

**NOW I CAN...**

- ☐ Ask for a restaurant recommendation.
- ☐ Order from a menu.
- ☐ Speak to a server and pay for a meal.
- ☐ Discuss food and health.

# Week 12

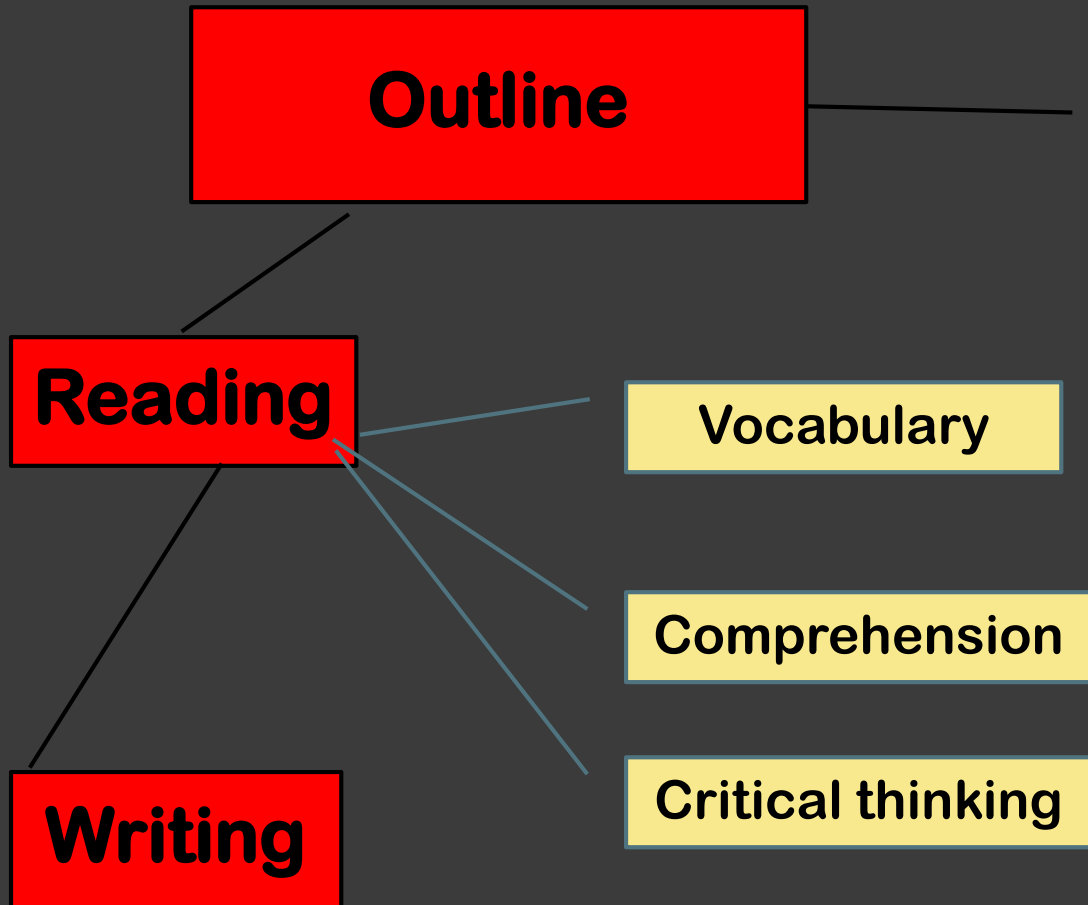
## Unit 4

### Discuss food and health

(114-101 English I)

Version: 1 : 2554

หมวดวิชาศึกษาทั่วไป >> <http://www.gened.siam.edu>



# Vocabulary



V

= Vegetables

# Vocabulary

S \_ \_ \_ or avoid





# Vocabulary

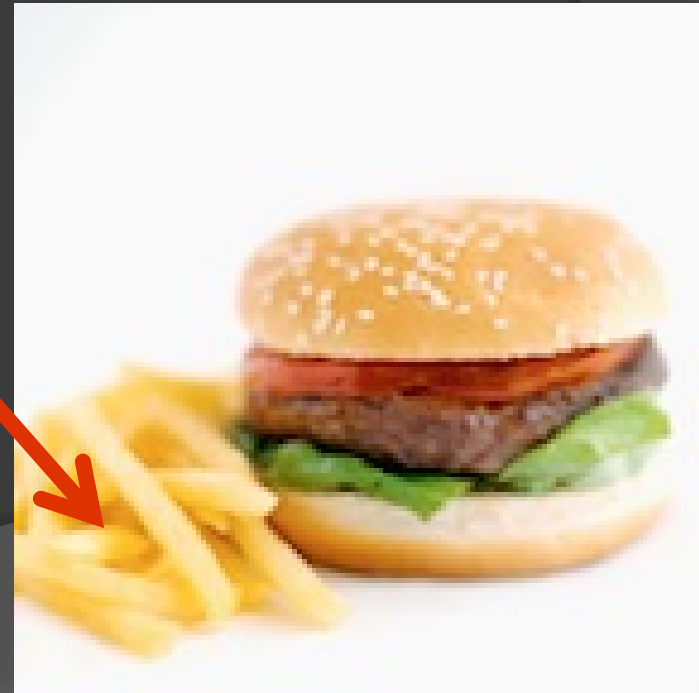
F

\_\_\_\_\_



# Vocabulary

S \_ \_ \_ order



# Vocabulary

P

-----



# Vocabulary



(phr v.) *to be very active and busy*

Be on the \_ \_



# Vocabulary



*(n.) a small meal or amount of food, usually eaten in a hurry*

S \_ \_ \_ \_

# Vocabulary



(adj.) *good for your health*

H

\_\_\_\_\_

# Vocabulary



*(n.) the flesh of animal or a bird eaten as food; particular type of this*

M \_ \_ \_

# Vocabulary



(adj.) *not having good health*

U

\_\_\_\_\_





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# 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:



Eat more "veggies."

• **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!



Cut down on mayo.



Skip the fries.

• **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.

• **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.



Get a side salad.

• **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 restaurant 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?

Read the article about healthy eating tips. Mark each statement True or False, according to the article.

## “TOEFL Vocabulary”

Here are some tips for healthy eating at home, work, and elsewhere. Try some of these ideas.

- Start your day off right! Eat breakfast.
- Take a piece of fruit to munch on during your commute. It tastes great, is filling, and provides energy.
- Use "lite" dairy products, which are low fat and better for your health.
- If you like to eat meat, trim all visible fat.

True False

- |   |                       |                       |
|---|-----------------------|-----------------------|
| 1. The writer says it's not important to eat breakfast        | <input type="radio"/> | <input type="radio"/> |
| 2. "Munch on" means "buy."                                    | <input type="radio"/> | <input type="radio"/> |
| 3. "Trim" means "cut off."                                    | <input type="radio"/> | <input type="radio"/> |
| 4. "Lite" dairy products don't have a lot of fat.             | <input type="radio"/> | <input type="radio"/> |
| 5. When you "cut down on" fatty foods, you eat more of them.  | <input type="radio"/> | <input type="radio"/> |
| 6. Eating something "in moderation" means eating a lot of it. | <input type="radio"/> | <input type="radio"/> |

## UNIT 4 *Connecting words and ideas with and or in addition*

Go to Unit

### 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.

**A** Connect the following words and ideas with and or in addition.

- 1 The people eat a lot of vegetables in Spain, Italy, \_\_\_\_\_ France.
- 2 In the U.S., many restaurants serve big portions. \_\_\_\_\_, there are a lot of fatty foods.
- 3 There are five or six great Italian restaurants near the hotel. \_\_\_\_\_, there are two restaurants where the menu has dishes from Mexico, Thailand, India, \_\_\_\_\_ even Indonesia!
- 4 She loves pasta, \_\_\_\_\_ I want to invite her to my favorite Italian restaurant.
- 5 Raw carrots taste great, \_\_\_\_\_ they're good for you.
- 6 This restaurant has great food. \_\_\_\_\_, the service is excellent.
- 7 You can choose from six entrées on the menu, \_\_\_\_\_ they all come with a choice of vegetable.
- 8 I usually order soup, salad, a main course, \_\_\_\_\_ dessert.

**B Guidance for Writing (page 48)** Read the description of food in the United States. Use these paragraphs as a guide to help you write about the food of your country. Change the details so the sentences describe your food.

American food is more than hamburgers, hot dogs, and pancakes. The best American food is regional. One regional specialty is clam chowder. Clam chowder is a delicious soup from the northeast coast. In Boston, clam chowder contains milk, and in New York it contains tomatoes. Clam chowder always contains Atlantic clams. In addition, clam chowder always contains some vegetables, such as onions, potatoes, peppers, or corn.

Another famous regional specialty of American cooking is barbecue. Barbecue comes from the center and south of the United States. Barbecue style is not always the same, but it always has meat and a spicy sauce. Americans are very proud of barbecue. Many restaurants claim that they have the only authentic barbecue. When you travel to the United States, be sure to try some regional specialties like clam chowder and barbecue.



**Writing** On a separate sheet of paper, write a short article for a travel newsletter. Write at least five sentences about foods in your country. Write more if you can.

In my country we eat a lot of vegetables. Vegetable soup is a very typical appetizer...

**WRITING BOOSTER** ▶ p. 143

- Connecting words and ideas: and, in addition
- Guidance for Exercise E



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# Quiz

1. If you eat 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 calorie
  4. salty

# Quiz

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.

# Quiz

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