

Unit 7 British food

Before watching

Answer the questions.

- 1 What do you have for breakfast at the weekend?
- 2 What does a traditional English breakfast consist of?
- 3 What is your favourite dish?

Comprehension check

1 Watch the DVD. Choose the correct answers.

- 1 What does Jim do on Sunday mornings?
a) he goes to church b) he stays in bed
c) he trains a football team
- 2 What is a trifle?
a) a sweet dish b) a first course c) a fish
- 3 What is a Yorkshire pudding?
a) a dessert b) a cold dish c) an easy dish to make

2 Watch again. Number the things in the order you see them.

- a potato peeler
- fries an egg
- cake
- scissors
- custard
- tomato ketchup
- pours a cup of tea
- beef

3 Watch again. Are the sentences true (T) or false (F)?

- 1 Lucy has breakfast first in the family.
- 2 Jim has the biggest breakfast.
- 3 Sue makes the trifle.
- 4 All the family help in the cooking.
- 5 The trifle is the best part of the meal.

4 Watch again. Put the verbs in the correct sentences.

adds boils chops up fries
peels pours puts slices

- 1 Jim two sausages, some bacon and some mushrooms.
- 2 Jim a cup of tea.
- 3 Lucy some cake.
- 4 She some pears.
- 5 She the bowl in the fridge.
- 6 He some potatoes and carrots.
- 7 He some broccoli.
- 8 Jim the potatoes for five minutes.

5 Watch again. Read Lucy's description. Underline the mistakes in the summary.

Hi. My name is Lucy. I often have breakfast with my mum on Sunday morning. I don't see my dad for breakfast – he coaches the basketball team. We love to have a full English breakfast. It contains sausages, bacon, mushrooms, tomato, egg and a lot of oil. Today I'm making a trifle for lunch. It has a lot of ingredients including cake, jelly, strawberries, water, custard and almonds. It's really quick to make. My mum and dad usually make the main course for lunch. Today we're having roast chicken with roast potatoes and peas.

Language check

Countable and uncountable nouns

- He fries an egg in the pan.
- She had some toast.

some and any

- She's having some cereal.
- Is she having any juice?
- He hasn't got any sugar.

6 Choose the correct options.

- 1 He's cooking **a / some** traditional full English breakfast.
- 2 Jim fries two sausages, **a / some** bacon and some mushrooms.
- 3 There's **a / some** oil in the pan.
- 4 This morning she's having **a / some** cereal with **a / some** milk and **a / some** toast.
- 5 She's drinking **a / some** glass of orange juice.
- 6 Then she adds **a / some** boiling water.
- 7 Lucy pours **a / some** custard into the bowl.
- 8 They're having **a / some** traditional Sunday roast lunch.

7 Choose the correct options.

- 1 Have we got **some / any** milk?
- 2 I bought **some / any** tomatoes.
- 3 He didn't eat **some / any** potatoes.
- 4 Are there **some / any** apples in that bowl?
- 5 I saw **some / any** very cheap lemonade at the supermarket.
- 6 I couldn't find **some / any** good wine at the local shop.

Extension

Look at the photos and answer the questions.



Photo A

- What are the people in the picture doing?
- What are they eating and drinking?
- Do you eat breakfast with your family at the weekend? Why? / Why not?
- What does a traditional breakfast consist of where you live?

Photo B

- What is the man in the picture doing?
- Who cooks the meals in your house?
- Are you a good cook?
- Do you help clean your house? Why? / Why not?

Unit 7 DVD Teaching notes

Grammar focus

Countable and uncountable nouns

some and *any*

Summary of DVD

The DVD is about food. It shows a British family preparing and eating breakfast and lunch. We see an example of a traditional English breakfast and a typical Sunday roast.

Preparation

Ask students: *What did you have for breakfast today?*

Possible answers: *cereal, bread, coffee.*

Ask students: *What are you going to have for dinner?*

Possible answers may vary.

Check these words: *coach* (verb), *healthy*, *grill* (verb), *pour*, *trifle* (dessert), *slice* (verb), *add*, *boiling*, *jelly*, *custard*, *roast* (adjective), *peel* (verb), *chop up*, *season* (verb), *oven*, *mix* (verb).

Background

The traditional English breakfast shown in the DVD is also called a traditional Irish / Scottish / Welsh breakfast by people in Ireland, Scotland and Wales.

Since the late 1980s people have been consuming less fat. They have also cut down on saturated fat. This may be due to the change from whole milk, butter, margarine and lard to semi-skimmed and skimmed milk, vegetable oils and low / reduced-fat spreads.

Children are eating fewer calories than they did 70 years ago but they are getting fatter. They are eating a lot more sugar and exercising less. They are also eating fewer fruits and vegetables and their diets are unhealthier. They spend less time playing sports at school, and when they come home they spend more time watching TV or playing computer games.

Before watching

Read the questions with the class and elicit answers from individual students. Encourage students to give a personal response and use their suggestions to start a class discussion.

Comprehension check

1 Watch the DVD. Choose the correct answers.

Pre-watching: Students focus on the questions:

- 1 What does Jim do on Sunday mornings?
- 2 What is a trifle?
- 3 What is a Yorkshire pudding?

● Play the whole DVD. Students choose the correct answers. Play the Comprehension check for students to check answers.

Answers: 1 c) 2 a) 3 c)

2 Watch again. Number the things in the order you see them.

Pre-watching: Ask students number the things from memory before watching the DVD again.

● Play the DVD to check answers.

Answers: 1 tomato ketchup 2 scissors 3 fries an egg 4 pours a cup of tea 5 cake 6 custard 7 beef 8 a potato peeler

3 Watch again. Are the sentences true (T) or false (F)?

Pre-watching: Ask students to decide if the sentences are true or false before watching the DVD again.

● Play the DVD to check answers.

Answers: 1 F 2 T 3 F 4 T 5 T

4 Watch again. Put the verbs in the correct sentence.

Pre-watching: Ask students to put the verbs in the correct sentences before watching the DVD again.

● Play the DVD to check answers.

Answers: 1 fries 2 pours 3 slices 4 adds 5 puts 6 peels 7 chops up 8 boils

5 Watch again. Read Lucy's description. Underline the mistakes in the summary.

Pre-watching: Ask students to identify the mistakes from memory before watching the DVD again.

● Play the DVD to check answers.

Answers: Hi. My name is Lucy. I often have breakfast with my mum on Sunday morning. I don't see my dad for breakfast – he coaches the basketball team. We love

to have a full English breakfast. It contains sausages, bacon, mushrooms, tomato, egg and a lot of oil. Today I'm making a trifle for lunch. It has a lot of ingredients including cake, jelly, strawberries, water, custard and almonds. It's really quick to make. My mum and dad usually make the main course for lunch. Today we're having roast chicken with roast potatoes and peas.

Optional activity

Write the title *A healthy diet* on the board. Then divide the board into three columns: *Eat a lot*, *Eat some*, *Eat a little*. Read out different types of food. Students say which of the three columns each type of food goes in. Suggestions for types of food (answers in brackets): sweets (eat a little); meat (eat some); vegetables (eat a lot); crisps (eat a little); eggs (eat some); bread (eat a lot); cakes (eat a little); fish (eat some); cereals (eat some); beans (eat some); fruit (eat a lot); pasta (eat a lot); butter (eat some); rice (eat a lot); ham (eat some), etc.

Language check

Countable and uncountable nouns

- He fries an egg in the pan.
- She had some toast.

some and any

- She's having some cereal.
- Is she having any juice?
- He hasn't got any sugar.

Before you start: Revise the grammar points by asking the following question: *What do you have in your fridge at home?* Remind students that we use *a* before countable nouns and *some* before plural uncountable nouns. Remind them that we use *some* with countable plural nouns and uncountable nouns in the affirmative; *any* with countable plural nouns and uncountable nouns in the negative; and *any* with countable plural nouns and uncountable nouns in the interrogative.

6 Choose the correct options.

Students complete the sentences before watching the DVD again to check their answers.

- Play the DVD to check answers.

Answers: 1 a 2 some 3 some 4 some, some, some 5 a 6 some 7 some 8 a

7 Choose the correct options.

Students do consolidation exercise 7.

Answers: 1 any 2 some 3 any 4 any 5 some 6 any

Extension

Ask students to ask and answer the questions in pairs. Monitor and help.