AT THE RESTAURANT!

ARE YOU READY TO ORDER?

Have a look at the menu and get ready to order your favourite food!



★ ALL STARS ★ Restaurant

Starters

Prawn cocktail *served with brown bread*	£3,25
Spicy chicken wings *served with salad*	£ 3,50
Breaded mushroom *served with chilli dip*	£ 3,00
Soup of the day *tomato, mushroom or chicken*	£2,75
Garlic bread	£2,00

Salads

Cheese salad	£4,00
Chicken salad	£4,50
Ham salad	£5,50
Crab salad	£6,50

Main Courses

Italian style pizza *served with french fries*	£3,25
English syle fish and chips *served with green peas*	£ 3,50
Indian style curry *served with rice and bread*	£ 3,00
Mexican style chicken *served with fresh vegetables*	£2,75
Chinese style stir fry *served with eggs and fried rice*	£2,00

Extras

French fries	£1,50
Fresh vegetables	£2,00
Rice	£1,25
Bread and butter	£1,00

Desserts

Homemade apple pie *served with ice cream*	£2,90
Fresh fruit salad	£2,40
Ice Cream *ask for your favourite flavour*	£ 2,50
Homemade chocolate cake *served with ice cream*	£3,50
Strawberry cheescake *served with ice cream*	£3,90

Drinks

Tea	£1,50
Coffee	£2,00
Milkshakes *strawberry, chocolate or vainilla*	£2,75
Fizzy drinks (Soda) *coke, lemon or orange*	£1,75
Beer	£2,00
Wine (Red or White)	£3,50

★ SPEAKING!



Did you find your favorite food on the menu?
Have you got any dietary restriction? Are you allergic to any food in particular?

★ Pay attention to the following dietary restrictions and let's discuss about vocabulary and meanings!

1. Celiac disease: They require a gluten-free diet 🚫🍞
2. Diabetes: Controls intake of sugars and carbohydrates. 🚫🍰
3. Lactose intolerance: Avoids dairy products 🚫🥛🧀
4. Nut allergies: Avoids nuts and seeds 🚫🥜
5. Seafood allergies: Avoids fish and shellfish 🚫🐟🦐
6. IBS (Irritable Bowel Syndrome): May require a low FODMAP diet 🚫🥦🍎
7. Vegan/Vegetarian: Avoids animal products 🚫🍗🥩

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UNDERSTANDING DIETARY RESTRICTIONS:

In today's world, many people follow specific dietary restrictions due to various health conditions or personal choices. Understanding these restrictions is crucial for both individuals and communities to ensure inclusivity and support. Let's explore some common dietary restrictions and what they entail.



1.Celiac Disease: People with celiac disease must adhere to a strict gluten-free diet. This means avoiding foods containing wheat, barley, rye, and related grains. Gluten can be found in products like bread, pasta, and baked goods. Opt for gluten-free alternatives like rice, quinoa, and corn.

2. Diabetes: Individuals with diabetes need to monitor their sugar and carbohydrate intake carefully. This involves limiting the consumption of sugary foods like cakes, candies, and sweetened beverages. Instead, focus on balanced meals with whole grains, lean proteins, and plenty of vegetables.

3. Lactose Intolerance: Those with lactose intolerance have difficulty digesting lactose, the sugar found in dairy products. As a result, they avoid foods like milk, cheese, and yogurt. Fortunately, there are many lactose-free alternatives available, such as almond milk, soy cheese, and coconut yogurt.



4. Nut Allergies: For individuals with nut allergies, consuming nuts and seeds can trigger severe allergic reactions. It's essential to carefully read food labels and avoid products that may contain traces of nuts. Consider using alternative ingredients like sunflower seeds or pumpkin seeds in recipes.

5. Seafood Allergies: Seafood allergies require individuals to steer clear of fish and shellfish. This includes popular dishes like sushi, shrimps, and crab. To ensure safety, always communicate allergies to restaurant staff and double-check ingredient lists when purchasing packaged foods.

6. IBS (Irritable Bowel Syndrome): Those with Irritable Bowel Syndrome (IBS) may benefit from following a low FODMAP diet. FODMAPs are types of carbohydrates that can trigger digestive issues in some individuals. This diet involves avoiding certain foods like broccoli, apples, and onions while focusing on easily digestible options like rice, potatoes, and carrots.



7. Vegan/Vegetarian:Vegans and vegetarians abstain from consuming animal products, including meat, poultry, fish, and dairy. Instead, they rely on plant-based foods like fruits, vegetables, beans, and grains. It's essential for vegans and vegetarians to ensure they're getting adequate nutrients like protein, iron, and vitamin B12 from their diet.

Understanding dietary restrictions is vital for creating inclusive environments and supporting individuals with specific dietary needs. Whether it's due to health conditions like celiac disease or personal choices like veganism, respecting and accommodating these restrictions fosters a culture of empathy and inclusivity in our communities.

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READING COMPREHENSION QUIZ: UNDERSTANDING DIETARY RESTRICTIONS

★ Scan through the text to answer the following questions selecting the option you consider correct:

1) What is the primary reason for individuals with celiac disease to follow a gluten-free diet?

a) To lose weight

b) To control sugar intake

c) To avoid triggering allergic reactions

d) To increase energy levels

2) According to the text, what types of foods should individuals with diabetes focus on in their diet?

a) Sugary snacks and desserts

b) Processed foods high in carbohydrates

c) Whole grains, lean proteins, and vegetables

d) Fried foods and fast food meals

3) What is the main dietary restriction for individuals with lactose intolerance?

a) Avoiding dairy products containing lactose

b) Consuming only lactose-free dairy products

c) Eating fermented dairy products

d) Drinking only whole milk

4) How should individuals with nut allergies manage their diet?

a) By consuming nuts in moderation

b) By avoiding nuts and seeds completely

c) By only consuming certain types of nuts

d) By cooking nuts at high temperatures

5)What types of foods should individuals with seafood allergies avoid to prevent allergic reactions?

a) Foods containing high levels of salt

b) Foods rich in omega-3 fatty acids

c) Fish and shellfish

d) Wheat and lean proteins

6) What is recommended for individuals with Irritable Bowel Syndrome (IBS) regarding their diet?

a) Following a high FODMAP diet

b) Consuming foods rich in broccoli and onions

c) Avoiding easily digestible options

d) Following a low FODMAP diet

7) What do vegans and vegetarians abstain from in their diet?

a) Dairy products only

b) Meat, poultry, fish, and dairy

c) Fruits and vegetables

d) Beans and grains only

8) Why is it important to understand dietary restrictions?

a) To make meal preparation easier

b) To avoid certain foods for weight loss

c) To foster inclusivity and support

d) To increase food options

9) How can individuals ensure they are accommodating someone's dietary needs?

a) By ignoring their dietary restrictions

b) By offering them a variety of foods

c) By respecting and understanding their restrictions

d) By convincing them to try new foods

10) What does the text suggest about the impact of respecting dietary restrictions in communities?

a) It fosters a culture of empathy and inclusivity

b) It leads to conflicts and disagreements

c) It doesn't make any difference

d) It limits food choices for everyone



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