



Unit 4: Lesson 3 and 4

Vocabulary

Directions: Find parts of speech and definitions (both Thai and English) of the following vocabulary.

Vocabulary	Part of speech	Definition (English)	Definition (Thai)
1. delicious	adj.		
2. veggie	n.		
3. skip	v.		
4. side order	n.		
5. portion	n.		

Directions: Find the words and Thai definitions of the following English definitions.

Definition (English)	Vocabulary	Definition (Thai)
6. (phr v.) to be very active and busy	be on the _ _	
7. (n.) a choice you can make in a particular situation	o _ _ _ _ _	
8. (adj.) good for your health	h_ _ _ _ _	
9. (n.) the flesh of animal or a bird eaten as food; particular type of this	m _ _ _	
10. (adj.) not having good health	u _ h _ _ l _ _ _	



Reading (Page 46)

Get Smart! Eating on the go

Home
Eating on the go

We know a daily diet of fast food can be bad for us. But fast food is quick and easy, and when we're on the go, it's sometimes a necessary choice. So here are some tips for fast-food fans:

- **Choose the chicken.** Have chicken rather than red meat. When in doubt, order the grilled chicken—not the fried.
- **Go light on the sauce.** Mayo, salad dressings, and other sauces are loaded with calories. Cut down on them, or cut them out altogether!



Eat more "veggies."

- **Fill up on veggies.** Ask for tomato, lettuce, onion, or other veggies on your sandwich. These low-calorie choices can help you avoid fries and other high-calorie options.



Get a side salad.

- **Go for the regular size,** not the extra-large. Super-size portions can super-size YOU.
- **Skip the sides entirely.** Eating a burger by itself is often enough. If you need a side order of something, consider a fruit cup or a side salad, instead of those fatty, salty french fries. Most fast-food restaurants offer those healthy options now.



Cut down on mayo.



Skip the fries.

- **Finally, treat yourself.** When you just have to have something sweet, opt for some delicious low-fat frozen yogurt or fruit ices rather than ice cream or cookies. You won't miss the calories a bit!

Exercise

1. Which is better for you, chicken or red meat?

2. Which is better for you, grilled or fried food?

3. Do sauces, such as mayo, have a lot of calories?

4. Is a meat sandwich usually enough food for a person?

5. Do fast-food restaurants offer vegetable side dishes?

6. Do you ever choose healthy side orders at fast food restaurants?

7. Do you ever order the large or super-size portions?



Writing Booster

UNIT 4 Connecting words and ideas with and or in addition

And

Remember that and connects two sentences and makes them one sentence.

I like fruit, and I also like vegetables.

You can also use and to connect words in a series. Notice the use of the comma in the examples below.

I like apples, oranges, grapes, and other fruits.

Be careful! Don't use a comma when and connects only two words.

I like apples and oranges. NOT ~~I like apples, and oranges.~~

In addition

In addition connects the ideas in one sentence with the ideas in the next sentence.

Use a comma after in addition.

I like fruit. In addition, I like vegetables.

I like apples and oranges. In addition, I like grapes and other fruits.

TOEFL Vocabulary

-sociology	(n.)	the philosophical study of society	(สังคมวิทยา)
-participate	(v.)	to receive or have a part or share of	(เข้าร่วม, ร่วมด้วย)
-discussion	(n.)	debate	(การอภิปราย)
-desert	(v.)	to abandon	(ละทิ้ง, ทิ้งไป)
-utility	(n.)	fitness for some desirable practical purpose	(สาธารณูปโภค)



Quiz


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Directions: Choose the best answer.

1. If you eat red meat, it's better to eat _____.
 1. red meat
 2. chicken
 3. vegetables
 4. turkey
2. Sauces such as mayo and salad dressings are _____.
 1. sweet
 2. low in calories
 3. high in calories
 4. salty
3. Ordering _____ help you avoid high-calorie options.
 1. veggies
 2. fries
 3. red meat
 4. ice cream
4. According to the passage, which is true?
 1. Eating fast food every day can be OK.
 2. Fast-food restaurants don't offer any healthy choices.
 3. Eating fast food every day with some healthy tips can be OK.
 4. Mayo, salad dressings and other sauces are loaded without calories.
5. Guacamole is a Mexican appetizer made from avocados. _____, it contains tomatoes, onions, lemon, or lime juice, _____ salt.
 1. And, in addition
 2. In addition, or
 3. And, or
 4. In addition, and

Reference

- ❖ Saslow, J & Ascher, A (2011). *Top Notch: English for Today's World 1*. 2nd ed. USA: Pearson Education.
- ❖ Saslow, J & Ascher, A (2011). *Top Notch: English for Today's World 1 (Workbook)*. 2nd ed. USA: Pearson Education.