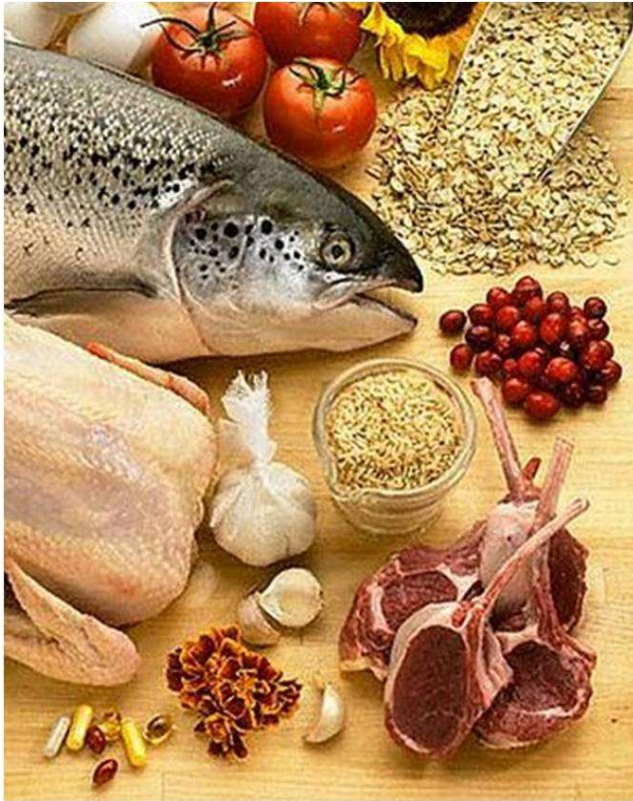


Meals



Meals. What we eat.

Objectives:

- revision of the vocabulary on the topic “ Food”;
- presentation of student’s projects;
- development of student’s reading, speaking and listening skills

Procedure

I Introduction

T: Good morning, students. Today we are going to talk about meals.

You know that there is a saying : “ You are what you eat. “ What do you think it means?

(Pupils express their ideas)

T: It means that your health depends on what you eat.

II. Warm – up

T: Did you know that October 2011 was the first official Non –GMO Month? This month retail stores will celebrate the consumer’s right to be informed of food and products that contain genetically modified organisms (GMOs).

Here are four reasons why you should celebrate Non-GMO Month

1. Human Health
2. Environmental and Animal Health
3. Moral and Ethical concerns
4. Labeling concerns

T: Let’s discuss the mentioned reasons all together.

III. Main Part

1. Reading

Pre – reading

T: Read attentively to the poem “ I like food” and name two products I like

I like food

I like food, I like eating

Lots and lots of food.

Bread and jam, and meat, and fish,
Cakes and biscuits too.
Beans and mustard, eggs and chips,
Mutton steaks, potatoes, peas,
And salted mushrooms too.
I like food, I like eating
Lots and lots of food.
Cabbage, tomatoes, lettuce leaves,
Chocolate and cheese,
Toast and butter, soup and spices,
Onions, cereal, cucumber slices,
Marrows, pumpkins, beets.
Don't forget I also like drinking, when I eat:
Coffee, tea and water-soda.
Fruity lemonade, coca-cola,
Sugar makes them sweet.
I like food, I like eating
Lots and lots of food.
Some more, please.

After reading

T: Look at the blackboard and label the products you can see. Make up a sentence of your own with the given words. Say what food you like and dislike eating.

2. Phonetic Drills

T: Read these sentences and mind your pronunciation.

What do they mean? Explain to your peers.

An apple a day keeps the doctor away.

Good health is above wealth.

After dinner sit a while, after supper walk a mile.

3. Speaking

What would you eat ... ?

- a) at an expensive restaurant
- b) at a birthday party
- c) on a picnic
- d) on a coffee break
- e) at a fast food restaurant
- f) on holiday

4. Project Work

T: Now we'll listen to the presentation prepared by the students of our group and discuss them.

P1: Let me present my research project

Ukrainian Cuisine

Ukrainian cuisine is one of the most famous and well-known in the world. Modern Ukrainian cuisine is formed mainly on the basis of the mixed unique regional features. Different floury dishes (pampushki, galushki, varenyky, korzhi and others), meat dishes (Ukrainian sausages, cold collations, game, birds etc.), vegetable and milk dishes (ryazhenka and syrnyky), various drinks of fruit and honey are very popular in Ukraine. Starters characterize Ukrainian national cuisine as a full one in terms of nutrition quality. A wide range of soups, recipes of which include majority of available ingredients, enrich nutrition and beneficially effects human digestive system. Ukrainian cuisine starters are first of all soups like borsch. Each region of Ukraine has it's own borsch recipe. Although it is not a unique major dish of Ukrainian national cuisine. Such soups like kulish, borage, yushka meat soup, fish soup (ukha), okroshka are also popular. And each of these soups has a lot of variations. A lot of soups are prepared on the basis of popular types of meat and vegetables. The most popular meat basis is pork, white beet-root, legumes, potatoes and carrots are the most popular vegetables. Especially known and most favourite dish all over the world is famous Ukrainian borsch. Borsch is cooked of fresh vegetables: cabbage, beet, tomato with the addition of pounded lard with garlic and parsley. The combination of all these groceries give the borsch its piquancy, aroma and unforgettable taste. There are about 30 types of Ukrainian borsch (Poltava borsch, Chernihiv, Kyiv, Volyn, Lviv borsch and others). I Ukrainian national cuisine afters are delicious, nutritious and useful. Some afters have penetrated into woeld cookery, for example varenyky and halushky, eaten with great pleasure all over the

globe, especially where there is Ukrainian Diaspora. Besides all that we have to mention such Ukrainian cuisine afters as meat balls, roast meat, diverse recipes of cutlets, polyadnitsa, kruchenyky, smazhenyna, zazyvanets, mazuryky and loads of fish dishes. A lot of afters are made from potatoes: deryny and knydyly, for example. Particular attention should be paid to starchy food. Ukrainian cuisine prepares great quantity of pies(pyrygs) and slozheniks. Another special dish is holodets (aspic), prepared according to different recipes all over Ukraine. Various porridges – varenyky filled with cottage cheese, potatoes, stewed cabbage and berries in summer – are prevalent in Ukraine too. Stewed meat with potatoes, Ukrainian bytky with garlic and lard, stewed cold boiled pork with cabbage and lard, kruchenyky and others have the same popularity among Ukrainian lovers of tasty food. Fish dishes have a considerable part in Ukrainian national food assortment from the old times. For example crucian (carp) baked in sour cream, fish kruchenyky, carp stuffed with mushrooms and boiled buckwheat, carp stewed with onion or sour cream, pike perch stuffed with mushrooms and crawfish and others. Ukrainian national cookery is rich in meals cooked in special cases (wedding, birth of the child, send-off to the army and others). In such a way pancakes of wheat and buckwheat flour and varenyky are the obligatory meals in Pancake week (Masliana). Meat or liver pies are usually cooked for the most solemn occasions. The ceremonial dish was fruit compote- uzvar. Now these dishes are common in every Ukrainian and Russian canteen and restaurant.

Pupil 2: The next presentation deals with

British Cuisine

The British like what they call good plain food. They must be able to recognize what are eating. Usually they like roast turkey, roast beef, Yorkshire pudding and fish and chips. Afternoon tea is taken at about 5 o'clock , but it can hardly be called a meal. It is a cup of tea and cake or biscuits. At the weekends afternoon tea is a special occasion. Friends and visitors are often invited to have a chat over a cup of tea. Dinner is the most substantial meal of the day. It is usually eaten at 7 o'clock. The first course may be soup (though the English don't like it very much). The main course will often be fish or meat, perhaps the traditional beef steak of old England, and a lot of vegetables. The next course will be something sweet and often cooked, such as a fruit pie. Last of all there may be cheese, often with biscuits. It is common knowledge that the English are very fond of tea. They like to have 'a nice cup of tea' 6 or 8 times a day, sometimes even more. On Christmas Day a Christmas pudding is traditionally cooked for dinner. It is usually followed by roast turkey. Long before Christmas housewives begin to plan what cake to make for Christmas. Usually they make fantastic Christmas cakes.

Pupil 3: My presentation is about

American Food

What is American food? Hamburgers and hot dogs? Fried chicken and giant steaks? Well, yes. But spaghetti and sour pork. The fact is that Americans eat every kind of food imaginable.

There are , for example, more than 1,000 Chinese restaurants in New York city alone. As the same time, people in the States still like to think of some kinds of food as especially American. They like idea of the American family sitting around the table eating turkey at Thanksgiving. They like to think of ‘Mom’ as the best cook in the world, even if their own mother never did much cooking. The truth is, though, that families in the US eat together less often than they used to. Instead of meeting at the dinner table, families often meet in the kitchen, around the refrigerator. There’s no time for old-fashioned cooking. Quick snacks all through the day have taken its place. And to save trouble, people eat wherever they like, in the streets, in front of the TV, or at their desks. An enormous fast-food industry gives hungry American the snacks they want when they want them. Ice cream, popcorn, and hot dogs are on sale everywhere. Best known , perhaps, is the McDonalds hamburger business. But if more and more Americans eat fast food, more and more Americans also worry about it. Fast food makes you fat, and Americans are the fattest people in the world. Being fat , in fact, can cause real problems for an American. If you want to do well, you must be thin.

Pupil 4: My presentation is focused on

Fast Food

Fast food is food that can be prepared and served very quickly. The term “fast food” was recognized in a dictionary by Merriam – Webster in 1951. Outlets may be stands or kiosks which provide shelter or seating or fast food restaurants. Restaurants where customers sit are fast casual restaurants. A burger and fries is the most popular meal bought in the USA. In fact, Americans buy almost 5 billion burgers a year. This popularity has spread around the world with the growth of international fast food restaurants chains. But mind: fast food is dangerous food. Don’t eat it very often!

Pupil 5: I’d like to tell you about my favourite dish.

My favourite dish (varenyky)

Varenyky are my favourite dish. They are national Ukrainian dish that is also loved in other countries. I think that everyone who comes to Ukraine wants to try this dish. I like varenyky with potatoes very much. On the other hand, varenyky with cabbage, cheese, cherries and other berries are tasty too. Varenyky contain flour, milk, salt and soda. You can cook them every day or on holidays. Every Ukrainian likes varenyky. I think all of you like them as well.

Living a Healthier Life

Keeping fit and healthy may be difficult, but there are a few easy-to-follow guidelines. Firstly, a balanced diet is absolutely essential. This means selecting food that is poor in salt and sugar. Experts recommend reducing the amount of fat in our diet, as too much can lead to heart problems. They also suggest increasing the amount of high fibre food we eat. This comes in the form of fresh fruit, vegetables, whole meal bread and pasta. As well as being packed with vitamins and minerals, they are delicious too. Secondly, it's important to fit exercise into your daily routine. This can be done by simply walking as much as possible and climbing stairs instead of taking the lift. Exercise is necessary to keep a healthy body, as well as increasing energy levels and making you feel generally fitter and happier.

5. Reading

Pre-reading

T: Look at the screen. This is the text about Stuart and Sally. Read the text silently.

Healthy and Unhealthy

Stuart is thirteen years old. He is a vegetarian – he doesn't eat meat. Stuart eats fruit, vegetables and cheese. He usually drinks milk, not cola, and he doesn't eat chocolate or sweets. Stuart always walks to school and he usually swims every day and he often plays basketball and football. Sally is thirteen years old, too. She eats meat every day. She loves hamburgers and cheeseburgers. She often eats 'fast food'. Sometimes she has an apple or an orange but she never eats vegetables. Sally doesn't often exercise. She sometimes dances at parties and in the holidays she often swims or plays tennis with her friends.

6. Post reading

T: Discuss in pairs Sally and Stuart's way of eating. Do you have the same eating habits?

7. Listening

T: Listen to the interview.

Read the statements below and say if they false or true.

1. George opened up a restaurant in Canada.
2. They mainly serve international dishes.
3. George thinks everybody knows the English to be excellent cooks.
4. The chef of the restaurant is Argentinian.
5. They have traditional English breakfast and typical English desserts on the menu.
6. English dishes are not much popular in Argentina.
7. George misses a wonderful French cheese – Roquefort.

8. Stilton is English blue cheese.
9. They open in the morning and serve traditional English breakfast.
10. They do proper English teas in the morning-tea with cakes and sandwiches.

Interviewer: George, Why did you decide to open a restaurant in Argentina?

George: I'd always wanted to have my own restaurant and it would have been very expensive to do that in England.

Interviewer: What kind of food do you serve?

George: Mainly international dishes like pasta, steak and fries, risotto – but we also do several English dishes as well.

Interviewer: Were American people surprised when they heard that an English chef was going to open a restaurant here?

George: Yes, they were – very! I think people don't usually expect the English to be good cooks.

Interviewer: Is your chef English?

George: No, he's Argentinian –but I've taught him to make some English dishes.

Interviewer: What kind of English dishes do you have on your menu?

George: Well, we're open on the morning, and we serve traditional English breakfast, and then we have a lot of English desserts at lunchtime, for example , trifle – that's typical English dessert made with fruit and cake and cream. And we do proper English teas in the afternoon –tea with cakes and sandwiches .

Interviewer: Are the English dishes popular?

George: Yes, especially the desserts and cakes. I think people in Argentina have a very sweet tooth.

Interviewer: And finally is there any English food that you really miss here?

George: The thing I miss most living in Argentina is English cheese. I really miss Stilton – which is a wonderful English blue cheese. It's not like Roquefort but I think it should be. You should try it!

Interviewer: I'll try! Thank you for the interview.

George: Welcome to the restaurant!

8. Grammar revision

T: Now we are going to complete the dialogue. But before it let's revise 5 types of questions. What are they? Make up 5 questions to the sentence:

His friends like eating pizza.

T: Now look at the pictures and complete the dialogue. (Teacher prepares pictures beforehand.)

A: -----

B: They're probably in the country having a picnic.

A: -----?

B: They must be enjoying themselves because they're smiling.

A: -----?

B: Not, really. I don't like eating outdoors.

A: -----?

B: I love eating at a place with good music and lots of people of my own age.

9. Reading

Read the text about the Ukrainian borsch with pampushkas (dumplings). Some sentences have been removed from the text. The task is to fill the gaps with the sentences from the list (A-F).

Ukrainian Borsch with Pampushkas (Dumplings).

(1)---. Add some salt, vinegar essence, tomato sauce, sugar, sauté the ingredients till they get half-done. Onions carrots and parsley should be cut and roused in butter. (2)---. When the contents start to boil, put in the prepared vegetables, the gently sautéed and diluted with the cold stock flour, bay leaves, and pepper.

(3)---. Put some sour cream curdled together with the finely cut greenery into the plate.

(4)---. Recipe for making pampushkas: take flour, sugar, diluted in warm water leaven (yeast), some vegetable oil. (5)--- Grate garlic with salt, add some vegetable oil, boiled water, stir the mixture and pour the resulting sauce over the baked rolls. (6) ----.

A. From this dough bake tiny round rolls.

B. The well-done borsch should be thickened with pounded grease and cloves of garlic.

C. Cut beets into fine slices (like French fries)

D. Enjoy Ukrainian borsch with pampushkas.

E. Serve the table with pampushkas.

F. Put segment-cut potato into the simmering stock and cook till it gets half-done, add some cabbage.

Keys: 1C, 2F, 3B, 4E, 5A, 6D.

10 Reading

The Story of McDonalds

In 1937 the McDonalds brothers, Dick and Mack, opened a little drive-in restaurant in Pasadena, California. They served hot dogs and milk shakes there.

In 1945 they had 20 waiters and all the teenagers in towns ate hamburgers at McDonald's.

In 1948 they already got paper boxes and bags for the hamburgers. They put the price down from 30 cents to 15 cents. They cut the menu down from 25 things to 9. There are no more waiters – it is self-service. So it is cheaper and faster. And they have windows all around the kitchen – so everyone can see it's clean. Parents started bringing their children to the restaurant. Poor families ate at McDonald's for the first time.

The idea of simple, fast, but tasty food appeared to be successful, and in the 1960s the McDonald's company opens hundreds of restaurants all over the States. In the 1970s they opened restaurants abroad: in Japan, Germany and Australia.

At present the McDonald's company opens a new restaurant every 8 hours! There are more than 30,000 restaurants in over 90 countries. The largest restaurant is in Beijing in China and the smallest in Ginza, Tokyo. The northernmost restaurant is in Fairbank, Alaska and the southernmost is in Gibson, New Zealand.

McDonald's restaurants serve almost the same food in every country. But in Italy they serve beer, in Norway the McLak (salmon burger) and in the Netherlands the vegetarian Groenteburger!

True or false

1. In 1947 the McDonalds brothers, Dick and Mack, opened a little drive-in restaurant in Pasadena, California.
2. In 1945 they had 12 waiters and all the teenagers in town eat hamburgers in McDonald's.
3. In 1948 they already got paper boxes and bags for the hamburgers.
4. They put the price from 15 cents to 30 cents.
5. There are more waiters nowadays in McDonald's.
6. Parents started bringing their children to the restaurant.
7. In 1970s the McDonald's company opens hundreds of restaurants all over the States.
8. At present the McDonald's company opens a new restaurant every 8 hours.
9. There are more than 3,000 restaurants in over 90 countries.
10. McDonald's restaurants serve almost the same food in every country.

11 Vocabulary

Find the name of the dishes hidden in the word search below as quickly as you can.

A C Q W E R T Y U I
B O R S C H U L P O
K M J O K A S H A H
X P Z U S L V D G F
C O V P B U A N M N
Q T A Z X S R C V V
W E S X D H E C V B
F G H J K K N L M N
D S A Q W Y Y E R T
G J K L P O K I U Y
F D S A C X Y Z V W

12 Reading

Read an article and match the headings (A – G) to the paragraphs (1-6). There is one extra heading which you do not need to use.

- A Be Careful What You Buy
- B Dangerous Diet
- C Life in the Fast Lane
- D Can You Give up Chocolate?
- E New Diet – New Life!
- F Some Healthy Advice
- G You Know What's Good for You

Eat Your Way to Good Health

1.-----

We all know that a varied diet with the right combination of protein, carbohydrates and fresh fruit and vegetables is necessary for good health.

2.-----

However, modern living and a busy lifestyle often mean that many of us don't have time to eat proper well-balanced meals. We seem to be relying too much on 'fast food' to match our fast lives. The problem with these foods though is that they are high in bad things like fat and calories, but low in the good things like vitamins and minerals. If you are only eating this sort of 'junk' food, then you've got a poor diet.

3.-----

A poor diet can lead to lots of health problems. These include allergies and tiredness or much more serious illnesses such as cancer and heart disease. The additives which are put in processed foods can also cause illness. Additives are used to add colour, flavor and long life to foods, but they can be quite harmful if you eat too many of them.

4.-----

If you eat raw and organic foods, you will be much healthier. Therefore, it makes sense to eat organically grown fruit and vegetables whenever you can. Try to stop drinking coffee and stop using sugar, too. Also, it is good idea to take vitamin and mineral tablets if you know your diet is not as healthy as it should be.

5.-----

A good time to think about healthy eating is when you are shopping, read the list of ingredients on food packets to find out if there are a lot of additives so you can avoid them. Foods that contain a lot of additives include: processed meats, soft drinks, tinned fruit, margarine and biscuits.

6.-----

All in all, a few simple changes to your diet can make a big difference to your health. Eat the right things and you can eat your way to good health.

1-G, 2-C, 3-B, 4-F, 5-A, 6-E.

13. Do the quiz and find out how healthy you are. Give yourself two points for each correct answer.

QUIZ : FOOD AND HEALTH

- How many portions of fruit and vegetables should you eat every day?
a) 2 b) 3 c) 4 d) 5 or more
- Vitamin A helps us to see at night. Which of these gives us a lot of Vitamin A?
a) carrots b) potatoes c) oranges d) bread
- Vitamin D is good for our skin. Which of these gives us a lot of Vitamin D?
a) bread b)carrots c) eggs d)oranges
- Which of these contains the most fat?
a) 50 g of hard cheese b) 50 g of chocolate
c)50 g of chips d) 50 g of peanuts
- How often should we exercise?
a) at least 20 min once a week

b) at least 20 min twice a week

c) at least 20 min three times a week

6. Which activity burns up the most energy per minute?

a) swimming b) football c) walking quickly

7. Which of these is a vegetarian allowed to eat?

a) meat b) eggs c) cheese d) nuts

The correct answers: 1 d 2 a 3c 4d 5c 6a 7d

YOUR SCORE

12 - 14 Congratulations! You are an expert.

7 - 11 Good . Very good.

0 - 6 You should learn more about diet and health!

IV. Summing - up .

Home assignment.

T: Well-done. Today you've worked well. At home, please , think over and describe a product without mentioning its name. In our next lesson your group mates will try to guess it.