

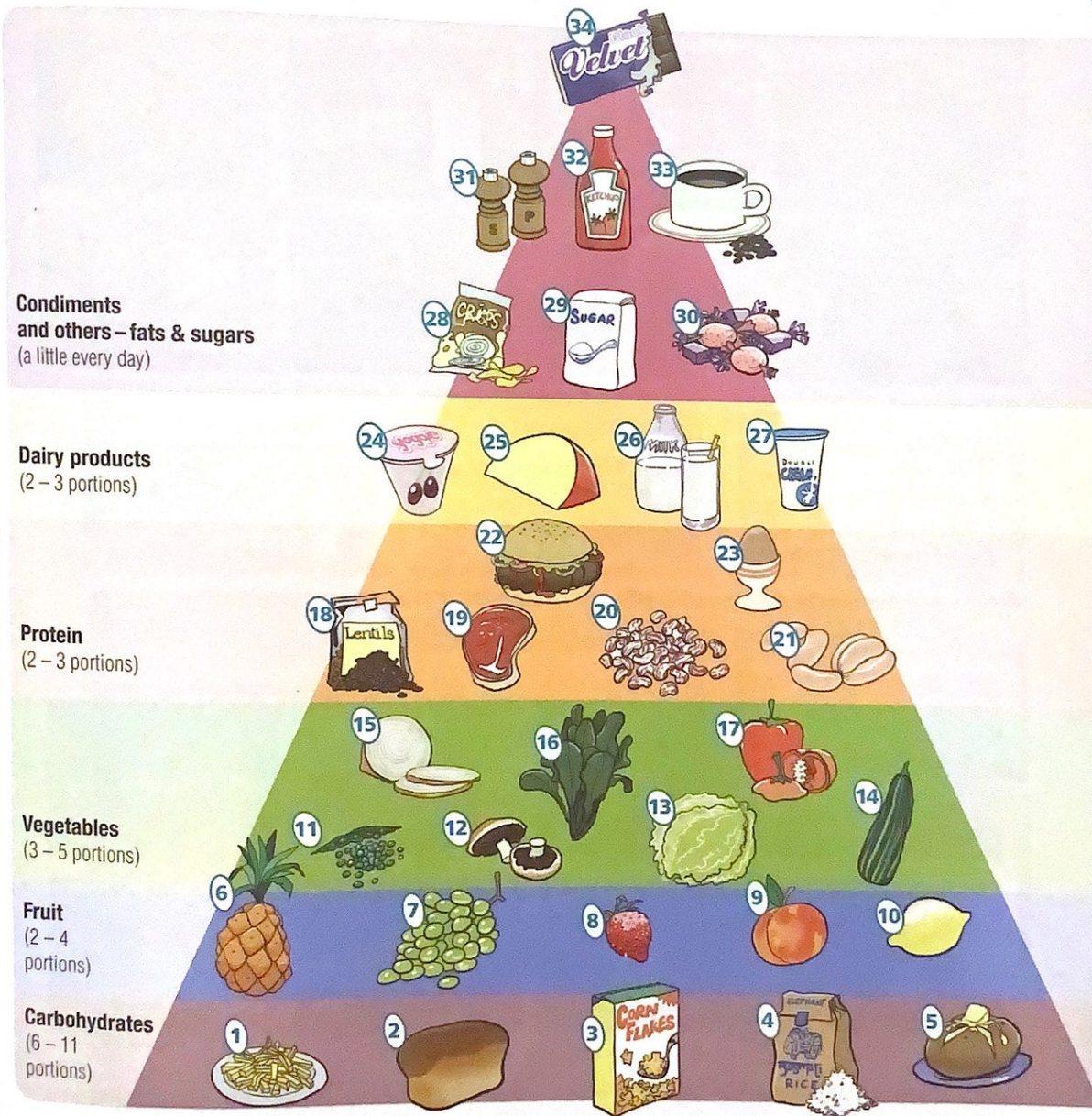
Food and drink

The Food Pyramid

1 ^{2.26} Osserva la piramide alimentare. Abbina gli alimenti del riquadro alla figura corretta. Poi ascolta e controlla.

baked potato beefburger bread cereal cheese chips- chocolate coffee
 courgette cream crisps egg grapes kidney beans lemon lentils lettuce milk
 mushroom onion peach peas pineapple red pepper rice salt & pepper
 sausages spinach steak strawberry sugar sweets tomato sauce yoghurt

1 - chips



2 Ora scrivi due alimenti per ciascuna categoria.

- 1 Carbohydrates
- 2 Fruit

- 3 Vegetables
- 4 Protein

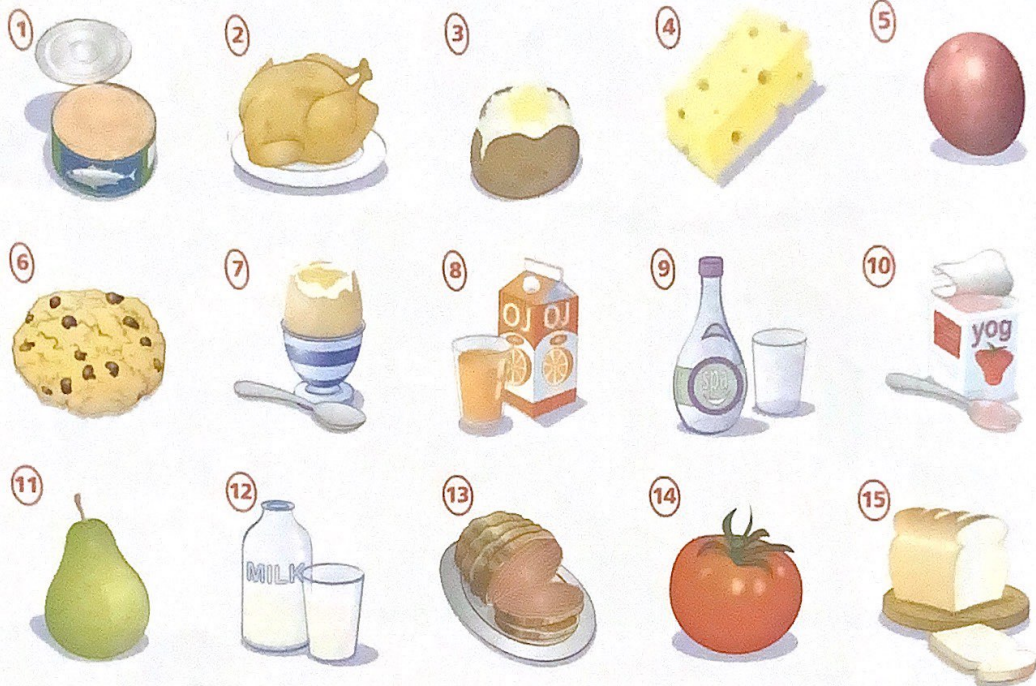
- 5 Dairy products
- 6 Condiments and others

Food and drink

1 2.25 Abbina le parole del riquadro alle figure corrispondenti. Poi ascolta e controlla.

beef biscuit bread cheese chicken egg milk
orange juice pear plum potato tomato ~~tuna~~ water yoghurt

1 - tuna



Word Bank 6 Per i nomi di altri cibi e bevande e i metodi di cottura vai alle pagg. 267-268.

2 Ricopia la tabella sul quaderno e completala con i nomi dei cibi dell'es. 1 e del Word Bank 6. alle pagg. 267-268. Aggiungi altre parole che conosci.

Look!

<i>Animal</i>	<i>Meat</i>
cow	beef
pig	pork/ham
sheep	mutton
ma	
lamb	lamb
chicken	chicken
duck	duck

Fruit	Vegetables	Meat	Fish	Dairy products	Drinks	Condiments	Other
apple	carrot	beef	salmon	yoghurt	water	oil	biscuit

3 **Pairwork** A coppie. Parlate di cibi e bevande che vi piacciono e non vi piacciono.

- A What food do you like?
- B I like pizza and chocolate.
- A What food do you hate?
- B I hate eggs and lettuce.
- A What about drinks?
- B I like cola but I don't like coffee.

Lesson One I always have porridge

Focus on texts

1 Osserva il titolo, la frase introduttiva e le foto dell'articolo. Di chi si sta parlando? (✓)

- 1 medici
- 2 giornalisti
- 3 atleti
- 4 cuochi

2 Nella frase introduttiva, sottolinea le 3 parole che ti hanno aiutato a trovare la risposta.

3 2.04 Leggi e ascolta l'articolo e indica (✓) se le frasi sono vere (T) o false (F).

- Alistair has porridge for breakfast every day.
- 1 Jonny has cereal every day.
- 2 Alistair prefers cold food for lunch.
- 3 Jonny doesn't like cooking.
- 4 Jessica sometimes has eggs for breakfast.
- 5 Jessica doesn't eat dessert.

	T	F
	<input checked="" type="checkbox"/>	<input type="checkbox"/>
1	<input type="checkbox"/>	<input type="checkbox"/>
2	<input type="checkbox"/>	<input type="checkbox"/>
3	<input type="checkbox"/>	<input type="checkbox"/>
4	<input type="checkbox"/>	<input type="checkbox"/>
5	<input type="checkbox"/>	<input type="checkbox"/>

What do professional athletes eat to stay in top form?

The Brownlee brothers, Olympic triathlon champions, and Jessica Ennis-Hill, Olympic heptathlon champion, talk about their daily diets.



What is your typical daily diet before a big athletics event?

Breakfast

- Alistair** For breakfast, I always have porridge with some chocolate.
- Jonny** I usually eat some cereal and then some toast.
- Jessica** I usually have fresh fruit and yoghurt but sometimes I have porridge.

Lunch

- Alistair** I prefer a hot meal. I often have barbecued meat in the summer.
- Jonny** I sometimes have a hot meal, but I like chicken sandwiches, or maybe some salad too.
- Jessica** I eat a light lunch – chicken or fish with salad or cooked vegetables.

Dinner

- Alistair** I'm always very hungry in the evenings! I love steak with some cooked vegetables (I don't like any type of salad!) and I always have dessert too.
- Jonny** I like cooking and I often make a beef curry with some rice or potatoes. I rarely eat dessert but I like ice cream.
- Jessica** A typical dinner for me is pasta, or steak with rice and vegetables.

New Words

- daily _____
- hot meal _____
- barbecued meat *carne alla brace*
- light lunch _____
- hungry _____
- treat *sfizio*

What's your favourite treat?

- Alistair** I love my mum's apple pie.
- Jonny** For me, it's chocolate ice cream!
- Jessica** I never eat cakes and I don't like any desserts, but I love kiwi fruit!




Lesson Two How much chicken would you like?

Focus on words: Expressions with have


1 Scrivi la traduzione delle seguenti espressioni con il verbo *have*.

- | | |
|------------------------|----------------------|
| 1 have breakfast _____ | 4 have a party _____ |
| 2 have lunch _____ | 5 have a snack _____ |
| 3 have a break _____ | 6 have dinner _____ |

Focus on dialogues

2  2.05 Leggi e ascolta il dialogo. Poi indica (✓) quale foto corrisponde al pranzo di Zac.



3  2.05 Leggi e ascolta di nuovo il dialogo, poi sottolinea le espressioni con *have*.

- | | |
|---|--|
| Molly Lunch time <u>at last!</u> I'm really hungry! | Zac A big portion, please. |
| Zac Me too. Where do you usually have lunch, Molly? | Woman Do you want any <u>chips</u> ? |
| Molly I sometimes have a snack at the café in Grey Street but I usually go to the school canteen – the food is good. Come on, <u>I'll show you</u> . What do you want to eat, Zac? | Zac No, thanks. Have you got any potatoes? |
| Zac I don't know. I like chicken... and fish... and pasta! | Woman Yes, we have. How many potatoes do you want? |
| Woman Next, please! | Zac Er... five, please. And some carrots. |
| Zac Some chicken, please. | Woman Anything to drink? |
| Woman How much chicken would you like? A big portion or a small portion? | Zac Some water, please. |
| | Molly Wow! How many desserts have you got? |
| | Zac Only two! I love cheesecake but I love ice cream too! |
| | Molly <u>Greedy!</u> <u>Let me taste</u> that cheesecake... |



New Words

at last	finalmente
I'll show you.	Ti faccio vedere.
Greedy!	_____
Let me taste	Fammi assaggiare

Skills Workshop

Before you read

1 Abbina i numeri del testo ai loro corrispondenti in lettere.

- | | |
|---------------|---|
| 1 60 | a <input type="checkbox"/> twenty-two million |
| 2 24 | b <input type="checkbox"/> four point two million |
| 3 4.2 million | c <input type="checkbox"/> sixty |
| 4 22 million | d <input type="checkbox"/> twenty-four |

Reading

2 Osserva le foto e indica (✓) quali pensi sia il significato di *waste* nel titolo dell'articolo.

- 1 cucinare
 2 mangiare
 3 sprecare



UK families **waste** 24 meals every month!

British families waste £60 a month on food they don't eat, says a new report. We **throw away** 24 meals a month in the UK, that's 4.2 million tonnes of food and drink every year!

The top three foods that British families usually waste are bread, potatoes and milk.

We throw away 22 million **slices** of bread, 5.8 million potatoes and 5.9 million litres of milk every day. This food is often **still** good to eat, but it goes into the **bin**.



Why does this happen?

- A lot of consumers don't understand the labels on food. They throw away food because the date on the **packet** is past, but food is usually still good 4 or 5 days after that date.
- Some consumers say packets of food in supermarkets are too big. For example, bags of salad are too big for a family to eat before they go bad.
- Supermarkets often sell food on 'special offer', so we buy 2 or 3 items instead of 1. But we throw away a lot of the extra food we buy on special offer!

What can we do?

- ✗ Don't throw food away on the date on the packet. It is still good to eat!
- ✓ Check food looks fresh before you eat it.
- ✗ Don't buy large packets of bread, fruit and vegetables.
- ✓ Buy small quantities and finish it before you buy more.
- ✗ Don't buy extra food because there is a special offer.
- ✓ Buy only the quantity of food you need.

New Words

throw away	buttare
slices	fette
still	ancora
bin	_____
happen	_____
packet	_____