ENGLISH CLASS LEVEL I
TEACHER MÓNICA MORELLO
THIRD TERM: To talk about their eating habits and identify people's good or bad eating habits

READING

Read the article and match the headings to the paragraphs.

coconut water ice lollies roast camel

Read the article again. Write T (true) or F (false).

1 The Bedouin people eat roast camel on special occasions. T
2 There are seven ingredients in the Bedouin meal. __
3 Frank Epperson's drink froze because the weather was cold. __
4 He sold his first ice lolly when he was 29 years old. __
5 According to the article, you can find coconut water in all coconuts. __
6 Coconut water has a lot of sugar. __

Three interesting food facts

1 _____

The Bedouin people, who live in the deserts of Africa, sometimes prepare a very big meal to celebrate weddings. The cook uses some eggs, some fish, some chickens, a sheep, and a camel to prepare it. He stuffs the fish with the eggs, the chickens with the fish, the sheep with the chickens, and the camel with the sheep. Then he cooks all the ingredients together in an enormous oven in the ground.

2 _____

It was an 11-year-old American boy who invented these. In 1905, the boy, Frank Epperson, wanted to make a drink. He put some soda powder in a cup of water and used a stick to mix it. Then he forgot about the drink and left it outside. That night it was very cold, so the mixture froze. Eighteen years later, he made some more of the frozen mixture and sold his first one at an amusement park. Americans call them 'popsicles'.

3 _____

You can find this liquid in young fruit that are still green. People drank it in South-East Asia, Africa, and the Caribbean before it became popular as a health drink. Today athletes drink it after doing sport. It is very good for you as it is low in fats and sugars. Doctors sometimes use it in an emergency because it is similar to human plasma.

9B quantifiers: *how much / how many, a lot of*, etc.

uncountable (singular)	short answers	full answers (4 37)
How much sugar do you eat?	**A lot.** **Quite a lot.** **A little.** **Not much.** **None.**	I eat **a lot of** sugar. I eat **quite a lot of** sugar. I eat **a little** sugar. I don't eat **much** sugar. I don't eat **any** sugar.
countable (plural)		
How many sweets do you eat?	**A lot.** **Quite a lot.** **A few.** **Not many.** **None.**	I eat **a lot of** sweets. I eat **quite a lot of** sweets. I eat **a few** sweets. I don't eat **many** sweets. I don't eat **any** sweets.

- We use *How much…?* with uncountable (U) nouns and *How many…?* with plural countable (C) nouns.
- We use:
  a lot (of) with C and U nouns for a **big quantity**.
  quite a lot (of) for **a medium quantity**.
  a little / not…much with U nouns for a **small quantity**.
  a few / not…many with C plural nouns for a **small quantity**.
  not…any (*none* in short answers) for **zero quantity**.

a lot of and *much / many*

- In [+] sentences we usually use *a lot of*.
- In [−] sentences and [?], we usually use *much* and *many*:
  *I don't drink **much** water. Do you drink **much** coffee?*
- It is also possible to use *a lot of* in [−] and [?]: *Do you drink **a lot of** coffee? I don't eat **a lot of** vegetables.*

LIVEWORKSHEETS

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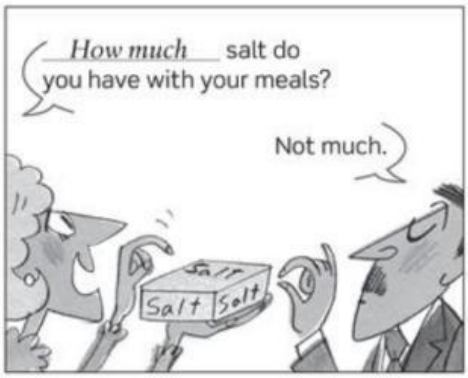
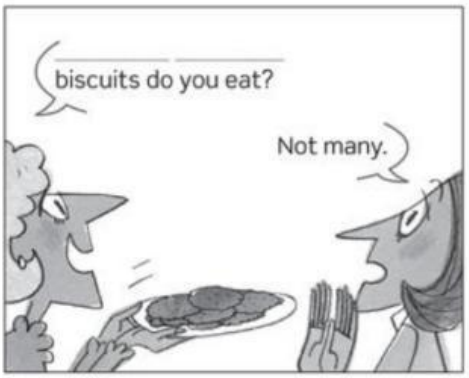
GRAMMAR quantifiers: *how much / how many, a lot of*, etc.

Complete the questions. Then complete the sentences.



1 He *doesn't have much salt with his meals*.

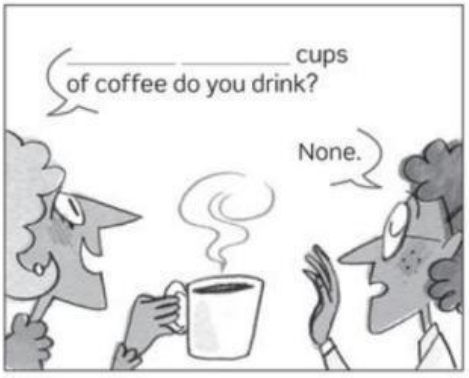
2 He _____.



3 She _____.

4 He _____.

5 He _____.



6 She _____.

Read the information and write questions.

FOOD FACTS
There is 23g of sugar in an orange.
There are about 125 calories in a banana.
There are about 18 oranges in a carton of orange juice.
There is 1.2g of salt in a bowl of cereal.
There are six eggs in a box.
There is 454g of jam in a jar.

1 *How much sugar is there in an orange* _____?
Answer: 23g.

2 _____?
Answer: About 125.

3 _____?
Answer: About 18.

4 _____?
Answer: 1.2g.

5 _____?
Answer: six.

6 _____?
Answer: 454g.

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a iChecker Listen to the radio show about food groups. Complete the examples of the groups.

1 carbohydrates: bread, pasta, _____, potatoes
2 fruits and vegetables: apples, oranges, _____, carrots
3 protein: meat, _____
4 milk and dairy: _____, yoghurt
5 fats and sugars: cakes, _____, sweets, crisps

b iChecker Listen again. Complete the gaps with one word.

1 Carbohydrates give us _____.
2 Fruits and vegetables contain important _____.
3 Protein helps our bodies to _____ and repair.
4 Milk and dairy are important for our bones and _____.
5 You should eat fats and sugars _____ or _____ a week.

Look at the menu and answer the questions.

1 Which is the best starter for somebody on a diet?
2 What main course can a vegetarian have?
3 Can you have fruit for dessert?
4 How many types of coffee are there?
5 Do children pay the same as adults?

Taste of Heaven Restaurant
MENU

Starters

Chicken soup	£3.50
Prawn cocktail	£4.25
Grilled vegetables with low-fat cheese (V)	£4.75

Salads

Mixed salad (V)	£5.50
Seafood salad	£7.25

Main courses

Roast beef served with roast potatoes and vegetables	£12.25
Mushroom risotto with Parmesan cheese (V)	£9.50
Fried salmon served with chips and peas	£10.75

Desserts

Fresh fruit salad	£3.95
Chocolate brownie with cream	£4.50
New York cheesecake	£4.25

Beverages

Glass of wine (red or white)	£2.95
Bottle of wine (red or white)	£10.50
Beer	£3.50
Soft drinks	£2.75
Coffee (espresso or latte)	£2.25

Set menu

£14.95 (see the board for today's choice)

25% discount on children's portions
(V) Suitable for vegetarians

LIVEWORKSHEETS