

Unit 5
Eat well

Roast

Boil

Vocabulary

Steam

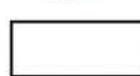
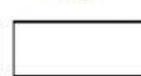
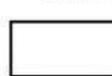
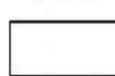
Bake

Stir fried

Fry

Grill

Types of food	
Junk food	Food that is already cooked and prepared and all we do is to buy it and eat it. Example of a fast food chain: McDonald's.
Fast food	Food that is not very healthy and is always easy to prepare so that you can eat it immediately.
GM (genetically modified) food or Frankenstein Food	Food that you buy at a shop or restaurant to eat in another place.
Take-away food	Food that has been produced by a method that involves changing the structure of its genes.
Fattening	Food that has been especially treated before it is sold, to make it look more attractive or last longer
Fatty	Food that makes you put on weight.
Processed food	With a lot of fat. Spicy: food with a strong flavor, often from a spice (e.g. paprika)
Frozen	Food recently picked, not old.
Whole meal	Food made from unrefined flour.
Tinned	Food kept below 0 C.
Fresh	Food kept in a tin or can.

Way of cooking**Flavors and tastes**

Hot Spicy Mild Sweet Bitter
Salty (a lot of salt)
Sugary (a lot of sugar)
Tasty (has a good taste)
Tasteless (no flavor at all)

Condiments

Oil, pepper, salt, vinegar, mustard,
Spice ketchup spices: curry, cinnamon, ginger...
Herbs: parsley, rosemary, oregano, sage...



A. Vocabulary

A1. Check your vocabulary: picture matching

Write the correct words in the boxes below the pictures.

pizza sugar	ice cream fish	meat rice	vegetables cheese	egg bread	chocolate biscuit
					
					
					

A2. Use a dictionary to help you complete the chart below. All of the words must begin with the letter of the alphabet given. Some letters may have many different answers, while others may not have an answer.

A _____ apple
 B _____
 C _____
 D _____
 E _____
 F _____
 G _____
 H _____
 I _____
 J _____
 K _____
 L _____
 M _____

N _____
 O _____
 P _____
 Q _____
 R _____
 S _____
 T _____
 U _____
 V _____
 W _____
 X _____
 Y _____
 Z _____

A3. Put the foods in the correct columns.

- | | | | |
|------------|-----------|-----------|-----------|
| apricots | beef | asparagus | cod |
| aubergines | cream | beans | cherries |
| lentils | margarine | mussels | olive oil |
| pasta | rice | turkey | yoghurt |



MEAT	FISH / SEAFOOD	EGGS / MILK PRODUCTS	CARBO-HYDRATES	FATS

A4. Cooking method: Write the correct word in the box below the picture.

- | | | | | | |
|-----------|-------|--------|------|------|-----------|
| breakfast | lunch | dinner | cook | boil | microwave |
| roast | steam | burn | fry | bake | grill |

- B1. Look at the highlighted words in these sentences. Which nouns can you count? Which nouns can't you count?**

Cook the chicken with an **onion**.

You put some **juice** from a **lemon** on the **fish**.

I don't use any **carrots**.

You always need some **meat**, onions and **tomatoes**.

- B2. Choose the correct options to complete the conversation about a Thai dish called Satay.**

A: I'd like to make satay this evening. What do you think?

B: Sounds good.

A: OK, well, we need 1 **any / some** chicken. Can you buy 2 **a / some** kilo when you go to the supermarket?

B: Sure.

A: And we need 3 **a / an** onion.

B: There are 4 **any / some** onions in the cupboard. Can we have salad with it?

A: Good idea. Do we have everything we need?

B: I think so. Oh no, we need 5 **a / some** tomatoes.

A: And I'd like 6 **a / some** olive oil as well. There isn't 7 **any / some** left.

B: OK. So we need 8 **any / some** chicken, tomatoes and olive oil. Anything else?

- B3. Work in pairs. Plan a special meal for your friends with different dishes. Then make a list of the food you need. And tell the class about your meal and the food you need.**

We need some ...

And we also need a ...

Do we need any ...?

B4. Write “how much” or “how many” in the blanks.

- | | |
|------------------------|------------------------|
| 1. _____ almonds? | 5. _____ kebobs? |
| 2. _____ cashews? | 6. _____ chili powder? |
| 3. _____ trail mix? | 7. _____ grapes? |
| 4. _____ orange juice? | 8. _____ salt? |

C. Reading

C1. Read the recipes and answer the questions.

Hummus

Hummus is a popular dip. You can serve it with warm pita bread, pita chips, or cut veggies.



You will need

chickpeas (garbanzo beans)

1 can (19 oz or 540 mL)

garlic

1 clove (crushed)

water

2 tbsp (30 mL)

salt

½ tsp (2 mL)

cumin

1 tsp (5 mL)

tahini

2 tbsp (30 mL)

olive oil

1 tbsp (15 mL)

lemon juice

3 tbsp (45 mL)

Note: Tahini is made from sesame seeds. You can buy it in many supermarkets.

What to do

1 Rinse and drain the chickpeas.



2 Put the chickpeas, garlic, water, salt, and cumin in a blender. Blend together.



3 Add the tahini, olive oil, and lemon juice. Blend until the mixture is smooth.



4 Scrape the hummus into a bowl.



Did you know?

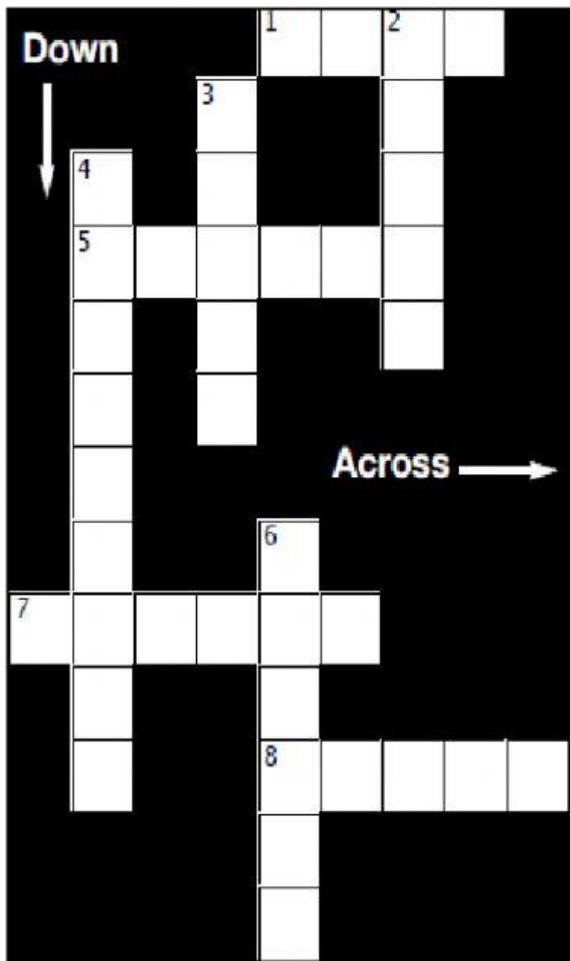
Hummus is a popular food in many Middle Eastern countries: for example, Turkey and Egypt.

The Westcoast Reader 5/2008 • Recipe submitted by Halima and Noema

Which come first? Put the sentences in the correct order.

- ___ Serve the hummus with pita chips.
- ___ Open a can of chickpeas.
- ___ Add the tahini, olive oil, and lemon juice. Blend until the mixture is smooth.
- ___ Scrape the hummus into a bowl.
- ___ Rinse and drain the chickpeas.
- ___ Put the chickpeas, garlic, water, salt, and cumin in a blender.
- ___ Blend together.

Crossword Game



Across

1. Opposite of cool
5. A Middle Eastern dip
7. A kind of seed
8. _____ oil

Down

2. Wash lightly
3. A yellow citrus fruit
4. Another name for garbanzo beans
6. Opposite of rough

C2. Read the recipes and Write your own instructions

What to do

1 Heat a large pan over medium-high heat. Put about 1 teaspoon of oil in the pan.



5 Add the broccoli, carrots, peas, and red pepper. Cook for about 5 minutes. Stir often.




2 Put the tofu in the pan. Fry until browned on both sides.



6 Put the tofu back in the pan.



3 Take the tofu out of the pan. Set aside.



7 Stir in the broth, chili sauce, and orange zest. Cook for a few minutes.




4 Put about 1 teaspoon of oil in the pan. Add the sliced onions. Cook for 1 minute.



8 Put the mixture on a big plate. Sprinkle the cilantro or parsley on top. Serve with brown rice.

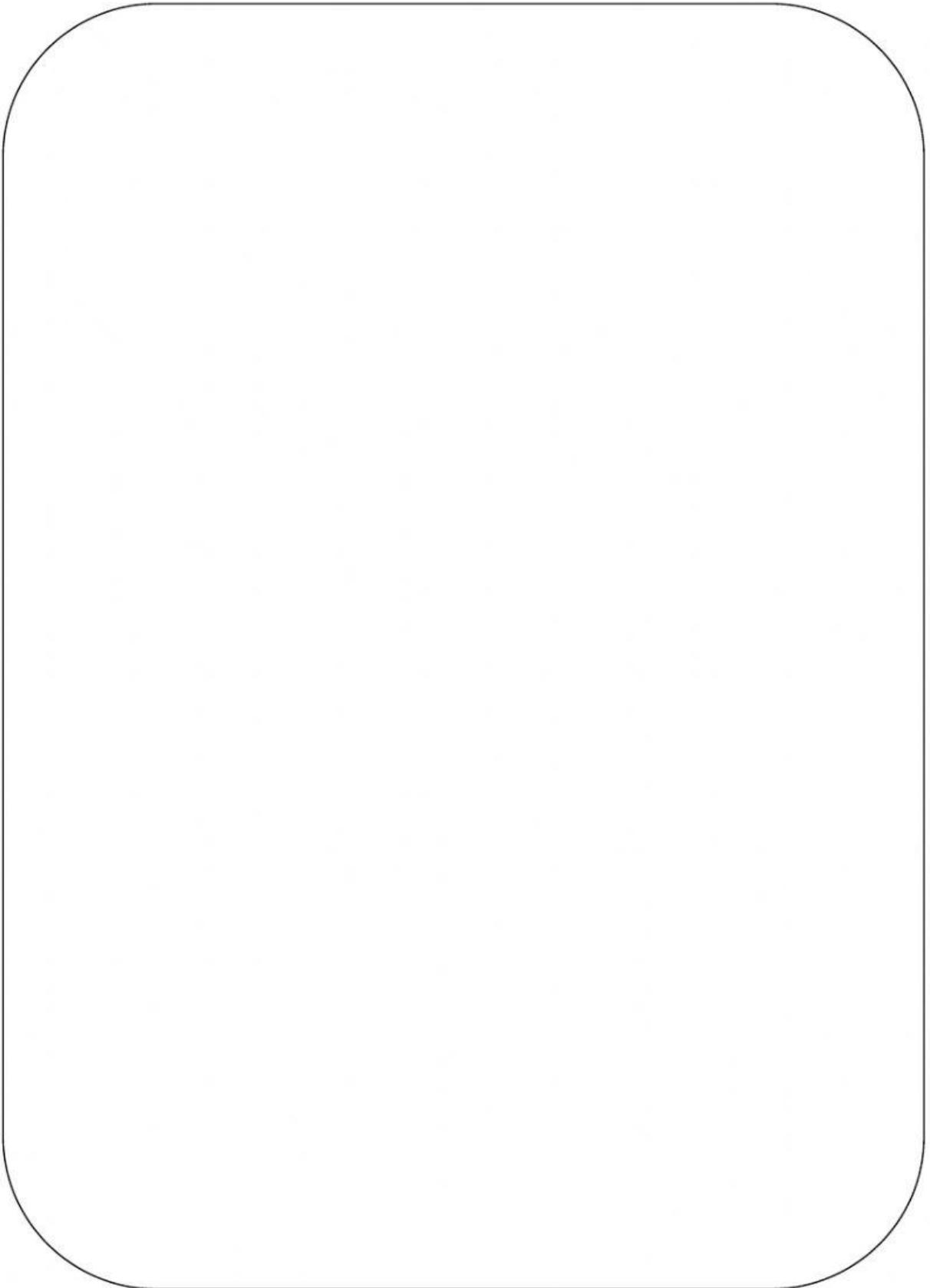
Serves 4

Fill in the blanks with words that have the same meaning as the instructions in the recipe. There may be more than one answer.

In a pan, heat (1) _____ oil. Then put in the tofu and (2) _____ it until it turns brown on both sides. Take the tofu out of the pan and put it in a (3) _____ to use later. Put some more oil and (4) _____ in the pan and cook for (5) _____ minute. After that, put in the (6) _____ and cook for 5 minutes. Now put the (7) _____ back in the pan. (8) _____ it with the broth, chili sauce, and orange zest. Serve the stir-fry with brown rice on a (9) _____ and sprinkle some (10) _____ on top.

D. Writing and Speaking

D1. Can you cook? Write the recipe of your favorite food and draw it. Then tell your friends in class.

A large, empty rounded rectangular box with a thin black border, intended for students to write a recipe and draw a picture of their favorite food.