

Food and Healthy Eating

Answer these questions in pairs.

What does "eating healthy" mean to you?

What are some common myths about healthy eating?

Personal Habits

How has your diet changed over the years?

What are some challenges you face when trying to eat healthily?

Do you prefer cooking at home or eating out? Why?

Cultural & Social Aspects

How does your culture influence the way you eat?

Do you think social media affects the way people eat? How?

How can families encourage children to develop healthy eating habits?

Impact & Solutions

What are the benefits of eating healthy, both physically and mentally?

How can schools or workplaces promote healthier eating?

What strategies do you use (or could you use) to eat healthier on a busy schedule?

Look at the pictures below and match them with the following words:

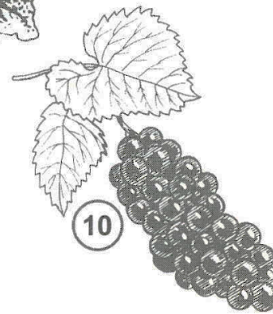
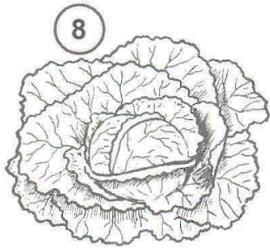
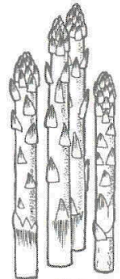
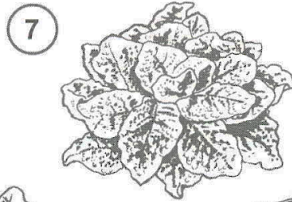
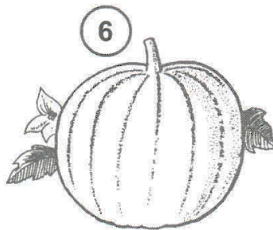
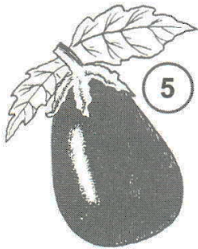
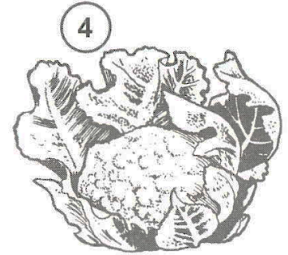
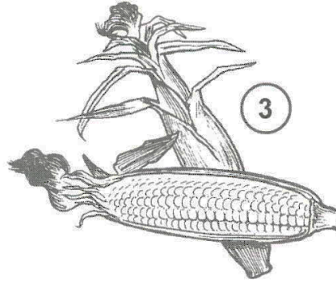
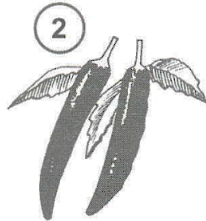
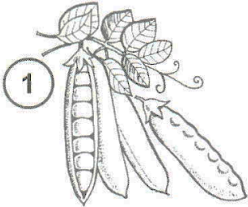
asparagus
blackberries
blueberries
broccoli
cabbage
cabbages

cauliflower
celery
sweetcorn
eggplant / aubergine

grapes
chilli / chile peppers
lettuce
peas

peppers
pumpkin
radishes
spinach

squash
green beans
turnip
watermelon



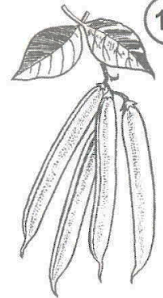
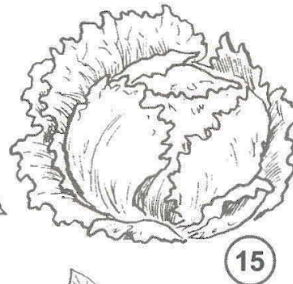
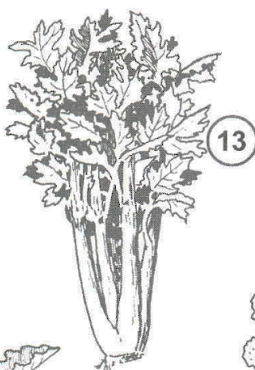
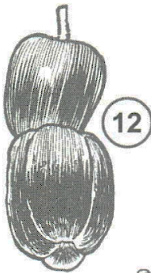
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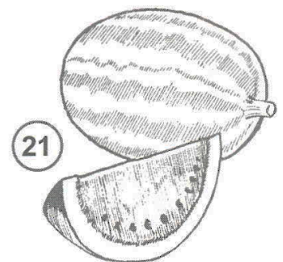
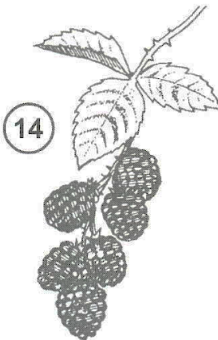
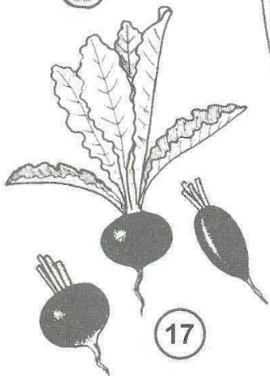
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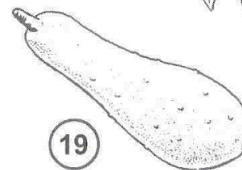
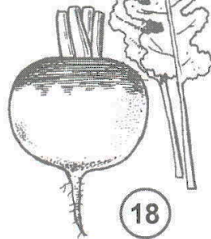


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HEALTHY EATING

1 Do you know anyone who is a vegetarian?

Would you ever consider being a vegetarian? What things would you miss the most?

Should children be vegetarians? Do you think that it is healthy?

2  Listen to the recording and answer the questions.

1 The speaker says that she quit eating meat because

- a her parents gave it to her with every meal.
- b she had a pet sheep who was killed for meat.
- c she doesn't think it is healthy.
- d she prefers fish.

2 She thinks that meat isn't healthy because

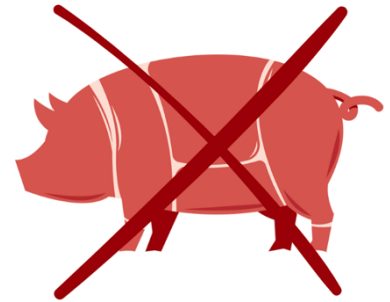
- a it is fattening.
- b the animals it comes from aren't raised naturally.
- c it causes heart disease and high cholesterol.
- d it spoils before it gets to the market.

3 The speaker doesn't eat fish because

- a it is full of preservatives.
- b she doesn't like the taste.
- c it's too expensive.
- d it gets contaminated by water pollution.

4 She says that she

- a can't imagine not being a vegetarian.
- b would eat healthy meat if she could find it.
- c doesn't like beans but has to eat them for their protein.
- d has had to learn how to cook new things like pastas and stir-fries.



Healthy Eating

Meat

minced meat / mince (GB) / ground beef (US)

offal
beef
veal
pork
lamb
mutton
bacon
ham
smoked meat
sausage
salami
tinned meat
lunchmeat / cold cuts (US)
liver
kidneys
tripe

Fish

carp
trout
pike
eel
cod
salmon
sardines
mackerel
tuna
sea bass
perch

catfish / wels

zander

Game

venison
hare
pheasant
partridge
rabbit
wild boar
bear
blackcock
capercaillie

Poultry

duck
goose
broiler
capon
turkey
chicken
free-range eggs

Soups

clear soup / broth
cream soup
tripe soup
pea soup
vegetable soup
tomato soup
mushroom soup
noodles
liver balls

bouillon / stock cube
chicken noodle soup

Milk / Dairy produce

(semi-)skimmed milk ×
full-fat milk
yoghurt
cheddar
blue cheese
cottage cheese
butter
cream

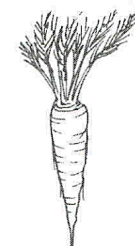
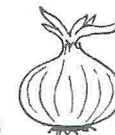
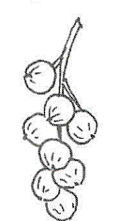
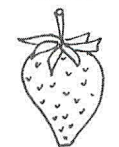
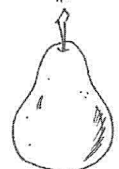
Fruit and nuts

banana
lemon
orange
grapefruit
pineapple
satsuma
nectarine
tangerine
bilberries / blueberries
cranberries
raspberries
gooseberries
strawberries
mulberries
currants
cherry
plum
apricot
peach
pear

apple
walnuts
hazelnuts
coconut
almonds
figs
dates
raisins

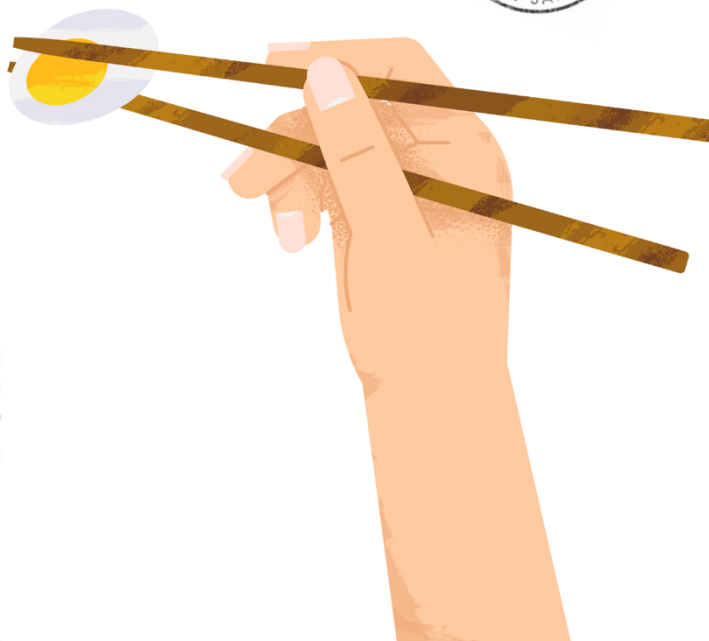
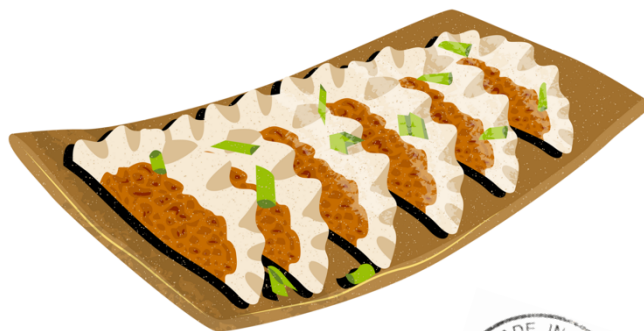
Vegetables

onion
garlic
leek
cucumber
aubergine / eggplant
potatoes
carrots
parsnip
celeriac × celery
kohlrabi
Brussels sprouts
tomatoes
beans
green beans (GB) /
French beans /
string beans (US)
lentils
mixed pickles
gherkins
mushrooms
rhubarb
horseradish
courgette (GB) /
zucchini (US)



3 Discuss whether the following foods are healthy or unhealthy and say why.
How healthy is the cuisine of your country?

french fries
green salad
BBQ pork ribs
cereal
dark bread
ice cream
whisky
salty foods
fresh fruit
TV dinners
coffee
fried chicken
fish
chocolate
fried cheese



4 Make notes describing your personal preferences in eating and cooking and what you think may have influenced them. Then exchange your views with other students. In groups of four, prepare a short report for the class.

Healthy Eating

nourishment
to be weight conscious
low-calorie food
to be overweight
to get fat
to put on weight
to be slimming
to lose weight
to eat modestly
to be on a diet
anorexia nervosa
bulimia
Weight Watchers (famous
slimming club)
vegetarian
vegan
meat-eater
factory-farmed meat
preservatives
grains

pulses
soya meat / crumbles / chunks
high-fibre diet
saturated / unsaturated fats
health food / whole food

Sweets and confectionery

custard
pancakes
ice-cream cone
chocolate
toffees
candy bar (US)
candy floss (GB) / cotton candy
(US)
semolina pudding
banana split
rice pudding
trifle (GB)
Christmas pudding (GB)

sundae
frozen yoghurt
jelly (GB) / jello (US) / gelatine
jam (GB) / jelly (US)
marmalade

Cakes, pies and pastries

sponge cake
fruit cake
apple pie
apple strudel
apple / rhubarb crumble
bun
doughnut
tart
biscuits (GB) /
cookies (US)
scone
muffin
crumpet

brownies (US)

Meals and snacks

to grab / snatch a bite to eat
to lunch at one's desk
packed lunch (GB) /
sack lunch (US)
elevenses (GB)
to pop out
to go out for lunch / dinner
works canteen / cafeteria
luncheon vouchers (GB) /
lunch tickets (US)
to have lunch with sb
to send out for sandwiches
to live on coffee and cigarettes
pub lunch
liquid lunch
brunch

EATING OUT

1 Put the following steps to eating out in the correct order.

- reserve a table
- leave a tip
- leave your coats in the cloakroom
- eat the appetiser
- order your meal
- look at the menu
- go to the restaurant
- ask for the menu
- pay the bill
- eat the dessert
- wait for the waiter to seat you
- ask for the bill
- eat the main course
- leave the restaurant



2 Now fill in the missing information in the following dialogues.

Dialogue A

Hello, Bistro LeReepov, how may I help you?

Hello, I'd like to reserve a table for the evening of the twenty-fourth, please.

Two, please.

Non-smoking, please. And, could I please have one of the tables that overlooks the bay?

Oh, too bad. Oh, well, anywhere will do, then.

Eight o'clock.

Thank you. Good bye.



Dialogue B

Good evening, my name is Marcelle, and I will be your waiter for the evening. Are you ready to order?

Yes, I think so.

I think we'll start off with the mixed seafood.

No, I think we'll just share one portion.

Yes, I'll have the Spaghetti Alfredo, and the lady will have... what did you want, dear? Oh, yes, the Macaroni Surprise.

A bottle of your finest red wine, and some water as well.

Thank you.

Eating Out

price
quality
taste
nutritive value
appearance
menu planning
surroundings
nice atmosphere
good range of wines
wide choice of beer
spirits and liqueurs
candlelight
soft music
canned / piped music / muzak
undercooked × overcooked
tough × tender

lean × fat
slow × good service
inedible / unpalatable food
cafeteria
steak house
grill room
snack bar
coffee-shop
tearoom
takeaway restaurant (GB) / carryout (US)
pub
refectory
landlord (GB)
inn × bar × night club
wine bar
waiter / waitress

head waiter
barman (GB) / bartender (US)
barmaid
chef
tablecloth
table mats
napkins
to lay / set the table
to clear the table
cutlery
sugar tongs
cups
saucers
plates
teaspoon
sugar bowl

milk jug
beer mug
wine glass
cruet (GB)(old-fashioned) / salt and pepper shakers (US)

In a restaurant

to ask the waiter for the menu
to order an appetiser / an hors d'oeuvre (starter)
the main dish / course
vegetables / extras (GB)
side orders (US)
dessert / pudding (GB)
something to drink
to ask for the bill (GB) / the check (US)