

Unit 5 Eat well

Roast

Boil

Vocabulary

Steam

Bake

Stir fried

Fry

Grill

Types of food**Junk food****Fast food****GM (genetically modified) food or Frankenstein Food****Take-away food****Fattening****Fatty****Processed food****Frozen****Whole meal****Tinned****Fresh**

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.

Food that is not very healthy and is always easy to prepare so that you can eat it immediately.

Food that you buy at a shop or restaurant to eat in another place.

Food that has been produced by a method that involves changing the structure of its genes.

Food that has been especially treated before it is sold, to make it look more attractive or last longer

Food that makes you put on weight.

With a lot of fat. Spicy: food with a strong flavor, often from a spice (e.g. paprika)

Food recently picked, not old.

Food made from unrefined flour.

Food kept below 0 C.

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

A5. Read the sentence and circle the correct word.

1. This is how we make bread and cakes.
a. bake b. boil c. fry
2. This is when you cook something for too long and it becomes black.
a. burn b. microwave c. grill
3. We must do this to some foods before we can eat them.
a. lunch b. cook c. dinner
4. This is when we use the hot air from boiling water to cook something.
a. fry b. grill c. steam
5. This is when we use a small machine to make food or drink hot again.
a. burn b. microwave c. bake
6. This is how we cook chicken in an oven.
a. roast b. burn c. lunch
7. This is how we cook sausages under heat.
a. burn b. grill c. roast
8. This is when we cook something in lots of hot fat or oil.
a. fry b. microwave c. grill

B. Grammar*****Countable and Uncountable nouns*******(a, some and any)****Countable nouns**

You can say a number before these nouns (There is a plural form.): *one banana, two bananas.*

You can use **a/an**: *a banana, an orange.*

Uncountable nouns

You can't say a number or **a/an** before these nouns (There is no plural form.): *a pasta, three bread.*

some/any

You can use *some* or *any* with countable and uncountable nouns:

I'd like some bananas/bread.

I don't need any bananas/bread.

Do you have any bananas/bread?

***We use "**how many**" with countable nouns and "**how much**" with uncountable nouns.

- 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

$\frac{1}{2}$ 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

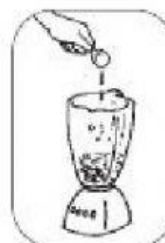
- 1** Rinse and drain the chickpeas.



- 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?

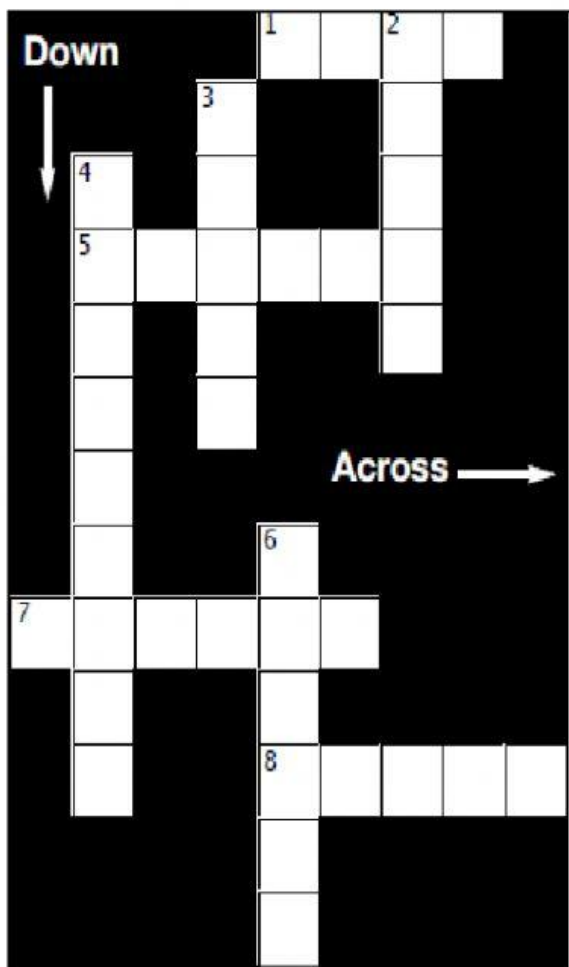
Hummus is a popular food in many Middle Eastern countries: for example, Turkey and Egypt.

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.



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



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



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



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




6 Put the tofu back in the pan.



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




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

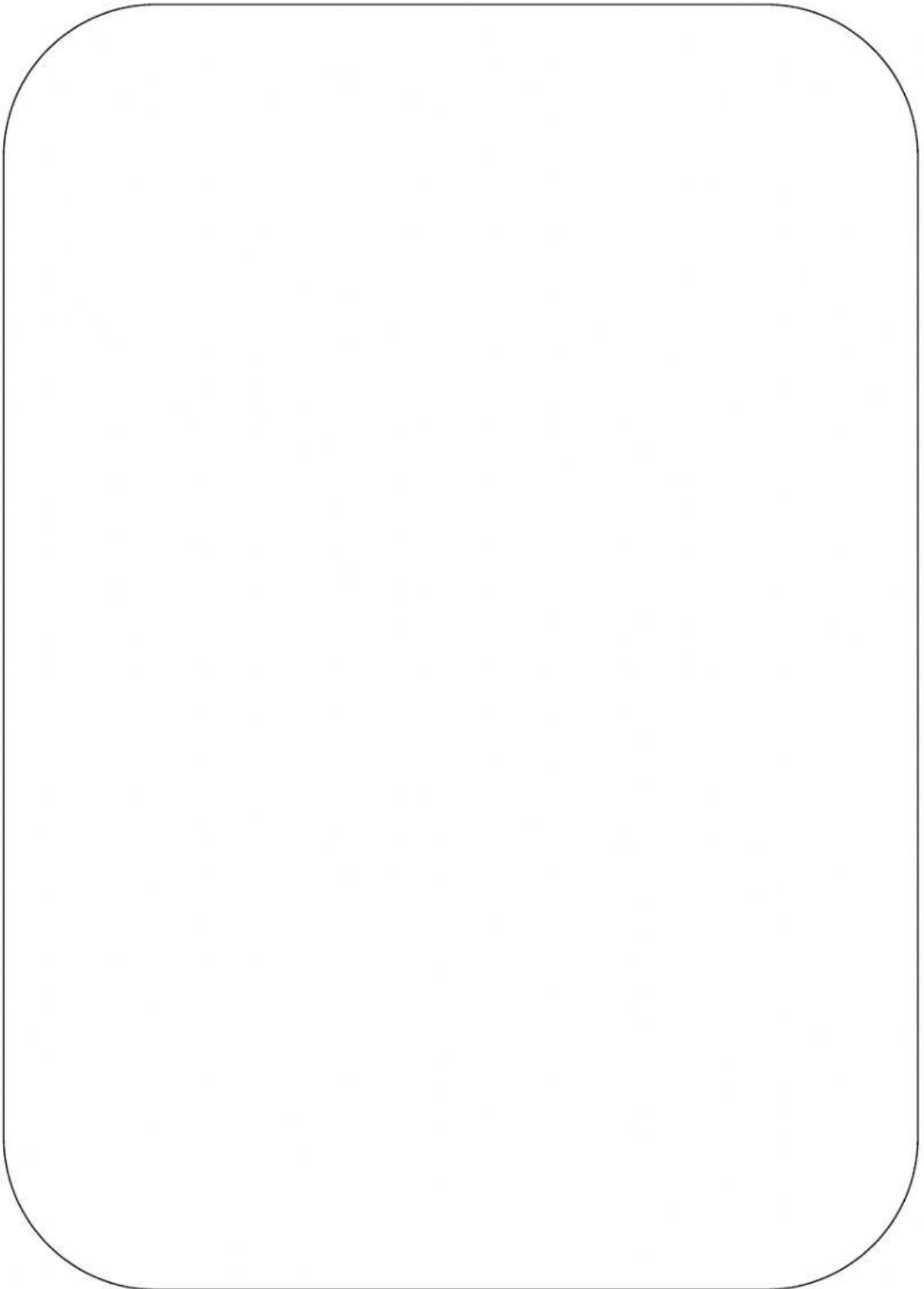
Serves 4

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.