



UNIT 7. RECIPES AND EATING HABITS

LANGUAGE FOCUS

Topic:

Recipes and eating habits

Phonetics:

Tones in statements used as questions

Grammar:

- Review: Quantifiers:
- Modal verbs in conditional sentences type 1

Vocabulary:

- Different dishes
- Ways of preparing and cooking foods

Skills:

- Reading and talking about the eating habits of Japanese and Vietnamese people
- Listening to and writing about teenagers' eating habits

PRACTICE

I. Choose a word in each line that has different stress pattern.

- | | | | |
|-----------------|----------------|-------------|----------------|
| 1.A. Versatile | B. tomato | C. marinate | D. chocolate |
| 2.A. Include | B. combine | C. balance | D. reduce |
| 3.A. Cucumber | B. ingredient | C. opinion | D. nutritious |
| 4.A. Teaspoon | B. cabbage | C. pancake | D. canteen |
| 5.A. Individual | B. supermarket | C. avocado | D. information |

II. Choose the verbs from the box to fill in the spaces with correct definitions.

Boil bread grill mince mix Peel simmer stew stir-fry toast

- _____ 1. To stir ingredients together with a spoon, fork, or mixer until well combined.
- _____ 2. To cook in liquid that is just below the boiling point.
- _____ 3. To brown with dry heat in an oven or toaster.
- _____ 4. To cut into to very small pieces, smaller than chopped or diced pieces.
- _____ 5. To simmer slowly in enough liquid to cover.

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- _____ 6. To heat a liquid to the point that bubbles break continuously on the surface.
- _____ 7. To cook on a rack over hot coals or other direct heat source that simulates coals.
- _____ 8. To coat with flour, then dip into beaten egg or milk, then coat with crumbs from crushed stale bread, cereal or crackers.
- _____ 9. To pull away, strip or cut off the outer covering of a fruit or vegetable.
- _____ 10. To cook in a frying pan or wok over high heat in a small amount of fat, stirring constantly.

III. Fill each numbered blank with a, an, some or any.

Mum: Andy, let's go to the market. Do you have the list?

Andy: I'm doing it now. We need (1) _____ apples, (2) _____ bottle of cooking oil and (3) _____ bread. Oh, and there isn't (4) _____ salt either.

Mum: Is there (4) _____ milk?

Andy: Yes, there's (6) _____ in the fridge. But we haven't got (7) _____ orange juice.

Mum: Have we got (8) _____ vegetables?

Andy: Well, there is (9) _____ cauliflower, (10) _____ onion and (11) _____ potatoes, but there aren't (12) _____ artichokes.

Mum: Ok. Let's go shopping then. But before leaving, you should eat something. Is there (13) _____ fruit?

Andy: Yes, Mum, there is (14) _____ banana and (15) _____ orange. But I prefer to have (16) _____ muffin or (17) _____ chocolate.

Mum: No way, Andy. You know what I think about fatty food. Have (18) _____ banana and (19) _____ milk.

Andy: OK, but... Can I have (20) _____ chocolate cake after dinner, please?

Mum: We'll see.

IV. Fill each blank in the following sentences with a food quantifier from the box.

*A bar of a bowl of a bunch of a can of A clove of a loaf a slice
of a stick of*

*a carton of
a tablespoon of*

1. Add _____ vinegar and 200ml of water into the bowl and mix well.
2. My brother usually has _____ cereal and some milk for breakfast.
3. She bought a grapefruit and _____ bananas at the village market.

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4. Mummy, can you give me _____ celery, please?
5. I have a recipe that calls for only _____ garlic.
6. There is _____ bread, some eggs and some salad for dinner.
7. You look thirsty. Would you like _____ soda?
8. Do you want _____ chocolate or five chocolate sweets?
9. Please go to the store and buy _____ milk and if they have sugar, get one kilo.
10. He has eaten _____ pizza, two pieces of cake and three eggs.

V. Match the first half of the sentence in Column A with its second half in Column B.

Column A

1. You cannot lose any weight if....
2. It may be cheaper if....
3. If you like beef noodle soup
4. If you don't like spicy food
5. I can make that kind of cake if.....

Column B

- A. You shouldn't cook chilli.
- B. You must try this restaurant.
- C. We buy the food for the party wholesale.
- D. I know the recipe.
- E. You don't eat healthy food.

VI. Choose the correct option A, B, C, or D to complete the sentences.

1. I didn't eat everything that they _____ me at the party.
2. Perhaps the three most popular ice cream _____ are vanilla, chocolate and strawberry.
A. Brands B. ingredients C. offers D. flavours
3. Beet greens are the most _____ part of the vegetable and can be cooked like any other dark leafy green.
A. Colourful B. nutritious C. traditional D. careful
4. Pumpkin soup is a good source of _____, minerals and vitamins, especially vitamin A.
A. Sugars B. solids C. fibres D. fats
5. You _____ chicken. You cook it in an oven or over a fire without liquid.

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- A. Steam B. boil C. fry D. roast
6. You usually _____ vegetables like onion. It means that you cut them into many small pieces.
A. Chop B. whisk C. grate D. sprinkle
7. Is there _____ apple juice in the fridge, Quang?
A. An B. a C. any D. some
8. Can I have a pizza, a dozen eggs and a _____ of lemonade, please?
A. Bottle B. jar C. piece D. tub
9. I would like a _____ of broccoli and two carrots.
A. Bunch B. clove C. slice D. head
10. You should eat more fruits and vegetables if you _____ to lose weight.
A. Will want B. want C. would want D. wanted

VII. Read the following recipe carefully. Fill In the blanks with suitable words.

Let's make star-shaped chicken nuggets.

- Put the following (1) _____ in a food processor:
 - skinless chicken breast fillets, (2) _____ into chunks
 - 1 large onion, diced
 - 2 tablespoons of chopped fresh parsley
 - 1 small apple, (3) _____ and grated
 - fresh white breadcrumbs
- (4) _____ them in the food processor for a few seconds until well combined.
- Shape the (5) _____ into a flat disc.
- Use a biscuit cutter to press (6) _____ the star shapes.
- Mix the breadcrumbs, cheese and onion flavour crisps together. Press the (7) _____ into the coating.
- Heat the (8) _____ for shallow frying in a large frying pan. Add the nuggets five at a time slowly (9) _____ the frying pan. Cook for about 6 minutes, (10) _____ the nuggets occasionally, until lightly golden and cooked thoroughly.

VIII. Read the following passage and answer the questions.

Healthy foods are good for you! They help your body grow. They also give you energy to work and play.

How do you know which foods to eat? Follow the food pyramid. Use it to make good choices.

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Grains

The grains group gives you energy. Make sure at least half the grains you eat are whole grains. Eat brown rice, oatmeal, and popcorn. Try whole-wheat bread instead of white bread.

Vegetables

Colour your plate with all kinds of veggies. They help your heart, eyes, skin, and teeth. Experts say to eat a rainbow of colours. Each colour helps the body in a different way. Munch on carrots, corn, and broccoli.

Meat and Beans

The meat and bean group is high in protein. That helps build strong muscles. Eat fish, chicken, lima beans, and nuts.

Fruits

Fruits are nature's treats. They are sweet and tasty. They help your heart, eyes, skin, and teeth too. Eat a variety of colours. Try an apple or a banana. You can also mix pieces of different fruits to make a salad.

Milk

Have milk and foods made with milk. Those foods are high in calcium. Calcium builds strong bones. Foods made with milk can be high in fat. Try low-fat milk, yogurt, and cheese.

Oils

Your body needs only a little oil to keep it healthy. Some foods that have oils are nuts, tuna fish, and salad dressing.

1. What food group mentioned in the article builds muscles?

- A. Meat and beans
- B. Vegetables
- C. Grains
- D. Fruits and oils

2. Which of the food groups does your body need the least amount of?

3. If your bones are weak, what should you eat or drink more

of? A. Whole grains

B. Milk and milk products

C. Meat and beans

D. Nuts and tuna fish

4. What is the passage mainly about?



- A. The method of mixing different fruits to make a salad.
 - B. Vegetables help your heart, eyes, skin, and teeth.
 - C. Eating meat and chicken gives your more protein.
 - D. The various food groups and the benefits of eating well.
5. Which of the following statements is NOT true?
- A. Whole-meal bread is better than white bread.
 - B. You should eat more broccoli and corn and carrot.
 - C. Milk products are high in calcium and low in fat.
 - D. Fruits are important for your heart, eyes, skin, and teeth.

IX. Complete the second sentence In each pair so that It has a similar meaning to the first sentence.

- 1. Follow these safety instructions or you may get burnt.
If you _____
- 2. I suggest having spaghetti and pizza tonight.
Let's _____
- 3. My aunt has never tasted sushi before.
This is _____
- 4. You need to peel the onion and slice it.
The onion _____
- 5. Eating healthy foods is very important.
It is _____

X. Use the information to write about Tom's eating habits for dinner. Give your opinion about his eating habits and possible changes. Tom's dinner:

- Often: chicken / pizza
 - Sometimes: pasta
 - Never: carrots / peas; reason: hate them; prefer potatoes, cabbage
 - Dessert: no fruit; usually hot chocolate, biscuits / piece of cake
- Your opinion: diet not balanced, healthy
- Your advice: Eat more kinds of vegetables (carrots, peas, broccoli); eat fruit