dairy (milk, yogurt, cheese, etc.), grains (bread, cereal, rice, etc.), fruit, and vegetables. The last group is fats, oil, and sweets. The USDA also suggests how much of each food group is healthy to eat daily. Although this guide was prepared by the U.S. government, it is very useful for people all over the world.

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As a result of years of research, we know that too much animal fat is bad for our health. For example, Americans eat a lot of meat and only a small amount of grains, fruit, and vegetables. Because of their diet, they have a high rate of cancer and heart disease. In Japan, in contrast, people eat large amounts of grains and very little meat. The Japanese also have a very low rate of cancer and heart disease. In fact, the Japanese live longer than almost anyone else in the world. Unfortunately, when Japanese people move to the United States, the rate of heart disease and cancer increases as their diet changes. Moreover, as hamburgers, ice cream, and other high-fat foods become popular in Japan, the rate of heart disease and cancer is increasing there as well. People are also eating more meat and dairy products in other countries, such as Cuba, Mauritius, and Hungary. Not surprisingly, the disease rate in these countries is increasing along with the change in diet. Consequently, doctors everywhere advise people to eat more grains, fruit, and vegetables, and eat less meat and fewer dairy products.

A healthy diet is important for children as well as adults. When adults have poor eating habits, their children usually do, too. After all, children eat the same way as their parents. When parents eat healthy food, the children will learn to enjoy it, too. Then they will develop good eating habits. Doctors advise parents to give their children healthier snacks such as fruit, vegetables, and juice.

Everyone wants to live a long, healthy life. We know that the food we eat affects us in different ways. For instance, doctors believe that fruit and vegetables can actually prevent many different diseases. On the other hand, animal fat can cause disease. We can improve our diet now and enjoy many years of healthy living.

Reading Tips: Comprehension Questions

Read the text, then decide if these sentences aretrue or false.

1 - There are six basic food groups. True False

2 - People can choose food from each group every day. True False

3 - Most Americans eat a lot of meat. True False

4 - Most Japanese eat very few grains. True False

5 - There is a high rate of cancer and heart disease in Japan. True False

6 - Doctors think it is a good idea for people to eat less meat. True False

Reading Tips: Skimming and Scanning

Restaurants

I love restaurants. I never get tired of going to them. I go to restaurants a lot. Maybe three times a week. I have my favourite restaurants, which I go to regularly. The waiters know me and I usually get very good service. But I also like trying new restaurants. It's exciting to see what's on the menu and how the food will taste. Most of the time a visit to a new restaurant is a great experience. But sometimes, I wonder why my friend recommended a restaurant. I've been to a few restaurants where the food was so bad, so tasteless, I didn't want to pay. My favourite restaurants are Indian. I can't get enough of Indian food. I love the smells inside Indian restaurants. And of course the tastes.

Let's read this conversation between the server and Hannah, a native English speaker.

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Order at a Restaurant

Server: Hello, welcome to Speechling's Incredible Restaurant! How many people are in your party?
Hannah: We are a party of seven. We have a reservation for 7:30 under the name 'Hannah'.
Server: Great! Follow me to your table.
Server: Here are your menus. Our special for today is mushroom risotto. I'll be back in a moment to take your order.
Server: What would you like to order?
Hannah: To drink, we'll have waters.
Server: Still or sparkling?
Hannah: Still, please.
Server: And to eat?
Hannah: To start, we'll share the truffle croquettes.
Server: Great, and for the main course?
Hannah: I'll have the eggplant parmesan with the salad. For her, she can't have nuts. Does the pesto pasta contain nuts?
Server: Yes, it contains pine nuts. I would recommend the marinara pasta instead.
Hannah: Great. And is that vegetarian?
Server: Yes!
Hannah: Perfect. Now, for him, he would like the garlic pizza. Is it possible to substitute the mushrooms for another vegetable?
Server: Sure, we can add eggplant or peppers.
Hannah: The peppers sound great. That's it!
Server: I'll be back soon with your order!
Server: Here's your food.
Hannah: Oh, this eggplant parmesan is a little cold.
Server: Would you like me to send it back?
Hannah: Yes, please.
Server: I'll be right back with a new plate of eggplant parmesan!
Hannah: Excuse me, we would like the check.
Server: Right away! Together or separate?
Hannah: Together, and with card.
Server: Here you are.
Hannah: I'm leaving a 20% tip because you were so wonderful!
Server: Thank you!

Practice

Complete these sentences with words from the box:

garlic	**eggplant**	**pasta**	**cold**	**reservation**

1- Does the pesto _____ contain nuts?

2- He would like the _____ pizza.

3- We have a _____ for 7:30 under the name 'Hannah'.

4- This eggplant parmesan is a little _____ .

5- I'll have the _____ parmesan with the salad.

3.3 Vocabulary:Types of Food

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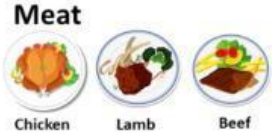
Types of Food

Food

Meat



Chicken Lamb Beef

Seafood

Fish Salmon Shrimp Shellfish

Carbohydrates

Rice Pasta Noodles Bread

Pastries Cake Biscuits

Fruit

Watermelon A melon Banana An apple

Orange Lemon A painapple Plum

Cherries Kiwi Berries Mango

Dairy Products

Cheese Butter Yoghurt Cream

Vegetables

Broccoli Peas Potatoes Carrots

Lentils Olives Lettuce Mixed salad

Onions Beans Corn Courgettes

Peppers An eggplant Squashes Mushrooms

Other

Oil Salt Pepper Eggs

Nuts Chocolate Sweets Chips

Toast A sandwich Herbs Herbs

Practice

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- **Write the number of the picture next to the correct word:**

1 2 3 4 5 6 7 8 9

10

…….fish …….bread …….salad …….rice. …….pizza …….egg …….chicken

…….hotdog …….cheese …….meat

Practice

Find the odd word in each group, then put it in its right group.

Dairy Products	butter, tuna, cheese, milk, yoghurt
Dessert	cake, cookies, cream, cupcakes, jelly, pie
Fruit	apples, beef, grapes, oranges, pears.
Meat	chicken, lettuce, duck
Seafood	fish, bananas, shrimps
Vegetables	carrots, onions, ice cream, potatoes

Dairy Products:
Butter tuna cheese milk yoghurt

Dessert:
Cake cookies cream cupcakes jelly pie

Fruit:
Apples beef grapes oranges pears

Meat:
Chicken lettuce duck beef

Seafood:
Fish bananas shrimps

Vegetables:
Carrots onions ice cream potatoes

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Describe Food

Describe Taste	Describe Food Preparation Method
Fresh Fruity Sour Spicy Sweet Salty Tasty	Baked Fried Roasted

Complete the sentences using the correct adjective

1- Yuck! This soup is way too _____! Salty. tasty

2 - Yuck! I think this milk is _____. Sweet. sour

3 - I love _____ food, like chocolate, cookies and cakes. Sweet. fresh

Put the words in the correct group:

fantastic	below average	overcooked	amazing
delicious	terrible	disappointing	impressive

Negative: ……. ……. ……. …….

Positive: ……. …… ……. …….

- **Write the foods in the correct group.**

pizza	Chicken curry with rice	water	tea
coffee	fish strips	fruit cake	cheese burger
banana cake	apple juice	ice cream	

Drinks: ……. ……. ……. ……

Desserts: ……. …… ……

Main course:…… …… …… …….

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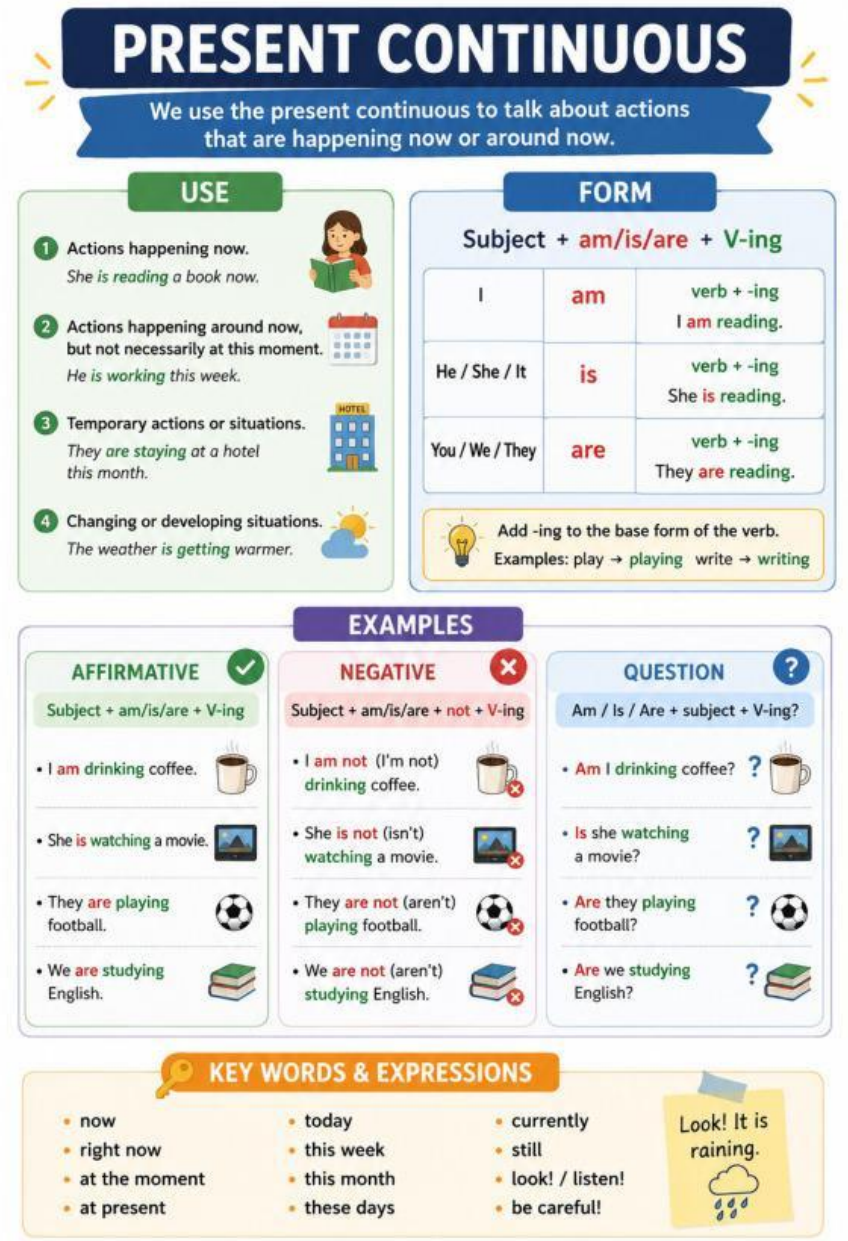
Grammar:

Present continuous



Complete the Sentences . Use the correct form of the verb in brackets.

1. She _____ (read) a book now.
2. They _____ (play) football at the moment.
3. I _____ (study) English this week.
4. We _____ (watch) a movie right now.
5. He _____ (cook) dinner at present.

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Choose the Correct Answer

1. Sarah _____ her homework now. a) does b) is doing c) do
2. They _____ TV at the moment. a) are watching b) watch c) watches
3. I _____ a sandwich right now. a) am eating b) eat c) eats
4. He _____ to school today. a) is walking b) walks c) walk

3.5 Listening

Listen then answer these questions (True/False):

https://youtu.be/OoL0cuW61JI

1 - Peter was going to get a salmon. True False

2 - Hana has been to seafood restaurant. True False

3 - Hana goes to an Italian Restaurant. True False

4 - Hana doesn't eat Indian food. True False

5 - Peter had a curry chicken. True False

Listen then write the correct word to fill the gaps:

https://youtu.be/dcai5ru5VJ8

1. A table …… two, please.
2. Are you …… to order?
3. What would you ……. to order?
4. I'd ……. mushrooms soup, please.
5. What …… you like to drink?
6. I'll ……. a fresh mint with lemon juice.

Invitations:

accepting and refusing

- **Decide if these sentences are accepting or refusing.**

1.Hey Lisa, I'm going to the new art gallery on the weekend. Would you like to come with me ? Sorry, I can't. I have to study for exams on the weekend. **Accepting.** **Refusing**

2.Some of my friends and I are going to sing karaoke tonight. Do you want to join us? Thanks, I'd love to. It sounds like fun. **Accepting.** **Refusing**

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3.There's a technology show at the International Convention Centre. Would you like to go? Yes. I'd love to. Will they have smartphones? I need a new one. **Accepting.** **Refusing**

4.Hey Jim, we're to going to see a concert tonight at the stadium? I was wondering if you'd like to go? Thanks for asking. But I have to work tonight. **Accepting.** **Refusing**

5.Tony, there's a big sale at Central. Do you want to come with me? We could get some cheap brand name clothes. Sure. I love buying brand name clothes. **Accepting.** **Refusing**

6.Hey BJ, there's a new horror movie playing tonight. I'm going with some friends. Can you come? Sure. I love horror movies. What time are you going to meet? **Accepting.** **Refusing**

How to book

Staff: Hello, Piatto restaurant.
Hana: Hi. Can I book a table for today, please?
Staff: How many people is it for?
Hana: seven.
Staff: And what time would you like?
Hana : About five, six maybe?
Staff: Let's see ... We're pretty busy today, so I can do seven or half past seven.
Hana : Oh. OK, then. seven, please.
Staff: What name is it?
Hana : Hana.
Staff: H-A-N-A?
Hana : Yes.
Staff: OK, so that's a table for seven at seven for today.
Hana : Great. Thanks! Goodbye.
Staff: Goodbye.

How to write a restaurant review
1.Use an informal or semi-formal style.
2.In the title, give the main idea or opinion.
3.Write about the important parts of the experience, not every detail.
4.Organize your ideas into paragraphs.
5.Write about the good and the bad.

Sindhu

Indian restaurant in Marlow

"Incredibly original Indian cuisine served gracefully in a wonderful location" makes this well-commented-on Marlow destination one of the country's top grand Indians outside the capital. "A beautiful dining room overlooking the Thames" and with a "fabulous view of Marlow Weir" (gorgeous in daytime, perhaps less impactful at night) is the venue for "an enormously enjoyable, fine-dining take on Indian cuisine that's beautifully presented,: "with lovely spicing, but never being overwhelmed by too much heat". It's "one of those experiences where practically everything is spot on".

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Making An Invitation In Formal Situations

Making Invitations:

- Would you like to + verb (infinitive)?
- I would be very glad if you + verb (infinitive)
- I'm very pleased to invite you to…
- I would like very much to invite you to..
- Will you join us tonight?
- We will have a break, would you like to join us?

Accepting Invitations In English

- I'm delighted to do that! *That sounds great!
- What a great idea! * It's my great pleasure!
- That's kind of you! *Yes, I would love to. Thank you so much!

Declining Invitations In English

- I'm afraid I have something else to do. *I would like it. But, ….
- Thank you very much. But, … *I have to apologize. I just can't.
- I'm afraid I don't have time. *I'm awfully sorry for saying No, I'm very busy.

B . Making Invitations In Informal Situations

Making Invitations In English

- Would you like to + verb (infinitive)?
- I would be very glad if you + verb (infinitive)
- I'm very pleased to invite you to…
- I would like very much to invite you to..
- Will you join us tonight?
- We will have a break, would you like to join us?

Accepting Invitations In English

- Sure, I will come. *That's fine! *I appreciate that! *Alright!
- I would be happy to be there. *OK, I will/would + verb (infinitive)

Declining Invitations In English

- Sorry, I can't. *Can't do it. *Maybe next time. *Sorry, I don't think I can make it.

LIVEWORKSHEETS