

Ireland: Eating out

Inglés Nivel Intermedio B1

Enseñanzas
Oficiales de Idiomas

Lesson

Ireland
Eating out



Focus on

One of the things Tom is enjoying in Ireland is eating out with his friends and tasting the traditional Irish cuisine. Representative Irish dishes include Irish stew, colcannon, cabbage, black pudding, the typical Irish breakfast and...of course, the popular Irish Guinness.



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If you have a look at the video below, it will provide valuable insights into Irish cuisine and the experiences Tom is living.

[Enlace a recurso reproducible >> http://www.youtube.com/embed/n7792I0Z3NY](http://www.youtube.com/embed/n7792I0Z3NY)

Vídeo alojado en [YouTube](#)

1. Food and drink on the Emerald Isle



Focus on

At the Irish table



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How much do you know about it?

- What are the traditional dishes in Ireland?
- Have you ever tried Irish food? What are the main ingredients of these dishes?
- Would you say 'no' to the traditional Irish breakfast i.e. a plate of fried bacon and eggs, sausages, black and white pudding and tomatoes?
- If I give you the word vegetables or fruit, what comes to mind?



It's time to review vegetables in English!

The video below will show you a list of vegetables, listen and repeat. Pay attention to the pronunciation and repeat as many times as it is necessary until you get the pronunciation right.

[Enlace a recurso reproducible >> http://www.youtube.com/embed/d0fk15GI7IA](http://www.youtube.com/embed/d0fk15GI7IA)

Vídeo alojado en [YouTube](#)



Now, it's time to see if you have learnt the names of the vegetables.

Can you name the vegetables pictured in this [quiz](#)?



Let's review the vocabulary related to fruit.
Listen and repeat each word shown in the video below.

[Enlace a recurso reproducible >> http://www.youtube.com/embed/tbCSgiQI9MY](http://www.youtube.com/embed/tbCSgiQI9MY)

Video alojado en [Youtube](#)



Let's check if you remember the name of the fruit. Look at [these pictures](#) and type the name of the fruit.



In the grid below, you will find words related to different categories: meat, fish, ways of cooking, condition of food, taste and kitchen equipment. Take a piece of paper and place the words under the correct category as it appears in the example.

pork	cod	bake	raw	mussels	roast	past sell-by date	its

grill	liver	chicken	ripe	rotten	ham	fry
lamb	undercooked	chopsticks	turkey	medium	crab	dishwasher
overcooked	cooker	tuna	potato peeler	bottle opener	duck	shrimps
sausage roll	can opener	kitchen roll	crunchy	microwave	aluminium foil	corkscrew
wooden spoon	chopping board	boil	stew	prawns	frying pan	kitchen scales
steam	spicy	apron	oven glove	kidneys	savoury	mild
well-done	bland	pork pie	sweet	salmon	smoked salmon	creamy
trout	sour	poach	tasteless	fresh	bitter	sausages

MEAT	FISH	WAYS OF COOKING	CONDITION OF FOOD	TASTE	KITCHEN EQUIPMENT
beef	-				

MEAT	FISH	WAYS OF COOKING	CONDITION OF FOOD	TASTE	KITCHEN EQUIPMENT
- pork	- cod	- poach	- fresh	- bitter	- chopsticks
- chicken	- crab	- grill	- past its sell-by date	- sour	- dishwasher
- ham	- shrimps	- bake	- raw	- bland	- cooker
- lamb	- prawns	- roast	- ripe	- creamy	- potato peeler
- turkey	-	- fry	- rotten	- crunchy	- bottle opener
- duck	- mussels	- boil	-	- spicy	- can opener
- liver	- tuna	- steam	- undercooked	- mild	- kitchen roll
- kidneys	- trout	- stew	- overcooked	-	- microwave
-	- salmon		- medium	- savoury	- aluminium foil
- sausages	-		- well-done	- sweet	- corkscrew
- pork pie	- smoked salmon			- tasteless	- wooden
-					

	sausage roll					spoon - chopping board - frying pan - kitchen scales - apron - oven glove	
--	-----------------	--	--	--	--	--	--



Have a look at [this list](#) of words to practise the pronunciation of some of the nouns studied above.



Do it yourself

In the grid below you will find some of the most popular Irish dishes. Match the number with the definition. Write the number in the space provided.

1.	Trifle
2.	Dublin Coddle
3.	Colcannon
4.	Irish stew
5.	Steak and Guinness Pie
6.	Irish brown soda bread
7.	Traditional Irish shepherd's pie

NUMBER	DEFINITION
<input type="checkbox"/>	It is a variety of bread made with sodium bicarbonate instead of using the traditional yeast. It is due to the fact that the Irish flour is

	very soft to use yeast as a leavening agent.
<input type="checkbox"/>	It is a traditional Irish dish consisting of mashed potatoes and cabbage.
<input type="checkbox"/>	It is a meat pie made from stewing steak, beef gravy, Guinness stout, bacon and onions. Everything is enclosed in a pastry shell.
<input type="checkbox"/>	It is a pie made from ground lamb, mashed potatoes, onions and carrots. Grated cheese on top of the potatoes to be baked until the surface is crisp and brown.
<input type="checkbox"/>	It is a pudding made from cake covered with fruit or jelly, custard and cream. The ingredients are arranged in layers.
<input type="checkbox"/>	It is a traditional stew which used to be made with mutton, but nowadays is made with lamb as well as potatoes, onions and parsley. Sometimes it can also have carrots.
<input type="checkbox"/>	Traditional dish of sausages, bacon, onions and potatoes.

NUMBER	DEFINITION
<u>6</u>	It is a variety of bread made with sodium bicarbonate instead of using the traditional yeast. It is due to the fact that the Irish flour is very soft to use yeast as a leavening agent.
<u>3</u>	It is a traditional Irish dish consisting of mashed potatoes and cabbage.
<u>5</u>	It is a meat pie made from stewing steak, beef gravy, Guinness stout, bacon and onions. Everything is enclosed in a pastry shell.
<u>7</u>	It is a pie made from ground lamb, mashed potatoes, onions and carrots. Grated cheese on top of the potatoes to be baked until the surface is crisp and brown.
<u>1</u>	It is a pudding made from cake covered with fruit or jelly, custard and cream. The ingredients are arranged in layers.
<u>4</u>	It is a traditional stew which used to be made with mutton, but nowadays is made with lamb as well as potatoes, onions and parsley. Sometimes it can also have carrots.
<u>2</u>	Traditional dish of sausages, bacon, onions and potatoes.



Now, we are going to talk about your likes and dislikes as for food. Notice the expressions in bold since they are the ones you should use to talk about your likes and dislikes. Have a look at this wide range of [English expressions](#) for likes and dislikes.

- Are you **fond of** any type of international cuisine?

- Which of the Irish dishes studied above **do you find appealing** ?
 - Is there any kind of food you **can't stand**? Why?
 - Are you **mad about** a specific type of food?
 - Are you **keen on** going to fast food restaurants?
 - Is there any dessert you **detest**?
 - Is there anything you **can't stop eating** when you feel depressed?
-

1.1. Beef or Chicken?



Imagen de tbone_sandwich en

[Flickr](#).

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In this section of the unit we are going to focus on pronunciation. If you click on the examples, you will notice how different these two sounds are:

- Short /ɪ/ as in [chicken](#) /'tʃɪkɪn/
- Long /i:/ as in [beef](#) /bi:f/



Watch the video below and listen carefully to hear the difference between these two sounds. Listen and repeat the words.

[Enlace a recurso reproducible >> http://www.youtube.com/embed/TNFKG0yvDx4](http://www.youtube.com/embed/TNFKG0yvDx4)

Vídeo alojado en [YouTube](#)



Do it yourself

Listen to the recording and write 1 next to the word you hear in each pair. Write 0 next to the word which is not pronounced. Listen to the recording twice.



SOURCE: http://www.youtube.com/watch?v=8oIUMVsG_uo

Long vowel		Short vowel	
<input type="checkbox"/>	1. feet	<input type="checkbox"/>	fit
<input type="checkbox"/>	2. seat	<input type="checkbox"/>	sit
<input type="checkbox"/>	3. steal	<input type="checkbox"/>	still
<input type="checkbox"/>		<input type="checkbox"/>	

<input type="checkbox"/>	4. feel	<input type="checkbox"/>	fill
<input type="checkbox"/>	5. jeans	<input type="checkbox"/>	gins
<input type="checkbox"/>	6. beans	<input type="checkbox"/>	bins
<input type="checkbox"/>	7. team	<input type="checkbox"/>	Tim
<input type="checkbox"/>	8. cheap	<input type="checkbox"/>	chip
<input type="checkbox"/>	9. peach	<input type="checkbox"/>	pitch
<input type="checkbox"/>	10. leave	<input type="checkbox"/>	live

Long vowel	Short vowel
<u>1</u> 1. feet	<u>0</u> fit
<u>1</u> 2. seat	<u>0</u> sit
<u>0</u> 3. steal	<u>1</u> still
<u>1</u> 4. feel	<u>0</u> fill
<u>0</u> 5. jeans	<u>1</u> gins
<u>0</u> 6. beans	<u>1</u> bins
<u>0</u> 7. team	<u>1</u> Tim
<u>1</u> 8. cheap	<u>0</u> chip
<u>0</u> 9. peach	<u>1</u> pitch
<u>0</u> 10. leave	<u>1</u> live



Do it yourself

Let's review the pronunciation of the vocabulary studied so far as for food, drink and cooking. Write S (for short /ɪ/) or L (for long /i:/) in the space provided according to the pronunciation of the vowels in bold in each word.

1. grill	<input type="checkbox"/>	8. milk	<input type="checkbox"/>	15. pea	<input type="checkbox"/>
2. steam	<input type="checkbox"/>	9. cream	<input type="checkbox"/>	16. bean	<input type="checkbox"/>
3. kitchen	<input type="checkbox"/>	10. cheese	<input type="checkbox"/>	17. lettuce	<input type="checkbox"/>
4. sweet	<input type="checkbox"/>	11. peach	<input type="checkbox"/>	18. crisps	<input type="checkbox"/>
5.	<input type="checkbox"/>	12.	<input type="checkbox"/>	19.	<input type="checkbox"/>

bitter		vinegar		olive	
6. shrimp	<input type="checkbox"/>	13. garlic	<input type="checkbox"/>	20. chips	<input type="checkbox"/>
7. meat	<input type="checkbox"/>	14. pizza	<input type="checkbox"/>	21. fish	<input type="checkbox"/>

1. grill	<u>S</u>	8. milk	<u>S</u>	15. pea	<u>L</u>
2. steam	<u>L</u>	9. cream	<u>L</u>	16. bean	<u>L</u>
3. kitchen	<u>S</u>	10. cheese	<u>L</u>	17. lettuce	<u>S</u>
4. sweet	<u>L</u>	11. peach	<u>L</u>	18. crisps	<u>S</u>
5. bitter	<u>S</u>	12. vinegar	<u>S</u>	19. olive	<u>S</u>
6. shrimp	<u>S</u>	13. garlic	<u>S</u>	20. chips	<u>S</u>
7. meat	<u>L</u>	14. pizza	<u>L</u>	21. fish	<u>S</u>

1.2. Bain taitneamh as do bhéile!



Focus on



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In English when we want to wish someone to enjoy the meal they are about to eat, we say: **Enjoy your meal!**

In Irish we say: **Bain taitneamh as do bhéile!**



Do it yourself

Read the text below which will help you learn more about the food and cooking of Ireland. Fill in the gaps using the sentences in the grid below. Write the number (1-7) in the space provided. There are 2 extra sentences that you do not need:

1	Of those who survived over two million emigrated (many to the US and UK) and several million in Ireland were left destitute.
2	without corned beef, or a Gaelic steak (pan-fried steak with a shot of Irish whisky).
3	so reviving a long lost art in Ireland.
4	Cattle played an important part in Irish food from the middle ages until the arrival of the potato in Ireland in the 16th century.

5	which is why it is so little known today
6	appearing in many recipes especially Dublin Coddle – considered one of Ireland’s national dishes – made from bacon, sausages, and of course, potatoes.
7	are easily found and enjoyed throughout Ireland.
8	They introduced different types of vegetables.
9	and was a welcome change from the cereal crops they had been dependent on.

Ireland and Irish Food - The Food and Cooking of Ireland

Outside of Ireland, Irish food is often mistakenly thought to consist of nothing more than potatoes and mutton. How wrong. The food and cooking of Ireland is steeped in history and heritage and Irish food draws on the wealth of ingredients available from the sea, the land, the moors and pastureland in Ireland. Home and family in Ireland play an important part in Irish food and cooking with the kitchen still the heart of every home with Irish hospitality and their love of celebrating renowned throughout the world.

The History of Irish Food in Ireland

Countless influences have made their mark on Irish food over the centuries from the arrival of the Celts in Ireland about 600 to 500 BC, the Vikings and the English colonization of Ireland in the 16th and 17th century.

☐ The meat was predominantly food for the rich with the poor making do with the offal, the milk, cheese and butter which were supplemented with grains and barley for nourishment.

The Potato in Ireland – A Blessing and a Curse

The potato arrived in Ireland in the mid-to-late 16th century. The damp, cool Irish climate and soil conditions proved perfect for potatoes and the potato rapidly moved from a simple garden vegetable to a staple food crop for both man and animals as it was cheap to grow and even a small plot could produce a hearty crop. The high mineral and vitamin content of the potato also made it a perfect, cheap food for the poor of Ireland ☐

The dependence on potatoes as a staple food, however, also proved a curse for the Irish with the Potato Famine in Ireland. The first in 1739 was a result of cold weather but the famine of 1845-49 in Ireland was caused by potato blight, a rapidly spreading disease which wiped out the potato crops and resulted in the death of over 1,000,000 Irish. ☐

Potatoes remain a basic foodstuff in Ireland are served almost daily as part of a meal. Unlike Britain cooked potatoes are served in their skin, which is removed at the table. This ensures more of the nutrients remain in the potato during cooking.

Food in Ireland Today

Like the rest of the UK and Europe, Ireland has a thriving modern food culture, fast-food and ethnic restaurants found mainly in the major cities. Younger chefs have embraced the heritage of their food and often work with familiar recipes creating them in new ways but outside the cities, Irish food predominantly remains traditional and hearty fare from recipes handed down over generations.

Meat

The pig is the oldest domesticated animal in Ireland and its presence is still widespread in the food and cooking of Ireland with sausages, bacon and gammon ☐

Irish beef is world renowned and no St Patrick's Day meal would be complete ☐

Fish and Seafood

Surrounded by sea, and with rivers and lakes, fish and seafood naturally play an important part in Irish food. Oysters, crab, lobster and langoustine, cockles, mussels, white fish, salmon fresh and smoked, ☐

Irish Cheese

In the early part of the 20th century Irish cheese had a somewhat poor reputation as most cheeses came from large scale manufacturers. All of that changed in the 1970's when enterprising dairy farmers returned to artisan cheese-making ☐ Today, Irish cheese is renowned throughout the world for the quality, and distinctive flavor of its cheeses.

Guinness and Whiskey

Guinness and Whiskey are two of Ireland's most famous drinks.

SOURCE: <http://britishfood.about.com/od/introtobritishfood/a/ireland.htm>

Correct order of numbers: 4, 9, 1, 6, 2, 7, 3.

Not needed: 5 and 8



It's time to cook! Are you a good cook?

The following verbs are necessary when talking about cooking. While watching the video below take a piece of paper and write a definition for them:

a. sauté - b. boil - c. simmer - d. broil - e. roast - f. grill - g. chop - h. dice - i. slice - j. fry - k. stir

[Enlace a recurso reproducible >> http://www.youtube.com/embed/EOT2NxyWBbg](http://www.youtube.com/embed/EOT2NxyWBbg)

Video alojado en [Youtube](https://www.youtube.com)

a. sauté: To cook something quickly in a small amount of oil until it is a little bit brown.

b. boil: To cook food in water that is boiling.

c. simmer: To cook something slowly at a temperature near boiling.

d. broil: When you cook something in the oven and it receives heat from the top so that it becomes crispy.

e. roast: To cook meat or vegetables in an oven. Unlike broil, we can use roast to mean that the heat in the oven is coming from the bottom or the sides of the oven.

f. grill: To cook something over a fire on a frame of metal bars.

g. chop: To cut food into pieces.

h. dice: To cut food into small square pieces.

i. slice: To cut food into flat pieces.

j. fry: To cook food in hot oil.

k. stir: To move food around in a pan or any other pot using for example a spoon.



Do it yourself

Look at the recipe for the traditional Irish Stew. As in any recipe you have the ingredients and the procedure, but in this recipe the steps of the procedure are not in the correct order. Write a number (1-9) next to each step to get the correct procedure to cook the Irish Stew.

Ingredients

- 4 potatoes, thinly sliced
- 4 medium onions, thinly sliced
- 6 carrots, sliced
- 1 pound Canadian bacon, chopped
- 3 pounds lamb chops, 1-inch thick, trimmed, and cut into small pieces
- Salt and pepper to taste
- 2½ cups water
- 4 potatoes, halved
- Fresh parsley, finely chopped

Procedure

- ☐ Sprinkle liberally with salt and pepper.
- ☐ Begin with layers of sliced potatoes, onions, and carrots.
- ☐ Top with a layer of Canadian bacon and lamb.
- ☐ Sprinkle liberally with the chopped parsley and serve in soup bowls.
- ☐ Repeat these steps until all the ingredients are used.
- ☐ Arrange the halved potatoes on top of the stew, but not in contact with the water, so they can steam as the rest is cooking.
- ☐ Simmer over a very low heat for about 2 hours.

- ☐ To make Irish stew, all the ingredients are assembled in layers in a large stew pot.
- ☐ Add enough water to just cover the ingredients.

Makes 4 to 6 servings.

SOURCE: <http://www.foodbycountry.com/Germany-to-Japan/Ireland.html>

- 4 Sprinkle liberally with salt and pepper.
- 2 Begin with layers of sliced potatoes, onions, and carrots.
- 3 Top with a layer of Canadian bacon and lamb.
- 9 Sprinkle liberally with the chopped parsley and serve in soup bowls.
- 5 Repeat these steps until all the ingredients are used.
- 7 Arrange the halved potatoes on top of the stew, but not in contact with the water, so they can steam as the rest is cooking.
- 8 Simmer over a very low heat for about 2 hours.
- 1 To make Irish stew, all the ingredients are assembled in layers in a large stew pot.
- 6 Add enough water to just cover the ingredients.



Mediation

A British friend calls you because a gastronomic week is going to be held in the school where he works. He wants to know a typical Spanish recipe. Tell him about your favourite dish, explain to him/her the procedure to cook it and the necessary ingredients. This [vocabulary](#) can be useful to talk about the preparation of your recipe.



Imagen de Jamiesrabbits en [Flickr](#).
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2. Burning off calories



Focus on

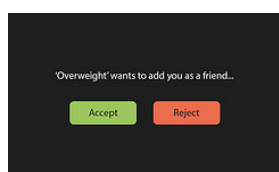


Imagen de Sean MacEntee en

[Flickr](#).

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People today eat way more than they used to - and way more than they need to. This means that they're constantly taking in more calories than their bodies can burn. Unfortunately, lots of us don't realize that we're eating too much because we've become so used to seeing (and eating!) large portions.

The price of such overabundance is high. It's common knowledge that people who consistently overeat are likely to become overweight. But they also risk getting a number of medical problems, including high blood pressure, high cholesterol, type 2 diabetes, bone and joint problems, breathing and sleeping problems, and even depression. Later in life, people who overeat are at greater risk for heart disease, heart failure, and stroke.

SOURCE: http://teenshealth.org/teen/food_fitness/nutrition/portion_size.html

- Do you agree with the text?
- Why do people eat so much nowadays?
- Do you know people who overeat and are not overweight? Are they healthy?
- How much meat, fish and fruit do you eat per week? A lot or little?
- How many vegetables do you eat every day? A lot or few?
- How often do you eat snacks?



Top tips

Pay attention when answering questions like the ones above where [quantifiers](#) (*much, many, little, a little, few, a few, a lot, some, any*, etc.) have to be used.

Do you remember how to use them?



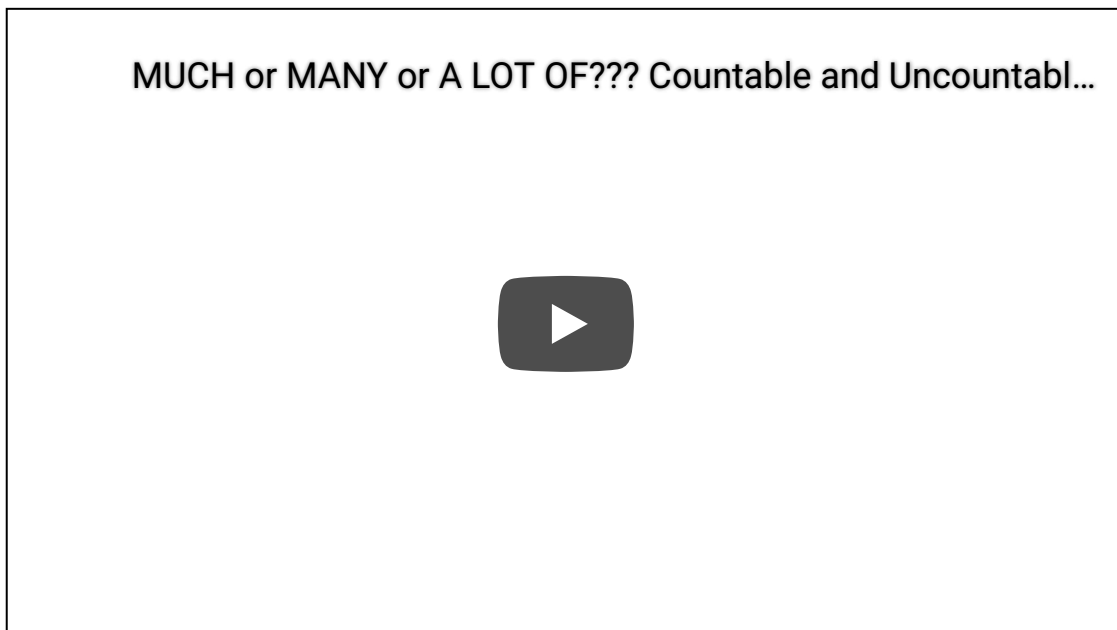


ACTIVITY 1

Watch the following video and answer the questions as for the use of *much*, *many* and *a lot*.

- a.- Are the words *water* and *homework* countable or uncountable nouns?
- b.- Is the following sentence correct - *I drank too many water*?
- c.- Is the quantifier *a lot (of)* used with countable or uncountable nouns?
- d.- Which quantifiers can be used with uncountable nouns?

[Enlace a recurso reproducible >> http://www.youtube.com/embed/uQIuZ6YJ760](http://www.youtube.com/embed/uQIuZ6YJ760)



Video alojado en [Youtube](#)

ACTIVITY 2

Watch the video below and answer the following questions related to the use of *little*, *a little*, *few*, *a few*.

- e.- Which of these four quantifiers are used with non-countable nouns?
- f.- What do the quantifiers *a little* and *a few* mean?
- g.- What's the meaning of *little* and *few*?
- h.- Do the following two sentences mean the same - *A few friends have visited me already* and *Some friends have visited me already*?
- i.- What's the difference between *to have little time* and *to have a little time*?

[Enlace a recurso reproducible >> https://www.youtube.com/embed/CPfGRK0jF6A](https://www.youtube.com/embed/CPfGRK0jF6A)

A few and few, a little and little



Video alojado en [Youtube](#)

ACTIVITY 1

- a.- They are uncountable nouns.
- b.- No, it isn't. The quantifier *too many* can only be used countable nouns.
- c.- It can be used with uncountable nouns and with plural countable nouns.
- d.- *A lot* and *much* can be used with uncountable nouns.

ACTIVITY 2

- e.- *Little* and *a little* are used with non-countable nouns.
- f.- They mean *some*.
- g.- They mean *hardly ever*.
- h.- Yes, they have the same meaning.
- i. - If you have little time, you have hardly any time. On the contrary, if you have a little time, you have some time.



Moving on

Now, it's time to practise using quantifiers in context.

These [exercises](#) will help you understand when to use each of the quantifiers we have studied.



Do it yourself



Listen to the audio called *Menu shows exercise needed to lose weight* and say if the statements below are True or False. Listen to the recording twice.



SOURCE: <http://www.breakingnewsenglish.com/1304/130430-menus.html>

After doing the listening activity, click on audioscript to listen and read the script at the same time.



a.- A new computer menu downloads eating and exercise information.

☐ True ☐ False

False

Some restaurant menus are showing how much exercise is needed to burn off calories.

b.- A researcher says information about walking off calories is very useful.

☐ True ☐ False

True

Researchers from the Texas Christian University say that telling customers how many minutes they must walk to burn off the calories from a hamburger is much better information than showing how many calories the hamburger has.

c.- The researcher said we do not really understand calories.

☐ True ☐ False

True

They say people do not really understand calories.

d.- The research looked at the ordering habits of 3,000 people.

☐ True ☐ False

False

The researchers looked at the restaurant orders made by 300 different people.

e.- People were given menus with different information.

☐ True ☐ False

True

Some used a menu without calorie information; some had a menu with calorie information; and the rest were given a menu with a guide to how many minutes of fast walking would burn off the calories in the food.

f.- A woman must walk for 2 hours to burn off a hamburger's calories.

☐ True ☐ False

False

A woman would need to walk for two hours to burn off the calories in a double cheeseburger, not for the calories of a simple hamburger.

g.- A researcher said that it is not difficult for people to understand what it means to walk fast.

☐ True ☐ False

True

Researcher Ashlei James said: "Brisk walking is something nearly everyone can relate to, which is why we displayed...the minutes of brisk walking needed to burn food calories."



Do it yourself

All the words below in column A are words from the listening activity you have just done. Match column A and column B to get synonyms. Write the letter (a-j) in the space provided.

COLUMN A	LETTER	COLUMN B
1. reveals	<input type="text"/>	a. use
2. customers	<input type="text"/>	b. plan
3. effective	<input type="text"/>	c. quick
4. strategy	<input type="text"/>	d. shows

5. consume	<input type="checkbox"/>	e. requested
6. information	<input type="checkbox"/>	f. consumers
7. burn off	<input type="checkbox"/>	g. eat or drink
8. ordered	<input type="checkbox"/>	h. understand
9. brisk	<input type="checkbox"/>	i. successful
10. relate to	<input type="checkbox"/>	j. details

SOURCE: <http://www.breakingnewsenglish.com/1304/130430-menus.html>

	COLUMN A	COLUMN B
	1. reveals	shows
	2. customers	consumers
	3. effective	successful
	4. strategy	plan
	5. consume	eat or drink
	6. information	details
	7. burn off	use
	8. ordered	requested
	9. brisk	quick
	10. relate to	understand

2.1. An apple a day...



Focus on

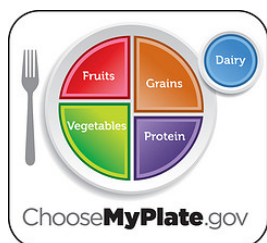


Imagen de USDAgov en [Flickr](#).
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Reflect upon the following questions:

- What do you understand by a healthy lifestyle?
- How healthy is Spanish cuisine? What about international cuisine e.g. Japanese, Italian, British, American, etc.?
- Have you ever worried about your weight?
- Which is the best way to lose weight?
 - Going to the gym
 - Eating less
 - . Being a vegetarian
 - Taking pills
 - Cutting out chocolate and bread
 - Walking and cycling everywhere
- Look at this [shopping list](#) and decide which of these products are a must on your own shopping list.



Do it yourself

How much junk food do you eat? Do you think the Spanish are keen on junk food?

You are going to listen to six young people from different nationalities answering these questions: Do you eat junk food? If so, what kind do you eat?

Match the sentences below with the speakers according to what they say. Write the number of the speaker in the space provided.

SPEAKER 1	Anita from Taiwan
SPEAKER 2	Mitchel from USA
SPEAKER 3	Ruth from England
SPEAKER 4	Lucinda from New Zealand
SPEAKER 5	Alan from Canada
SPEAKER 6	Mark from USA



SOURCE: <https://www.ello.org/english/Mixer001/T018-JunkFood.htm>

After doing the activity, click on audioscript to listen and read the script at the same time.



SPEAKER : This person normally eats gummy kind of candy.

SPEAKER : This person goes to McDonalds as a cheap solution to eat.

SPEAKER : He/She likes chocolate but if it is bitter.

SPEAKER : This speaker tries to avoid cakes, chocolate and crisps.

SPEAKER : Although he/she tries to control the quantity, at parties he/she eats a lot.

SPEAKER : This person admits eating junk food intermittently.

SPEAKER ☐ : At this moment in his/her life he/she has cut down on fast food. This speaker used to eat much more.

SPEAKER 2 : This person normally eats gummy kind of candy.

SPEAKER 6 : This person goes to McDonalds as a cheap solution to eat.

SPEAKER 4 : He/She likes chocolate but if it is bitter.

SPEAKER 3 : This speaker tries to avoid cakes, chocolate and crisps.

SPEAKER 1 : Although he/she tries to control the quantity, at parties he/she eats a lot.

SPEAKER 3 : This person admits eating junk food intermittently.

SPEAKER 5 : At this moment in his/her life he/she has cut down on fast food. This speaker used to eat much more.



Do it yourself

Read the following newspaper article and say if the statements are True or False.

UK AND US 'KEENEST ON FAST FOOD'

The UK is the country most attached to fast food, closely followed by the United States, a survey has suggested. A poll of 9,000 people in 13 nations, alongside a BBC investigation into global obesity, found vast variations in attitudes towards food and weight.

Many French get on the scales every day the poll found, while Singaporeans are the least likely to weigh themselves.

People are now said to be getting fatter in most of the world, with the exception of parts of Asia.

The three-day BBC series will look at the problems arising from the trend and what can be done about it.

This study, by market research firm Synovate, questioned 9,000 people in 13 countries across five continents.

Few people blamed their government for rising levels of obesity: the largest number of respondents blamed the food that was now available.

People in the UK and the US were the most likely to nominate "no self discipline" as the leading factor in obesity.

These two nations also had the most respondents who said they would be unable to give up fast food.

Some 45% in the UK agreed with the statement "I like the taste of fast food too much to give it up", while 44% of Americans said they would be unable to give up their burgers, pizzas and chicken wings.

Middle east diets

The survey also threw up some other interesting geographical variations.

Saudi Arabians and those from the United Arab Emirates were among the top consumers of low-fat food products, meal replacements and food supplements.

They were also the most interested in weight-loss courses, gym memberships and home exercise equipment.

"People are inherently contradictory and nowhere is it more obvious than on such a sensitive and important issue such as their weight," said Steve Garton of Synovate.

"The results show there's a world of people who cannot deny themselves that hamburger or extra piece of pizza, but probably make themselves feel better by washing it down with a diet cola."

A recent study of men and women in 63 countries found between half and two-thirds of men were overweight or obese in 2006.

The populations of Canada and South Africa currently lead the way, with an average Body Mass Index (BMI) of 29 - a calculation that takes into account both height and weight.

There is still some debate about the exact health risk posed by rising levels of obesity, but those who are overweight do have a higher risk of heart disease, Type II diabetes and other diseases including some cancers.

It is thought that an increasingly sedentary lifestyle is a major factor in rising obesity rates.

Health analysts warn that obesity-related illness threatens to overwhelm healthcare systems around the world.

Neville Rigby, of the International Obesity Task Force, said: "It is serious for individuals, but it is also serious for countries."

"Reports from the World Health Organization have shown that preventing chronic disease can have major economic benefits, and failing to do so can have major economic disadvantages."

Douglas Smallwood, chief executive at leading health charity Diabetes UK, said: "This survey is a sad indictment of current eating habits in the UK."

Peter Hollins, chief executive of the British Heart Foundation said: "If we are to tackle the growing obesity crisis it is vital that Britain's junk food addiction is addressed."

"But this isn't going to happen whilst a junk-dominated diet is being normalised through the constant barrage of advertising and promotions."

Source: <http://news.bbc.co.uk/2/hi/health/7165990.stm>

1. Singaporeans seem to be less worried about their weight.

☐ True ☐ False

True

Many French get on the scales every day, the poll found, while Singaporeans are the least likely to weigh themselves.

2. In some parts of Asia the problem of obesity is not as worrying as in other parts of the world.

☐ True ☐ False

True

People are now said to be getting fatter in most of the world, with the exception of parts of Asia.

3. According to the poll, the government is considered most responsible for the high levels of obesity in current society.

☐ True ☐ False

False

Few people blamed their government for rising levels of obesity

4. People in the UK and the US recognize they couldn't stop eating fast food.

☐ True ☐ False

True

People in the UK and the US said they would be unable to give up fast food.

5. Saudi Arabians are really into body culture.

☐ True ☐ False

True

They spend money on low-fat food products, meal replacements, food supplements, weight-loss courses, gym memberships and home exercise equipment.

6. Health experts say that healthcare systems will have to take care of patients suffering from illness related to being overweight.

☐ True ☐ False

True

Health analysts warn that obesity-related illness will collapse healthcare systems around the world if they are not controlled.

7. According to the WHO higher levels of chronic disease mean major economic problems.

☐ True ☐ False

True

Reports from the World Health Organization have shown that if there is a control of chronic disease, there will be economic benefits.

8. The obesity crisis won't stop until advertising campaigns and promotions change.

☐ True ☐ False

True

Advertising and promotions are making a junk-dominated diet be a normal habit.



Do it yourself

Find words in the text above for the following definitions:

1. A set of questions that you ask a large number of people to analyze an issue:

2. A device used for weighing people or things:

3. To say or think that someone or something is responsible for a problem :

4. To stop doing something that you normally do:

5. A person who weighs more than he/she should:

6. Illness:

7. Not doing much exercise but a lot of sitting:

1. A set of questions that you ask a large number of people to analyze an issue: survey.

2. A device used for weighing people or things: scales

3. To say or think that someone or something is responsible for a problem : blame

4. To stop doing something that you normally do: give up

5. A person who weighs more than he/she should: overweight

6. Illness: disease

7. Not doing much exercise but a lot of sitting: sedentary.



Did you notice the title: *An apple a day...*



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This is part of the English saying *An apple a day keeps the doctor away*. In English there are a lot of sayings and idioms related to food. Check the meaning of the expressions below by clicking on each. Are there similar expressions in your language?

- [To be as nice as a pie](#)
 - [To be a piece of cake](#)
 - [Not to be my cup of tea](#)
 - [To be nuts](#)
 - [To be a couch potato](#)
 - [To be as cool as a cucumber](#)
 - [Don't cry over spilt milk](#)
 - [Too many cooks spoil the broth](#)
-

3. Grabbing a bite to eat



Focus on

Let's talk about your habits when eating out:

- Do you prefer eating out or at home? Why?
- Do you have a favourite restaurant? Why? What is its house speciality?
- Which of these factors is the most important to you when choosing a restaurant: price, taste, atmosphere or service?
- What would life be without restaurants?
- Have you ever had any problem when ordering food at a restaurant e.g. your meat was overdone but you had ordered it rare, your meal was cold, your side dish was not the correct one, etc.? What happened?
- Do you normally split the bill with whoever you are eating out with or do you sometimes **treat*** (= pay for the other person)?
- What do foreigners normally like eating in Spain? Is there anything they dislike?



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* Note: in English, we use *invite* to ask someone to come to a party/come out to a restaurant but it doesn't imply that you are going to pay for that person.



Do it yourself

In the table below you will find informal words and expressions used when talking about food and eating out. Match person A's statement with person B's response. Write the letter in the space provided.

Person A's	Letter	Person B's Statement
------------	--------	----------------------

Statement		
1. Where do you want to go for lunch?	<input type="checkbox"/>	a. I'm not surprised. You totally pigged out. I think your eyes were bigger than your stomach, although your stomach looks pretty big right now.
2. I'm totally starving.	<input type="checkbox"/>	b. I think I'm going to give the house speciality a try.
3. Do you want to go for drinks after work? It's on me.	<input type="checkbox"/>	c. I don't think so. If I have an appetizer, I probably won't be able to finish my main course.
4. I have never been so full in my life.	<input type="checkbox"/>	d. No. I don't like leftovers.
5. What are you going to have for your entree?	<input type="checkbox"/>	e. Sounds like a good idea, but you are always treating me. This time I'm going to treat you and cover your half.
6. Are you going to get anything to start?	<input type="checkbox"/>	f. I'm not so sure about him. You know last night we went out for dinner for our one-month anniversary. He told me to order whatever my heart desired, but when the bill came he wanted to go halfers.
7. Do you think we should get a doggie bag?	<input type="checkbox"/>	g. Yes, I'll have a large orange juice.
8. Would you like something to wash down your meal with?	<input type="checkbox"/>	h. How about we grab a bite to eat at that new cafe around the corner. I hear their sandwiches are out of this world.
9. How are things going with your new boyfriend?	<input type="checkbox"/>	i. Me too. I'm famished. I'm so hungry that I could eat a horse.

SOURCE: <http://www.idiomeanings.com/idioms> >> Documento de descarga/wp-content/uploads/2011/02/Chapter-5-Dinner-Is-Served.pdf >>
[Documento de descarga](#)

Person A's Statement	Letter	Person B's Statement
1. Where do you want to go for lunch?	<u>h</u>	How about we grab a bite to eat at that new cafe around the corner. I hear their sandwiches are out of this world.
2. I'm totally starving.	<u>i</u>	i. Me too. I'm famished. I'm so hungry that I could eat a horse.

3. Do you want to go for drinks after work? It's on me.	<u>e</u>	e. Sounds like a good idea, but you are always treating me. This time I'm going to treat you and cover your half.
4. I have never been so full in my life.	<u>a</u>	a. I'm not surprised. You totally pigged out. I think your eyes were bigger than your stomach, although your stomach looks pretty big right now.
5. What are you going to have for your entree?	<u>b</u>	b. I think I'm going to give the house speciality a try.
6. Are you going to get anything to start?	<u>c</u>	c. I don't think so. If I have an appetizer, I probably won't be able to finish my main course.
7. Do you think we should get a doggie bag?	<u>d</u>	d. No. I don't like leftovers.
8. Would you like something to wash down your meal with?	<u>g</u>	g. Yes, I'll have a large orange juice.
9. How are things going with your new boyfriend?	<u>f</u>	f. I'm not so sure about him. You know last night we went out for dinner for our one-month anniversary. He told me to order whatever my heart desired, but when the bill came he wanted to go halves.



Do it yourself

Find words in the statements above for the following definitions:

1. To go out to eat: To
2. To pay for a meal, a movie ... for someone else: To someone
3. To split the cost of a meal: To go
4. Anything you want: whatever your
5. To eat too much: To

6. What you eat before the main course:

7. Main course:

8. To drink something to help you swallow food: To

9. To be really amazing: To be

10. When you are starving, you could eat a

Adapted from: <http://speak-english-to-world.weebly.com/uploads/4/6/5/4/46548079/chapter-5-dinner-is-served.pdf> >> Documento de [descarga](#)

1. To go out to eat: To grab a bite to eat

2. To pay for a meal, a movie ... for someone else: To treat someone

3. To split the cost of a meal: To go halves

4. Anything you want: whatever your heart desires

5. To eat too much: To pig out

6. What you eat before the main course: appetizer

7. Main course: entree

8. To drink something to help you swallow food: To wash down

9. To be really amazing: To be out of this world

10. When you are starving, you could eat a horse



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When you hear or read the word pub, what springs to mind?
Which are the main differences between Spanish pubs and
pubs in the UK?

How much do you know about pubs in the UK?

The video below will help you understand the main differences between pubs in Spain and in the UK.

<https://learnenglish.britishcouncil.org/en/night-out/british-pub>

After watching it, take a piece of paper and answer the following questions:

1. Where does the name 'pub' come from?
2. How many pubs are there in the UK?
3. How are pubs different from cafés?
4. Why did people drink beer instead of water?
5. What do people do in pubs?
6. Are there different types of pubs?
7. What is binge drinking?

Adapted from: <https://learnenglish.britishcouncil.org/en/night-out/british-pub>

1. Where does the name 'pub' come from? It comes from public house.
2. How many pubs are there in the UK? There are around 50,000.
3. How are pubs different from cafés? Pubs serve alcohol.
4. Why did people drink beer instead of water? It was safer to drink beer than water since in the past water wasn't very good.
5. What do people do in pubs? It is a place to meet friends, gossip and business deals take place there. It is the centre of the community. They can also go there for darts and quiz nights.
6. Are there different types of pubs? There is a great difference between pubs in rural communities and pubs in towns and cities. There are traditional pubs where people can go to play darts, gastro pubs which serve expensive food and pubs owned by large companies.
7. What is binge drinking? When people drink too much and they get drunk very quickly.

Now, you can watch the video again and read the script. Click on audioscript and you'll get the text.



HOW TO GIVE ADVICE

- You should...,
- I don't think you should...
- Why don't you...?
- What about + -ing?
- How about + -ing...?
- If I were you, I would....

HOW TO RECOMMEND

I suggest/recommend you try the new restaurant on the corner

I recommend you not have the steak tartar

I suggest going to the cinema afterwards.

I recommend learning to cook sushi.

- *I suggest / recommend that + subject + infinitive (without TO)*
- *I suggest / recommend + -ing* (Note: here you don't say who you are talking to but we understand from context)
- We don't say: ~~*I recommend you to...*~~ with this meaning.



It's speaking time!

Work in pairs and perform the following roles. Before starting the dialogue have a look at the expressions below which will be useful to advise and recommend your partner what to do.



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STUDENT A

Last night after work you went with your colleagues to grab a bite to eat. It was your friend Paul's birthday and you wanted to treat him. You decided to go to a restaurant where the house speciality is steak tartar. You think it is out of this world. Tell Student B about the dinner, the dishes you ordered, what you drank, what you had for dessert. Recommend him this place.

YOU BEGIN THE DIALOGUE.

STUDENT B

You have recently become a vegetarian. Think of reasons why eating meat is not healthy for the body. Student A is really keen on eating meat, in fact, last night he/she went to a restaurant to eat steak tartar and you can't understand how people can eat raw meat. Advise him/her to change his/her diet. Ask Student A about his/her eating habits and lifestyle.



Imagen de Anushruti RK
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3.1. Ready to order?

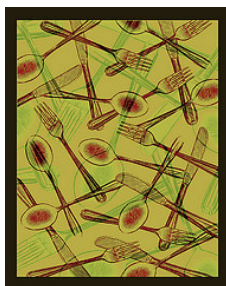


Imagen de judith511
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All the words below are food and restaurant related vocabulary. What are they used for?

cutlery	straw	apron
tray	tablecloth	pot
napkin	pan	restroom



Moving on

Now, check your knowledge of food and restaurant related vocabulary by matching words (1,2,3) and pictures.



Do it yourself

Read the sentences below which are part of a natural dialogue in any restaurant or bar. Fill in the gaps using words from the grid:

recommend	out	charge	courses
main	free	choice	order
show	booked	ready	bills
house	call	substitute	appetizers

1. Are you to order?

2. I the vegetarian chilli.

3. We can the bacon for cheese if you like.

4. The meal consists of three - soup, the course and dessert.
5. I'm sorry. We're fully right now.
6. Are you paying together or would you like separate ? (Americans say 'checks')
7. The bread is free of .
8. Follow me, please, I'll you your table.
9. Our wine is Concha y Toro from Chile.
10. We're of Tandoor Chicken.
11. When the bartender says "Last !", it means that it's the last chance for customers to drinks before the bar closes.
12. All of the food has to be meat- We're vegetarians.
13. Canapés are small bite-size .
14. Very good . This is our most popular dish.

Adapted from: http://www.englishformyjob.com/ell_foodandbeverage.html

1. Are you ready to order?
2. I recommend the vegetarian chilli.
3. We can substitute the bacon for cheese if you like.
4. The meal consists of three courses - soup, the main course and dessert.
5. I'm sorry. We're fully booked right now.
6. Are you paying together or would you like separate bills ? (Americans say 'checks')
7. The bread is free of charge.
8. Follow me, please, I'll show you your table.
9. Our house wine is Concha y Toro from Chile.
10. We're out of Tandoor Chicken.

11. When the bartender says "Last call !"* , it means that it's the last chance for customers to order drinks before the bar closes.

12. All of the food has to be meat- free. We're vegetarians.

13. Canapés are small bite-size appetizers .

14. Very good choice . This is our most popular dish.

* In Britain, = last orders.



Read these expressions which are used at a restaurant to carry out the following functions:

- Booking a table
- Placing your order
- Complaining
- Requesting information when arriving at the restaurant
- Requesting information during and after the meal
- Paying



Moving on

Now complete the following dialogues (1,2) which are conversations between a waiter / waitress and a customer.



Do it yourself

Listen to this conversation between a customer and a waitress and fill in the gaps with just ONE WORD according to what the speakers say. Listen to the recording twice.



Waitress: Hi, welcome to our restaurant.

Customer: Thank you very much.

Waitress: How many people are there?

Customer: Just the one.

Waitress: Just one person, ok. or non-smoking?

Customer: Non-smoking please.

Waitress: All right. Come along and have a right here.

Customer: Thanks very much.

Waitress: Here are your and a glass of water.

Waitress: Can I get you something to drink?

Customer: Mmm I was wondering about this wine actually. What's your wine?

Waitress: Our house wine is this wine right here and it's 10 dollars.

Customer: Oh, I think I'll have a glass of that actually.

Waitress: Just a glass?

Customer: How much is it for a ?

Waitress: Bottle is 10 dollars.

Customer: Oh sorry. Yeah I'll have a bottle then, thanks.

Waitress: Can I take your order for an ?

Customer: Mmm I quite like the look of several of these. Now the melon, does that with anything else?

Waitress: The melon? It just comes with some garnish. Well, but it's pretty much just plain melon and some whipped cream.

Customer: What would you ?

Waitress: Well I really recommend the . They're quite good and they come with cheese and tomatoes and some chile on top.

Customer: Oh they nice. Ok, I'll have those thanks.

Waitress: Are you ready to your meal?

Customer: Yes I think I'm ready now, thank you. I think I'll have this vegetable goulash. Can you just tell me, is it ?

Waitress: It is, actually. It's all vegetarian but it does come with cheese.

Customer: Oh that's ok, I eat cheese. I'll have it. Do I get anything with it?

Waitress: It comes with a order of rice or potatoes.

Customer: I'd like rice please.

Waitress: Ok.

Waitress: Did you enjoy your meal?

Customer: It was , very nice, thank you.

Waitress: Can I get you some tea, coffee or ?

Customer: Oh, I'd like to look at the dessert menu please. Mmm these all nice. Oh I think I must for this chocolate cake here.

Waitress: Chocolate cake. Very good - that's our most popular dish.

Customer: Could I get cream with it please?

Waitress: Certainly. Would you like or whipped cream?

Customer: Whipped cream please.

Waitress: Coming up.

Customer: Could I have the please?

Waitress: Certainly. you go.

Customer: Thank you. Mmm 30 dollars. Oh that's ok, that's not too .

Waitress: Thank you for .

Customer: Ok no problem.

Waitress: Bye bye, come again!

Customer: Bye!

Waitress: Hi, welcome to our restaurant.

Customer: Thank you very much.

Waitress: How many people are there?

Customer: Just the one.

Waitress: Just one person, ok. Smoking or non-smoking?

Customer: Non-smoking please.

Waitress: All right. Come along and have a seat right here.

Customer: Thanks very much.

Waitress: Here are your menus and a glass of water.

Waitress: Can I get you something to drink?

Customer: Mmm I was wondering about this wine actually. What's your house wine?

Waitress: Our house wine is this red wine right here and it's 10 dollars.

Customer: Oh, I think I'll have a glass of that actually.

Waitress: Just a glass?

Customer: How much is it for a bottle ?

Waitress: Bottle is 10 dollars.

Customer: Oh sorry. Yeah I'll have a bottle then, thanks.

Waitress: Can I take your order for an appetiser ?

Customer: Mmm I quite like the look of several of these. Now the melon, does that come with anything else?

Waitress: The melon? It just comes with some garnish. Well, but it's pretty much just plain melon and some whipped cream.

Customer: What would you recommend ?

Waitress: Well I really recommend the fries . They're quite good and they come with cheese and tomatoes and some chile on top.

Customer: Oh they sound nice. Ok, I'll have those thanks.

Waitress: Are you ready to order your meal?

Customer: Yes I think I'm ready now, thank you. I think I'll have this vegetable goulash. Can you just tell me, is it vegetarian ?

Waitress: It is, actually. It's all vegetarian but it does come with cheese.

Customer: Oh that's ok, I eat cheese. I'll have it. Do I get anything with it?

Waitress: It comes with a side order of rice or potatoes.

Customer: I'd like rice please.

Waitress: Ok.

Waitress: Did you enjoy your meal?

Customer: It was delicious , very nice, thank you.

Waitress: Can I get you some tea, coffee or dessert ?

Customer: Oh, I'd like to look at the dessert menu please. Mmm these all look nice. Oh I think I must go for this chocolate cake here.

Waitress: Chocolate cake. Very good choice - that's our most popular dish.

Customer: Could I get cream with it please?

Waitress: Certainly. Would you like custard or whipped cream?

Customer: Whipped cream please.

Waitress: Coming right up.

Customer: Could I have the bill please?

Waitress: Certainly. Here you go.

Customer: Thank you. Mmm 30 dollars. Oh that's ok, that's not too bad .

Waitress: Thank you for coming .

Customer: Ok no problem.

Waitress: Bye bye, come again!

Customer: Bye!





It's speaking time!

Work in pairs and perform the following dialogue following the model above and the expressions studied to carry out different functions at a restaurant.



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STUDENT A

You are the **customer** at a restaurant. When you arrive they give you a table next to the toilets but this is not the one you asked for when you booked, so you want to change . You don't know what to order so ask the waiter/waitress for recommendation. When your order is served there's something you don't like and you have to complain. As for the dessert, make sure you don't order anything which contains banana since you are allergic to it.

STUDENT B

You are the **waiter/waitress** of a restaurant. Student A is a very particular customer and keeps complaining for different reasons. You don't understand why he/she complains so much, so try to explain that they are not reasons to complain. Recommend the house speciality and, as for dessert, tell your customer that the banana pancake is your most popular dish.

YOU BEGIN THE DIALOGUE.



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Bite size



- Countable and uncountable nouns.
 - How to use quantifiers (much, many, a lot, few, a few, little, a little).
-



- To discriminate the short vowel /I/ from the long vowel /i:/.
-



- Food and restaurant related words: fruit, vegetables, meat, fish, ways of cooking, condition of food, taste, kitchen equipment...
 - Recipes: the steps and procedure to cook dishes.
 - Healthy diets.
 - Habits when eating out.
 - Food idioms and sayings.
 - Informal expressions to talk about food.
-



- How to express our likes and dislikes.
 - How to give advice and recommend.
 - How to order at a restaurant.
-

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