UNIT 7. RECIPES AND EATING HABITS (Part 2)

SPEAKING

18.

Act as.....	***Kevin:***	***Kitty:***

Kitty: There's nothing left in the fridge. Let's eat out tonight.

Kevin: That's a good idea. Shall we go to Pizza King?

Kitty: Are you kidding? The prices there are higher than any other place.

Kevin: What about Little Italy? It's more reasonable.

Kitty: The food there is good, but the music is terrible.

Kevin: You can ask them to change the CN for some cool pop music.

Kitty: I didn't know that. Let's go to Little Italy then.

Kevin: By the way, what is the best type of pizza there?

Kitty: I like Hawaiian pizza. It's awesome!

Kevin: You can try the seafood pizza then. It includes fish, squid, and shrimp.

Kitty: Sounds delicious! Let's go quickly. I'm starving.

Kevin: Shall we go by bike?

Kitty: Are you joking? It's pouring with rain outside.

Kevin: Let's go by taxi then.

Kitty: Alright.

LIVEWORKSHEETS

19.

Japanese people are famous for their well-balanced and healthy diet. That is the main reason for their longevity.

Typically, a Japanese meal consists of rice, miso soup, the main dishes and pickles. Rice is the staple and plays a central part in people's eating habits. Japanese rice is sticky and nutritious, so when combined with the main dishes and the soup, they make a complete meal. The portions of each dish are individually served.

The most important characteristic of their eating habits is they like raw food and do not use sauces with a strong flavour. Two typical examples are sashimi and sushi. The Japanese make sashimi simply by cutting fresh fish. Then they serve it with a dipping sauce made from soy sauce and spicy Japanese horseradish (wasabi). Sushi is similar. The cooked, vinegared rice can be combined with raw fish, prawn, avocado, cucumber or egg. Sushi is usually served with soy sauce and pickled ginger.

It is said that the Japanese eat with their eyes. Therefore, the arrangement of dishes is another significant feature of their eating habits. If you join a Japanese meal, you may be excited to see how the colourful dishes are arranged according to a traditional pattern. In addition, there are plates and bowls of different sizes and designs. They are carefully presented to match the food they carry.

***Q&A:**

1. What is the most important feature of Japanese eating habits?
2. How do they make sashimi?
3. What sauce can both sashimi and sushi be served with?
4. How many components are there in a typical Japanese meal?
5. How is rice important in Japanese meals?
6. Why do people say that the Japanese eat with their eyes?

LIVEWORKSHEETS

20.

Last week I went to an International Food Festival taking place in Hai Phong. Because the festival only _____ place for one day, hundreds of people crowded into it. It was the biggest food festival I had ever seen. There _____ thirty countries participating in the festival. They brought with them traditional food specialities which reflected their unique national _____.

I was really impressed _____ the Cobb salad. It is an American garden salad made from chopped salad greens, tomato, bacon, chicken breast, hard-boiled egg, avocado, cheese, and red-wine vinaigrette. _____ the salad requires quite a few ingredients, it is quick to make. The American chef at the festival _____ me the way to make the salad and it took me only 15 minutes to complete. How amazing! The next day I made Cobb salad _____ my mum for lunch, and she loved it right away.

21.



My mother is a good _____ and she can make a lot of delicious dishes. She also _____ my brother and me how to cook. Now we can make different Vietnamese dishes _____ as fried beef, spring rolls,vegetable soup, *pho*, etc.

In addition, we've learnt how to make pizza, lasagne, sushi, and curry. My brother's _____ dish is lasagne while I like *pho* and spring rolls the _____ . At the moment, my mother is teaching us how to bake.

My mother has very good eating _____ . For breakfast, she usually has a bowl of rice, some lean chicken or pork, a plate of vegetables, and a banana. She never _____ this important meal. For lunch, she has different types of salad, some fish, and some rice. She doesn't eat _____ for dinner, just some vegetables and lean meat. She encourages us to _____ healthily by avoiding fast foods and soft drinks. In addition, every morning, we get up early to do _____ together. It's a good way to keep fit, isn't it?

LIVEWORKSHEETS

22.

Mark says about his memories.

1) **What was your favourite food when you were a child?**

➔ I loved lasagne. It all began when I was three years old. I flew to Australia with my parents on Singapore Airlines. On the plane they served special food for children, and one of the dishes was lasagne. I fell in love with that dish immediately and ate a big portion. Since then, whenever we eat out in an Italian restaurant, I've chosen lasagne.

2) **Did you hate any food when you were a child?**

➔ Sure, I really hated fish. My mother loved it, so we had it almost every day. Although she cooked different dishes such as steamed fish, fried fish, or fish soup, I still didn't like the taste, the smell, or anything about it. The strange thing is that I liked fish nuggets at Kuick, and I had them sometimes on Sundays.

3) **Which do you prefer: having meals at home or eating out?**

➔ My job involves travelling a lot, so I treasure any meal with my parents at home. It's our happiest time when we can gather together and share a lot of things. I love eating at home also because my mother is a great cook who can create unusual dishes with everyday ingredients.

LIVEWORKSHEETS

23. Nicolas:

I don't have a proper breakfast. I never have time because I always get up late. Normally, my mum buys a packet of biscuits and I have some on the school bus. At lunchtime, I'm always hungry, so I have a hamburger, a packet of crisps, and a cola. I can easily get them at the school canteen. For dinner, I like fried beef, noodles, and eggs. I don't really eat vegetables because they aren't tasty. My mum says my eating habits are unhealthy. I'm thinking about changing them. If I continue eating like this, I may become overweight.

24. Maya:

My brother doesn't have healthy eating habits, but I do. For breakfast, I usually have a bowl of cereal, a glass of milk, and a banana. It's important to start a new day with a good breakfast, so I tend to have nutritious things. I don't buy lunch at school; instead, I prepare my lunch box with two slices of bread, a boiled egg, and salad. Sometimes, my mum makes sushi for my lunch. In the evening, my mum and I cook dinner. My favourite is steamed fish. Lean grilled chicken is also a dish I like for dinner.

LIVEWORKSHEETS