Unit 9: What Exactly Is a...?

Asking for and Giving Clarification | Eating Habits Vocabulary

รายวิชาภาษาอังกฤษฟัง–พูด | ชั้นมัธยมศึกษาปีที่ 5 | เวลา 50 นาที

ชื่อ-นามสกุล: _____	เลขที่: _____ ชั้น ม.5/_____

Part 1 | Vocabulary Warm-up (Reading — 8 min)

Match each word on the left with its correct definition. Write the letter in the "Your answer" column.

Word	Your answer	Definition
1. junk food		A. good for the body; full of vitamins and healthy nutrients
2. nutritious		B. substances added to food that are not natural, such as certain preservatives or flavorings
3. vegan		C. food that comes from farms or producers close to where it is sold
4. organic		D. limits on what a person can or cannot eat, for health or personal reasons
5. locally-sourced		E. food that has a lot of calories but very little nutritional value
6. processed food		F. a person who tries to eat only food grown or produced near where they live
7. locavore		G. produced without artificial chemicals, hormones, or pesticides
8. gluten-free		H. a person who does not eat any animal products at all, including milk and eggs
9. dietary restrictions		I. containing no wheat, barley, or rye protein
10. artificial ingredients		J. food that has been changed from its natural state, often with additives

Part 2 | Listening (10 min)

Listen to the conversation between Nan and Ploy (or listen as your teacher reads it aloud). Then answer the questions below.

Nan: Hey, Ploy! Want to grab something to eat before class?

Ploy: Sure, I'm starving! How about that new noodle stand by the school gate?

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Nan: Hmm, actually I've decided to become a flexitarian, so I'm trying to cut down on meat.

Ploy: A flexitarian? What exactly is that? I've never heard the word before.

Nan: It means a person who mostly eats vegetables but still eats meat once in a while.

Ploy: Oh, I see! So it's kind of a mix between a vegetarian and a regular diet, right?

Nan: Exactly! What I mean is, I eat meat maybe once or twice a week, not every day.

Ploy: That makes sense. Well, there's a new salad shop that also sells grilled chicken. Would that work?

Nan: That sounds perfect. Is their food locally-sourced, do you know?

Ploy: I'm not sure what you mean by that.

Nan: It means the ingredients come from farms nearby, not imported from far away.

Ploy: Ah, got it! I think most of their vegetables are from farms just outside the city.

Nan: Great, let's go there then!

Comprehension Questions

1. What kind of diet has Nan decided to try?

2. According to Nan, how often does a flexitarian eat meat?

3. Where does Ploy suggest they eat instead of the noodle stand?

4. What does Nan want to know about the salad shop?

5. What does "locally-sourced" mean, according to the conversation?

Part 3 | Language Booster

Notice the useful expressions for asking and giving clarification.

Asking for Clarification	Giving Clarification
What exactly is a...?	It's a... / It refers to...
What do you mean by "..."?	What I mean is...
I don't quite understand what... means.	It means...
Could you explain what... is?	Sure, ... is basically...

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Part 4 | Speaking — Pair Work (12 min)

Work with a partner. Look up any words you don't know in a dictionary first. Take turns explaining your term and asking your partner to clarify theirs, using the expressions from Part 3.

Card A	Card B
Explain this term to your partner: • pescatarian	Ask your partner to clarify the term. Then explain this term to them: • dietary supplement
Explain this term to your partner: • farm-to-table	Ask your partner to clarify the term. Then explain this term to them: • comfort food

Example:

A: I try to eat like a pescatarian.

B: What exactly is a pescatarian?

A: It's a person who doesn't eat meat, but does eat fish and seafood.

Part 5 | Reading (8 min)

Over the past ten years, more and more people around the world have become interested in where their food comes from. This idea, often called the "locavore movement," encourages people to buy food that is grown or produced close to their homes. Supporters say that eating locally-sourced food helps small farmers, reduces the pollution caused by transporting food long distances, and often tastes fresher because it does not sit in storage for weeks. At the same time, some nutrition experts point out that a locavore diet is not automatically healthier than any other diet. What really matters, they say, is whether a person eats nutritious food and avoids too many processed foods, whether that food travels ten kilometers or ten thousand. Today, many restaurants advertise their menus as organic, gluten-free, or locally-sourced, but customers who are not familiar with these terms often need to ask for clarification before they order.

Comprehension Questions

1. What is the "locavore movement"?

2. Give two reasons supporters give for eating locally-sourced food.

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3. What do some nutrition experts say about the locavore diet?

4. Why might a customer need to ask for clarification at a restaurant?

Part 6 | Writing & Wrap-up (7 min)

A. Complete the table about your own eating habits.

Foods you like to eat	Foods you avoid
Foods you eat frequently	**Foods you should eat more of**

B. Write a short dialogue (4–6 lines) between you and a friend. Use at least ONE expression for asking clarification and ONE for giving clarification from Part 3.

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Self-check: I can use clarification expressions. ☐ Yes ☐ Not yet

I can use new food vocabulary. ☐ Yes ☐ Not yet

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