

# MEALS



# Objectives:

- ❑ to develop speaking, listening, reading and writing skills on the topic “Meals”;
- ❑ to develop students’ skills and habits of prepared and unprepared speech;
- ❑ to teach students to express their own ideas in English;
- ❑ to develop positive ways of

***Do you agree with the  
thoughts of the famous  
people?***

**Food is so essential a part of our lives, often the mere sharing of recipes with strangers turns them into good friends. That's why I love this community.**

**Jasmine Heiler**

**Tell me what you eat, I'll tell you who you are.**

**Anthelme Brillat-Savarin**

**All sorrows are less with bread.  
Miguel de Servantes**





**What's your favourite food?**





# WHAT FOOD IS HEALTHY

# WHAT FOOD IS JUNK?



# names of food products (every letter should be used):

<b>T</b>	<b>A</b>	<b>N</b>	<b>G</b>	<b>E</b>	<b>R</b>	<b>I</b>	<b>N</b>	<b>E</b>	<b>M</b>
<b>M</b>	<b>I</b>	<b>L</b>	<b>K</b>	<b>C</b>	<b>O</b>	<b>C</b>	<b>O</b>	<b>A</b>	<b>E</b>
<b>C</b>	<b>B</b>	<b>U</b>	<b>T</b>	<b>T</b>	<b>E</b>	<b>R</b>	<b>P</b>	<b>S</b>	<b>A</b>
<b>O</b>	<b>S</b>	<b>O</b>	<b>U</b>	<b>P</b>	<b>P</b>	<b>S</b>	<b>O</b>	<b>A</b>	<b>T</b>
<b>F</b>	<b>C</b>	<b>O</b>	<b>R</b>	<b>N</b>	<b>E</b>	<b>N</b>	<b>T</b>	<b>L</b>	<b>C</b>
<b>F</b>	<b>F</b>	<b>I</b>	<b>S</b>	<b>H</b>	<b>A</b>	<b>A</b>	<b>A</b>	<b>A</b>	<b>H</b>
<b>E</b>	<b>P</b>	<b>E</b>	<b>A</b>	<b>R</b>	<b>C</b>	<b>C</b>	<b>T</b>	<b>D</b>	<b>E</b>
<b>E</b>	<b>S</b>	<b>A</b>	<b>L</b>	<b>T</b>	<b>H</b>	<b>K</b>	<b>O</b>	<b>O</b>	<b>E</b>
<b>E</b>	<b>G</b>	<b>G</b>	<b>S</b>	<b>P</b>	<b>I</b>	<b>C</b>	<b>E</b>	<b>I</b>	<b>S</b>
<b>T</b>	<b>E</b>	<b>A</b>	<b>A</b>	<b>P</b>	<b>P</b>	<b>L</b>	<b>E</b>	<b>L</b>	<b>E</b>



**Fill in blanks with the correct words : eat, pay, restaurant, cheap, waiters, cups, food, plates.**



## **FAST FOOD**

This is the fast food \_\_\_\_\_ .  
It isn't like an ordinary restaurant.  
There aren't any \_\_\_\_\_. You  
order your food at the counter and  
\_\_\_\_\_ for it at the same time.  
You get your \_\_\_\_\_ in a bag or a  
box. There are no \_\_\_\_\_. There  
aren't any knives, forks or spoons.  
You \_\_\_\_\_ with your fingers.  
Drinks are all in paper or plastic  
\_\_\_\_\_. There are no saucers.  
You eat meal. Then you throw all  
the boxes and cups away. It's easy;  
it's \_\_\_\_\_; it's fast.

# Agree or disagree using the following phrases and explain your point of view:

- *People cannot live without food.*
- *Animals can live without food.*
- *Plants can live without water.*
- *Cabbage is a fruit.*
- *Vitamins aren't important for people.*
- *Children must eat a lot of sweets every day.*
- *Vegetables and eggs make our bones and teeth strong.*
- *Children must drink coffee.*
- *To be healthy and strong people must eat the right food.*







W



**For this dish you need 400g potatoes, 125 g flour, some salt, 40 g grated cheese, 40 g butter.**

**Put the sentences in the correct order to get the recipe.**

- ❖ Put the mashed potatoes, the flour, the butter into the bowl and mix them with a fork.
- ❖ Mash the potatoes.
- ❖ Make 12 potato cakes with the mixture.
- ❖ Peel the potatoes and slice them.
- ❖ Fry the potato cakes in a frying pan until they are brown on both sides.
- ❖ Put the potatoes into a saucepan with some water and a bit of salt and boil them for 20 minutes.
- ❖ Cover the cakes with the grated cheese. Put



# Complete the sentences

- **When I am hungry to...**
- **When I am thirsty I to...**
- **People cannot live without...**
- **There are a lot of ... in vegetables and fruit.**
- **Plants cannot live without ...**
- **English people drink tea**



# Decide on the correct order for the paragraphs and write the letter A -

## F next to the number 1 - 6.

A. Coffee and tea were known many years ago, but people were afraid to drink them because they thought coffee or tea could kill a person.

B. They both lived many years. At last one of the brothers died when he was eighty years old.

C. They were twins and were much alike. They had committed a crime and had been sentenced to death.

D. Once the king of Sweden decided to find out whether it was true or not. At that time there were two brothers in prison.

E. The king said, "I shall let them live but they must drink coffee or tea to the end of their lives. One brother must drink coffee and the other must drink tea every day."

F. The other died a few years later. In this it was proverb that neither tea nor coffee is harmful to man.

