

ENGLISH I: 203101

Unit 2

# Daily Diet

(Teacher's book)





## Objectives

### Speaking:

- To talk about your daily diet
- To discuss if your diet is healthy using facts from the reading passage
- To talk about Thai food
- To talk about your favorite food, its main ingredients and how it is made
- To be able to order food at a restaurant

### Listening:

- To identify the main idea of the conversation
- To find specific information

### Reading:

- To find and to understand the main idea of a reading text
- To find specific details
- To use context clues and background knowledge to understand the text

### Writing:

- To write simple instructions for a recipe
- To write about your favorite food

### Grammar:

- To use countable nouns and uncountable nouns
- To use some, any, much, many, a lot of/ lots of
- To use the Present Simple Tense: Describe your daily diet
- To use adverbs of sequencing: first, second, next, then, and finally
- To use "should" for making suggestions

### Vocabulary

- To learn vocabulary related to food

## Unit 2: Daily Diet: Teacher's book



### Warm-up: Talk about your daily diet

What do you normally have for breakfast/ lunch/ dinner?

- a bowl of noodle soup
- a bowl of porridge
- sticky rice with grilled pork
- a glass of milk
- a cup of coffee / ovaltine / hot cocoa / hot chocolate
- cereal
- toast / bread / sandwich
- rice with different toppings or curry
- I don't normally have breakfast.
- I normally skip lunch.
- I rarely have dinner. I just have a snack.

Are your meals healthy? \_\_\_\_\_

Why? Or Why not? \_\_\_\_\_

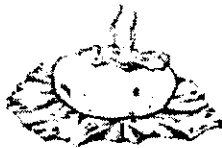
### Listening I: What should I eat?

Pre-listening

Answer the following questions: Do you know these foods?

How often do you eat these foods?

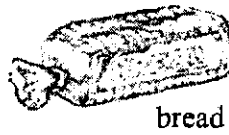
Are they good for your health?



baked potato



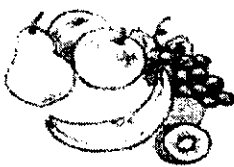
fish



bread



cheese



fruits



vegetables



a tin/can of tuna



cereal



cookies



milk



rice

\*always / usually / often / sometimes / occasionally / never

## Unit 2: Daily Diet: Teacher's book



### Listening

1. Listen to the conversation and circle the words you hear.

<u>variety</u>	<u>diet</u>	emphasize	<u>reduce</u>	provide	<u>worried</u>
protein	iron	<u>carbohydrates</u>	<u>sweets</u>	calcium	<u>vitamin</u>
<u>minerals</u>	<u>fiber</u>	nutritionist	nutrients	<u>salad</u>	<u>cereal</u>
<u>fast foods</u>	beans	<u>vegetable</u>	<u>fat/fatter</u>	<u>fruit</u>	<u>butter</u>

2. Listen and do the exercise. (The tapescript is provided at the end of the lesson.)  
The dialogue takes place between a patient, Ann, and her doctor, Dr. Fleming.

<b>What does Ann eat now?</b>	<b>What should Ann eat to lose weight?</b>
Sweet things e.g. <u>cakes</u> , butter, <u>chocolate</u>	<b>Breakfast:</b> <u>cereal</u> and some <u>fruits</u>
Toast and <u>tea</u> for <u>breakfast</u>	<b>Lunch:</b> <u>something light</u> e.g. <u>salad</u> , <u>fruits</u>
	<b>Dinner:</b> <u>potatoes</u> or <u>pasta</u>

What other things should Ann do? Check the doctor's suggestions.

1. She should eat various kinds of food in her diet.  
 2. She should take vitamin pills to gain more vitamins and minerals.  
 3. She should eat less fatty foods.  
 4. She should often play sport.  
 5. She should go to see the doctor more often.

### Post-listening

If your friend wants to lose/gain weight, what should she/he eat and do?

Ex. Amporn wants to gain weight, she should eat more rice and meat each meal.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_



## Reading I

### Pre-reading

**Vocabulary:** Guess the meaning of these words from the context.

The Food Pyramid calls for eating a variety of foods to get the nutrients you need...  
**nutrients (n):** *a substance that helps a living thing to grow*

Protein, Vitamin, Minerals, and Fiber are examples of nutrients supplied by a good diet.  
**supplied (v):** *to give somebody something that is needed or useful.*

**diet (v):** *the food that a person usually eats and drinks.*

The Food Pyramid is not a rigid prescription for everyone. It is only a guideline.  
**prescription (n):** *a written instruction, issued by a doctor (e.g. for medicine).*

To maintain your weight, we need to eat more fruits because they provide us with less sugar and carbohydrate.

**maintain (v):** *to keep something in existence at the same level, standard.*

**provide (v):** *to make something available for somebody to use.*



Look at the picture and discuss the following points.

Why is the diet in a pyramid shape? \_\_\_\_\_

What information can you get from this pyramid? \_\_\_\_\_

Is the pyramid diet appropriate for everyone? \_\_\_\_\_

Read the passage.

### The Food Guide Pyramid

The Pyramid is an outline of what to eat each day. It's not a rigid prescription, but a general guide that lets you choose a healthy diet that's good for you. The Pyramid calls for eating a variety of foods to get the nutrients you need and at the same time the right amount of calories to maintain or improve your weight.

It tells me \_\_\_\_\_ (Main idea)

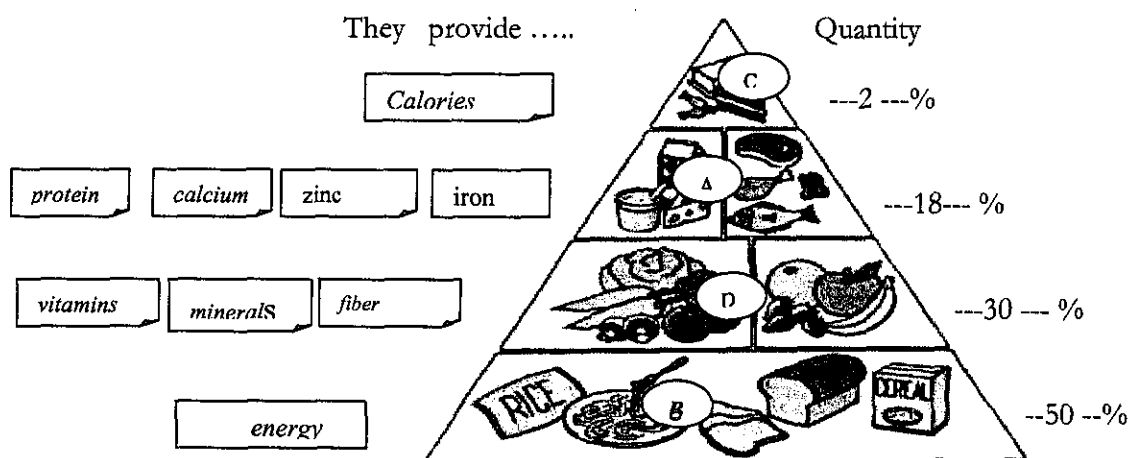
Different kinds of food are at different levels of the pyramid. *The higher up the pyramid, the less you should eat.* It emphasizes foods from the four major food groups. Each of these food groups provides some, but not all, of the nutrients you need. Foods in one group cannot replace those in another. No one food group is more important than another – for good health, you need them all.

It tells me \_\_\_\_\_ (Main idea)

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Write a letter (A, B, C, and D) for each level of the pyramid and fill in the boxes and blanks.



**A.** On this level, foods come mostly from animals: milk, yogurt, cheese; and meat, poultry, fish, and eggs. Nuts and dry beans are also in this group. These foods are good sources for protein, calcium, iron, and zinc. *These protein-rich foods should be about 18% of your diet.*

**B.** On this level are bread, cereals, rice, and pasta – all foods from grains. *You need the servings of these foods each day.* About 50% of your diet should be complex carbohydrates. They are sources for energy.

**C.** On this level are fats, oils, and sweets. These are foods such as salad dressings and oils, cream, butter, margarine, sugar, soft drinks, candies, and sweet desserts. *These foods provide calories and little else nutritionally.* We should eat as little as possible of these.

**D.** On this level are foods that come from plants – vegetables and fruits, which should be about 30% of your diet. *Most people need to eat more of these foods for the vitamins, minerals, and fiber they supply.*

Source: Adapted from: [www.pueblo.gsa.gov/cic\\_text/food.../main.html](http://www.pueblo.gsa.gov/cic_text/food.../main.html)

### What do these statements mean?

*The higher up the pyramid, the less you should eat.*

*These protein-rich foods should be about 18% of your diet.*

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*You need the servings of these foods each day.*

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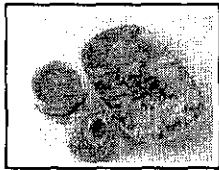
*These foods provide calories and little else nutritionally.*

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*Most people need to eat more of these foods for the vitamins, minerals, and fiber they supply.*

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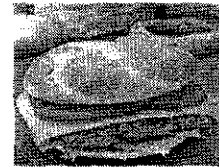
**According to the diet pyramid, what should you have for lunch? Why?**



**Nam Prik with steamed vegetables**



**Sushi**



**Hamburger**



Speaking

1. Explore your daily diet.

What do you normally eat for breakfast, lunch and dinner?

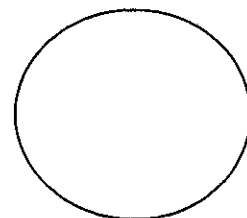
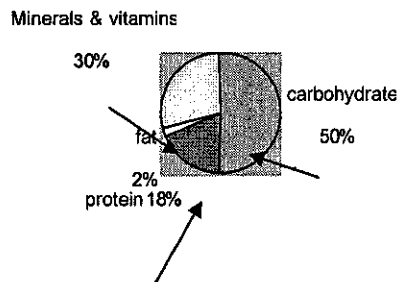
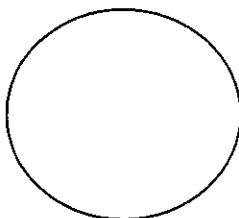
	Your diet	Your friend's diet
Breakfast		
Lunch		
Dinner		
Extra meals		

2. Transform your information into a pie graph.

Your diet

Your friend's diet

The Food Guide Pyramid



3. Make some suggestions about daily diet for yourself and your friend.

**Should + infinitive e.g. I should eat ...**

According to the Food Pyramid, I think I (you) eat too much fat and too little protein. I (You) **should eat** more vitamins and minerals such as fruits and vegetables. On the contrary, I (You) **should eat** less sweets such as cakes, ice cream, and coconut milk because they are high in calories.





Grammar points

1. Countable nouns and uncountable nouns

Look at these different kinds of food and drink. Circle the countable nouns.

<u>potatoes</u>	yogurt	ice cream
butter	spaghetti	olive oil
<u>eggs</u>	<u>grapes</u>	<u>nuts</u>
rice	<u>peppers</u>	chocolate
<u>shrimps</u>	fish	red wine
<u>cucumbers</u>	lemonade	breakfast
chicken	<u>oranges</u>	<u>bananas</u>
salmon	pork	<u>peas</u>
tuna	<u>sausages</u>	beef
ham	<u>apples</u>	<u>noodles</u>
milk	<u>sweets</u>	<u>cakes</u>

What is the difference between the countable and the uncountable nouns?

*The countable nouns take the plural form (-s).*

- Tip - If you are not sure which noun is countable or uncountable, the best way is to look it up in the dictionary.

2. A countable expression of quantity

However, to give quantities of uncountable nouns we use a countable expression of quantity. Write an appropriate quantity for the following nouns.

kilo/pound	jar	can	packet	bar
loaf	carton	bag	piece	bottle
box	ear	head	glass	gallon

- |                                 |                                |
|---------------------------------|--------------------------------|
| a <u>piece</u> of paper         | an <u>ear</u> of corn          |
| a <u>bag</u> of flour           | a <u>packet</u> of tea         |
| a <u>can</u> of Coke            | a <u>pound / kilo</u> of beef  |
| a <u>glass</u> of water         | a <u>carton</u> of milk        |
| a <u>box / bar</u> of chocolate | a <u>jar</u> of marmalade      |
| a <u>head</u> of cabbage        | a <u>bottle</u> of wine        |
| a <u>loaf</u> of bread          | a <u>gallon</u> of cooking oil |



3. Some, any, many, much, a lot of, lots of, a few, a little

Fill in the blanks using appropriate articles.

Tukta and Tum are planning to have a potluck party at home this weekend. They need to prepare some foods and drinks for their friends. They are discussing what they have and what they need to buy.

- Tum:** What kind of food should we prepare for the party?  
**Tukta:** How about papaya salad, barbecued pork, and steamed sticky rice?  
**Tum:** That's a good idea. By the way, have we got any tomatoes, green beans or green papaya?  
**Tukta:** I'm not sure. Let's have a look in the fridge. Oh! Yeah. We've got some tomatoes and green papaya, but we haven't got any green beans and chilies.  
**Tum:** What about dried shrimps and peanuts?  
**Tukta:** There are only a few left from last time. Probably not enough.  
**Tum:** OK we need to buy dried shrimps, peanuts, green beans and chilies. Do we need anything else?  
**Tukta:** I think we should order a lot of barbecued pork because people like it.  
**Tum:** But I don't think we need much sticky rice because Nok'll bring some fried rice.  
**Tukta:** Any fruit? Have we got enough fruit?  
**Tum:** We've got a lot of oranges. I think there's enough.  
**Tukta:** Oh! Did you finish the pineapple juice? Is there any left?  
**Tum:** There is a little left. We need some more.  
**Tukta:** Is that all?  
**Tum:** Don't forget to buy a lot of chips for the children too.  
**Tukta:** I think so.

- Grammar analysis:** 1. Circle nouns after the articles.  
 2. Check in the box below how these words are used.

Examples	With CNs	With UNs	Positive sentences	Negative sentences	Questions
Some -	☆	☆	☆		
Any -	☆	☆		☆	☆
A few -	☆		☆	☆	☆
A little -		☆	☆	☆	☆
A lot of / lots of -	☆	☆	☆	☆	☆
Much -		☆	☆	☆	☆
Many -	☆		☆	☆	☆



**Make sentences using these words.**

e. g. I bought some oranges yesterday.

Some \_\_\_\_\_

Any (questions) \_\_\_\_\_

Any (negative) \_\_\_\_\_

A few \_\_\_\_\_

A little \_\_\_\_\_

Much \_\_\_\_\_

Many \_\_\_\_\_

A lot of \_\_\_\_\_

**Grammar note:**

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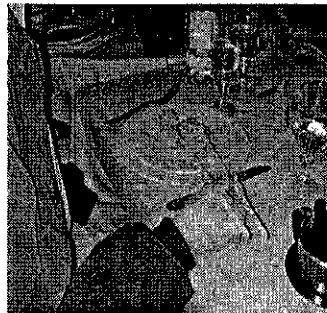
## Reading II: Thai food

Pre reading: Look at these pictures and answer the questions.

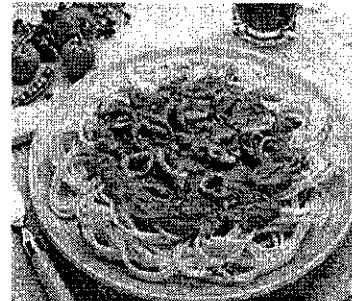
A. What does a table set include?



B. Which countries use chopsticks for eating?



C. What are the ingredients of this dish?



d. What are the main components of a meal?

Check the blackboard for our delicious Evening Specials

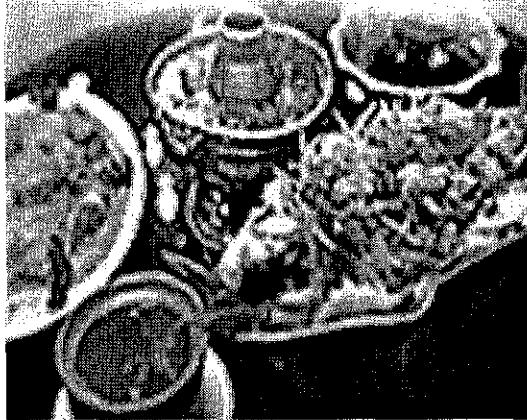
Welcome to Dinner at the Antlers Cafe & Bar

Appetizers	Entrees
<b>Homemade Chips &amp; Dip</b> Potato Skins With cheddar, bacon and green onions served with ranch dressing... \$5.99 Veggie Skins With black beans, roasted red peppers, scallions and cheddar cheese. Served with fresh salsa... \$9.99 Coconut Shrimp Crispy shrimps with a citrus, Amaretto sauce... \$8.99 Smoked Trout Pate With eye heart potato, capers and breadcrumbs of red onion... \$7.99 Sweet Heat Sotar Wings Crispy wings served with a honey cayenne glaze... \$6.99	<b>Fresh Steaks - Cut To Order</b> Ranchers Choice Rib Eye 14 oz. \$22.99 18 oz. \$26.99 Comes with or without roasted onions & horseradish sauce. Stockyards New York Strip 14 oz. \$22.99 18 oz. \$26.99 Like it bigger or smaller? Let us know. We'll cut it in order and price it accordingly! Santa Fe Steak A choice marinated steaks made with our special marinade, topped with melted cheese, salsa fresca and black beans and rice... \$19.99 Antlers Flat Top Steak With homemade sauce and roasted garlic... \$14.99 Chicken Fried Steak With mashed potatoes, gravy and sautéed corn... \$9.99

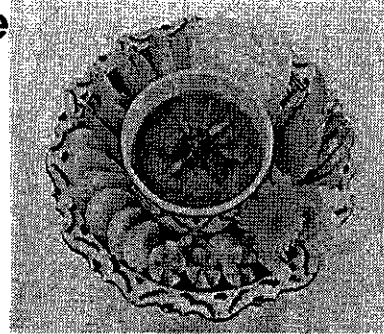
What are the differences between Thai food and the food served in these pictures?

1. taste
2. how the food is eaten
3. components of a meal

Divide students into small groups and assign each member of the group to read about Thai food and find answers for each topic.



**Experience  
the  
authentic  
taste of  
Thai  
cuisine !**



Thai food is not eaten with chopsticks, but with a fork and spoon (except in noodle shops). The spoon is held in the right hand and the fork is used to push food onto it. Since Thai food is prepared in small pieces, there is no need to use a knife. Thai food is generally not served in courses. All dishes are ordered together and eaten in whatever order they arrive.

Generally speaking, two diners order three dishes in addition to their own individual plates of steamed rice, three diners four dishes and so on. Diners choose whatever they require from shared dishes and generally add it to their own rice. Soups are often eaten at the same time as the rice. The spicy dishes are balanced by bland dishes.

The typical meal might include a clear soup, a steamed dish, a fried dish, a hot salad and a variety of sauces to use for dipping. This might be followed by sweet desserts and/or fresh fruit.

The ideal Thai meal is a blend of spicy, subtle, sweet and sour, and is meant to be equally satisfying to all the senses. There are approximately 40 spices & herbs that go into the various Thai dishes served. Some are used only to add taste to a dish and should not be eaten. Yet some, like sesame seeds, spring onions and mandarin oranges, are entirely edible and indeed are expected to be eaten as a part of the dish.

## Unit 2: Daily Diet: Teacher's book



**Discussion:** Find the differences between Thai foods and foods from other countries.

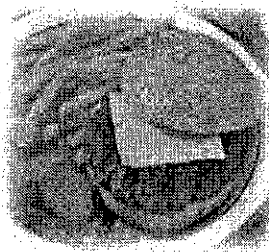
	Main ingredients / Tastes	How to eat	How to order
Thai food			
American food or Japanese food			

### Listening II: Ordering food.

**Where are these people? What did he/she order?**

1. Listen to the dialogues and match places and food with these people.

1. Sue — medium steak, a jacket potato, salad — at the restaurant
2. a. Becky — cheeseburger — at the apartment
- b. John — pork chops, salad, French fries — at the restaurant
3. Jim — pizza — at the MacDonald counter



## Unit 2: Daily Diet: Teacher's book



### 2. Fill in the missing words.

#### Conversation 1

- A: Pizzeria company, how may I help you?  
B: I want a pizza delivered to my room, please.  
A: What size? And what type?  
B: Medium, thin, and crispy, please.  
A: What kind of topping?  
B: Hawaiian with extra pineapple.  
A: Any garlic bread, French fries, or onion rings?  
B: Garlic bread, please.  
A: Anything else?  
B: A big Coke, too, please.  
A: Medium, thin, crispy Hawaiian pizza with extra pineapple, garlic bread and a big bottle of Coke.  
B: That's right. My room number is 1862.

#### Conversation 2

- A: A table for two?  
B: Yes, please.  
A: This way please. Here is the menu.  
B: Thank you.  
A: Are you ready to order? What would you like, mam?  
B: Could I have fillet steak, please.  
A: How would you like your steak?  
B: Medium, please.  
A: Would you like salad or vegetables, French Fries or a jacket potato with the steak.  
B: Salad and a jacket potato, please.  
C: And I'll have the soup followed by the pork chops. And I'd like that with French fries and salad, please.  
A: Thank you. Would you like wine with the meal?  
C: Yes, could we have a bottle of house red please?  
A: Thank you.

#### Conversation 3

- A: Can I help you?  
B: Cheeseburger with double cheese, please.  
A: Anything else?  
B: Big Coke and super size French fries.  
A: To eat here or to take away?  
B: To eat here, please.  
A: Here you are.  
B: Thank you.  
A: Thank you and have a nice day.

## Unit 2: Daily Diet: Teacher's book



Speaking II: Let's order some food. Write a dialogue.

### Uncle's Jim Restaurant

#### Appetizers

Garlic Mushrooms	\$3.25
Salmon Pate	\$5.95
Tomato Soup	\$3.50
Seafood Cocktail	\$5.75

#### Entrée\*

Sirloin Steak	\$24.95
Pork Chops in Mustard Sauce	\$17.75
Vegetable Lasagna	\$14.95
Trout with almonds	\$18.50

*\*Served with a choice of baked potato or  
French fries, and salad or seasonal vegetables*

#### Desserts

Lemon Cheesecake	\$5.50
Fresh Fruit Salad	\$4.50
Chocolate cake	\$5.50

#### Beverages

Bottled water	\$2.00
Fresh Orange Juice	\$2.50
House White (Meridian Chardonnay)	\$5.25 glass \$24 bottle
House Red (Cabernet Sauvignon)	\$5.25 glass \$24 bottle

Waiter:  
Customer:





## Unit 2: Daily Diet: Teacher's book



### Writing: Recipe

Pre-writing: Gathering information

What are typical foods from your hometown? \_\_\_\_\_

Why do you like them? \_\_\_\_\_

Select one region and write about one of its famous dishes. Find an interesting recipe from the Internet.

Dish: \_\_\_\_\_

Ingredients:

How to make it:

### Writing: Model paragraph

*I would like to introduce my favorite Thai dish. It's \_\_\_\_\_.*

*Its main ingredients include \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_. You*

*can simply cook it by yourself by following these instructions. First, \_\_\_\_\_.*

*Next, \_\_\_\_\_ Then, \_\_\_\_\_ After that,*

*\_\_\_\_\_ I like it because \_\_\_\_\_ Moreover, it is also good for your health*

*because \_\_\_\_\_*

**Optional: Talk about your favorite food with your friend.**

A: What's your favorite dish?

B: Chicken green curry.

A: I like that too. What ingredients do you need to make it?

B: You need chicken, coconut milk, green curry paste,...

A: How do you make it?

B: Well, **first**, heat the oil in a wok. Add curry paste and stir fry it for 1 minute.

**After that** add coconut milk, kaffir lime leaves, chilies, fish sauce, and sugar.

**Next**, add chicken, and some eggplants when the coconut milk is boiling.

**Then**, simmer until the chicken is cooked **before** adding basil leaves.

Serve with steamed rice.

## Unit 2: Daily Diet: Teacher's book



### Typescripts

#### Listening I

The following conversation takes place between a patient, Anne, and her doctor, Dr. Fleming.

**Anne:** Good morning, doctor. I am worried about my weight, doctor, I just seem to be getting fatter and fatter.

**Doctor:** Well, do you have a good diet? You may be eating too much of the wrong things and too little of the right things.

**Anne:** Well, it's difficult for me, doctor. You see, I do eat a lot of fast food at work, because I'm always busy and I don't have time to eat a proper meal.

**Doctor:** Try to have something light during the day, like a salad and fruit, and then a proper meal in the evenings.

**Anne:** I will try, doctor, because my friends are telling me I'm too fat and I should eat less.

**Doctor:** It's important to have variety in your diet. We all need to eat many different sorts of foods to be healthy.

**Anne:** I know I eat too many sweet things like cakes, butter and chocolate.

**Doctor:** So, make a start by trying to reduce the sweet things. Also avoid fatty things and oil. Eat plenty of fruit and vegetables, such as carrots, apples, and oranges. They will give you vitamins, minerals and fiber.

**Anne:** I usually have a lot of toast and tea for breakfast in the morning.

**Doctor:** Have cereal and some fruit instead of toast. For dinner in the evening, you can have potatoes or pasta, which are carbohydrates, and they will give you fiber and energy.

**Anne:** I'll try, doctor.

**Doctor:** Please take regular exercise and weigh yourself every week. Come and see me again in a month and we'll see if you are losing some weight.

**Anne:** Oh! Thank you very much, doctor. You've been very helpful. Goodbye.

## **Unit 2: Daily Diet: Teacher's book**

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### **Computer Lab I and II**

#### **I. Listening**

Listening is the main activity the computer lab. Please always bring your book to the computer lab to do the listening exercises.

#### **II. Grammar**

##### **1. Modal verb: Should**

<http://www.fis.edu/eslweb/esl/parents/easy/should.htm>

##### **2. Nouns: Countable and uncountable nouns**

<http://web2.uvcs.uvic.ca/elc/studyzone/330/grammar/index.htm>

Select (double click on the topic " Nouns" and do all 4 exercises

1. regular plurals of nouns
2. irregular plurals of nouns
3. countable and non-countable nouns
4. How to count non-countable nouns

##### **3. Some, any, a lot of, lots of, much and many**

<http://www.servling.com/grammar/someany1.htm>

Go to rule

Go to example

Go to exercises

#### **III. Information**

Search the following information from the internet.

1. Find the information about food from other countries on these issues: taste, how to eat and the components of a meal.

Suggested website for Japanese food: <http://www.jinjan.org/kidsweb/cook/intro/intro.html>

2. Find a recipe of your favorite food.