

# Lesson 1 || Ice Cream

## Reading • The history of ice cream

### a Look at the pictures and answer the questions.

1. What food can you see?
2. What are the people doing?
3. How do you think they are feeling? Why?

### b Read and check your answers.

Ice cream is eaten around the world. The most popular flavors that are bought are chocolate, vanilla, and strawberry.

Most people believe that ice cream comes from Italy, but the Chinese ate it first more than five thousand years ago! The Italians tasted it for the first time in the thirteenth century. In the seventeenth century, the queen of France asked a famous Italian chef to make it for her family and friends. It soon became very popular. Later, the dessert was imported to the US. The first ice cream parlor in the US opened in New York in 1776.

It is easy to make ice cream at home. All you need is milk, eggs, sugar, and some fruit or chocolate.

But remember that if you eat a lot of this delicious dessert, you will soon put on weight. Grace is really fond of ice cream. She even knows how to make it. She made some this afternoon for her family. She is still in the kitchen.

MICHAEL: There you are, Grace! You've made ice cream again, haven't you?

GRACE: That's right. Shall I get you a bowl of chocolate ice cream? It's your favorite, isn't it?

MICHAEL: Um, yes, but I don't want any at the moment. Maybe a bit later.

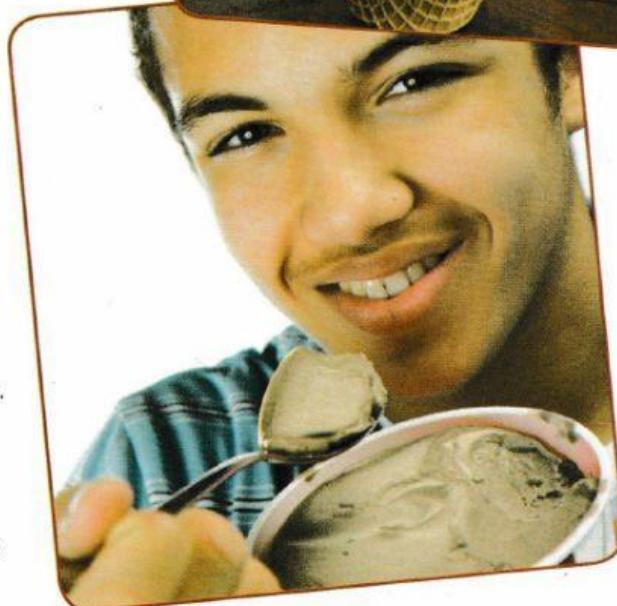
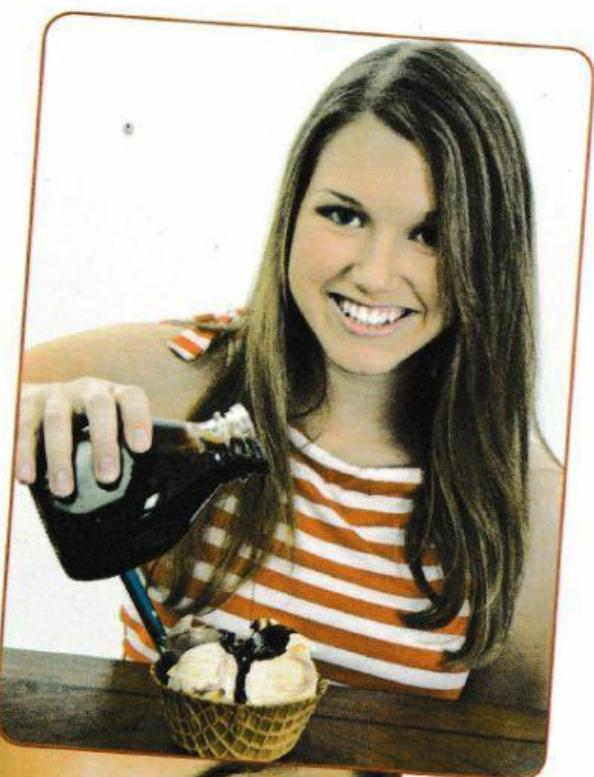
GRACE: But you love ice cream! Michael, you're on a diet, aren't you?

MICHAEL: Well, yes, I am. My pants seem a bit tight these days, and so I thought...

GRACE: So you don't want a big bowl of chocolate ice cream with chocolate syrup and nuts on the top?

MICHAEL: Well, OK then!

Michael sat down at the kitchen table and ate his bowl of ice cream. It was delicious. When Grace left the room, he went and got some more! Well, we all love ice cream, don't we?



## Comprehension Check

### Answer the questions.

1. What flavors of ice cream do most people like?  
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2. When did people first try ice cream in Italy?  
\_\_\_\_\_
3. What happens if you eat a lot of ice cream?  
\_\_\_\_\_
4. What does Michael do when Grace leaves the room?  
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