A.A. 2022/2023, LM85-BIS (1° ANNO, 2° SEMESTRE)

UNIMC LABORATORIO INGLESE I

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Lesson II 27/02/2023

AIMS : AT THE END OF THE LESSON YOU WILL BE ABLE TO

- DESCRIBE FOOD AND TO PRONOUNCE IT
- TALK ABOUT YOUR FAVOURITE FOOD AND YOUR FOOD HABITS
- TALK ABOUT HABITS AND ACTIONS IN PROGRESS

STEP 1: I WANT YOU TO FOCUS ON VOCABULARY ABOUT FOOD

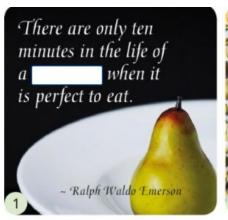
- 1 VOCABULARY food and cooking
- a Look at some quotes about food from Pinterest. Complete the gaps with a word or phrase from the list.

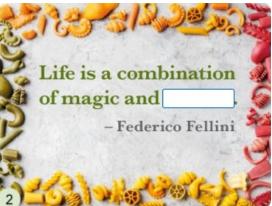
cake cookie fruit salad onions pasta pear tomato

- **b** Which quote do you like best? Compare with a partner.
- c Vp.152 Vocabulary Bank Food and cooking
- d Look at some common adjectives to describe food. What kind of food do we often use them with?

fresh /fres/ frozen /'frozen/ hot / spicy /'sparsi/ low-fat /lou 'fæt/ raw /rox/ tinned /tind/

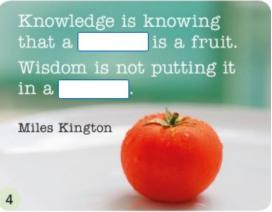
- e 1.5 Listen to six conversations. Write the food phrase you hear for each adjective in d. A
 - 1 raw beetroot













2 PRONUNCIATION short and long vowel sounds

a Look at the eight sound pictures. What are the words and sounds? What part of the symbol tells you that a sound is long?



b 1.6 Match a phrase to each sound. Then listen and check.

crab salad	a good cook
grilled squid	hot sausages
a jar of raspberry jam	raw pork
steamed green beans	tuna with beetroot

3 LISTENING & SPEAKING

a Read the Your food profile questionnaire. What do you think the bold words and phrases mean?

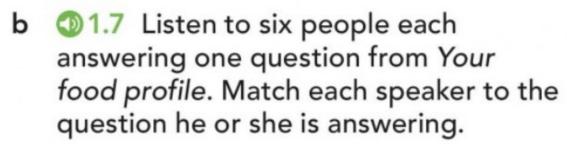
Your food profile

- 1 What's your favourite...?
 - a snack b pizza topping
 - c sandwich filling
- 2 Do you ever have...?
 - a ready-made food
 - b takeaway food
 - c very hot/spicy food
 - Give examples.
- 3 Are you allergic or intolerant to any food? How long have you had the problem?
- 4 What food do you usually eat...?
 - a to **cheer yourself up** when you're feeling sad
 - b when you're tired and don't want to cook
- 5 When you're away from home, is there any food or drink that you really miss?
- 6 Is there any food or drink that you couldn't live without? How often do you eat / drink it?

COOPERATIVE LEARNING:

FOOD PROFILE: ANSWER QUESTIONS EX N°3 A PAG 6:

- FIRST DO IT INDIVIDUALLY AND WRITE THEM ON A PAPER;
- THEN COMPARE YOUR ANSWERS WITH YOUR
 COLLEGUE AND TALK EACH OTHER (TRY TO TALK ONLY
 IN ENGLISH AND IF YOU DON'T KNOW SOME WORDS
 LOOK THEM UP INTO A FREE ONLINE DICTIONARY
 «CAMBRIDGE» «OXFORD»).
- AFTER THAT YOU WILL SHARE YOUR IDEAS WITH THE WHOLE CLASS TO PRACTICE SPEAKING SKILLS





- c Listen again and write their answers. Compare with a partner.
- d Ask and answer the questions with a partner. What do you have in common?

BOTH OF US **DRINK** TEA FOR BREAKFAST

NEITHER OF US **DRINKS** TEA FOR BREAKFAST

Eat and drink but at the right time!

In our super-busy 21st-century lives, most of us try to do as much as we can in 24 hours. However, we usually do things whenever it suits us, and experts say that this is disrupting our body's natural cycle, making us feel tired at times when we should feel awake, and vice versa. Science shows that by doing things at the right time, we can be happier and healthier.

Have breakfast at 8.00 a.m.

In a recent study, researchers found having breakfast at this time is good for our blood sugar levels, so the food you eat now will give you the energy you need. It's also important not to skip breakfast. Another research team, from Sweden, suggested that people who ate a regular breakfast as teenagers were 32% less likely to be at risk of heart disease as adults.

Don't drink coffee in the morning. Have one at 3.00 p.m.

Most coffee drinkers make a cup as soon as they wake up. However, researchers have suggested that early morning is the worst time to drink coffee, because it stops the body from producing the stress hormone cortisol, which we need at this time to help us to wake up. The best time to drink coffee – or caffeine in general – is between 2.00 p.m. and 5.00 p.m., when it can make us more mentally alert, according to a study carried out by the University of Sheffield a few years ago.

Have lunch between 12.00 and 2.00

This is when our body digests food best, because this is when the stomach produces most acid. So it's the ideal time to have your main meal of the day. An experiment by nutritionists at the University of Surrey found that blood glucose levels after an evening meal were much higher than when people had the same meal earlier in the day, and high levels of glucose can cause diabetes.

Have dinner at 7.00 p.m.

Have your evening meal early. It should be delicious – our sense of smell and taste are at their best at this time – but light. And if you want a small glass of wine, have it before dinner, as 6.30 is when the liver is most efficient at dealing with alcohol.

More good times for your body

- Ideally, you should get up when the sun rises. When we see daylight, we stop producing the sleep hormone melatonin and start getting ready for the day ahead.
- Do yoga or go for a walk before breakfast.
- Do important tasks at 11.00 a.m., when your brain is working best.
- Weightlifting sessions are best done at midday that's when your muscles are strongest.
- The best time to run or cycle is 5.00 p.m., when your lung capacity – important for endurance sports – is at its greatest.
- Go to bed between 9.00 p.m. and 11.00 p.m. This is when your body temperature starts to go down and the brain begins producing melatonin.

c Read the article again. Answer the questions with a partner.

- 1 Why is it important to have breakfast every day when you're a teenager?
- 2 What effect does caffeine have on us if we drink it between 2.00 and 5.00 p.m.?
- 3 What's the difference between having steak and chips for lunch and having it for dinner?
- 4 Why should an early evening meal be 'delicious'?
- 5 What's the best physical activity to do a) early in the morning, b) in the afternoon?
- 6 Why does the body produce melatonin?

a Talk to a partner. What time do you usually...?

get up have lunch have breakfast have dinner do exercise go to bed have a coffee

b Read the article once. Do you or your partner do any of the things in **a** at the times the article recommends?

- e Answer the questions with a partner.
 - 1 Do you believe all the information in this article? Why (not)? Give examples from your own experience.
 - 2 Would you consider changing any of your habits based on this information?

Have lunch between 12.00 and 2.00

This is when our body <u>digests</u> food best, because this is when the stomach **produces** most acid.

We usually **do** things whenever it **suits** us, and experts say that this **is disrupting** our body's natural cycle...

PRESENT SIMPLE



Alex is a bus driver, but now he is in bed asleep. He is not driving a bus. (He is asleep.)

but He drives a bus. (He is a bus driver.)

HABITUAL / PERMANENT ACTIONS



To say that something is true in general, or that something happens all the time or repeatedly (and how often we do things):

- The cafe opens at 7.30 in the morning / I get up at 8 o'clock every morning.
- We <u>usually</u> **go** home <u>at weekends</u> / We **don't go** abroad <u>very often.</u>
- Nurses look after patients in hospitals. / The Earth goes round the Sun / Rice doesn't grow in cold climates.
- What does this word mean? / Where do they live?

always	sempre
usually	di solito
often	spesso
sometimes	qualche volta
seldom	ogni tanto
rarely	raramente
hardly ever	quasi mai (+ verbo nella forma affermativa)
never	mai (+ verbo nella forma affermativa)
ever	mai (nelle frasi interrogative)

FREQUENCY ADVERBS: S + AVV + V

Usually at the end of sentences (can be at the beginning in affirmative sentences)

TIME EXPRESSIONS

in the morning in the afternoon in the evening at night every day every Monday on Mondays at weekends at the weekend once a week twice a month three times a year

PRESENT CONTINUOUS

Something happening (or true) at the time of speaking

- John is in his car. He is driving to work.
- Let's go out now. It isn't raining any more.



ACTIONS TAKING PLACE NOW

simple present TO BE + present participle (base +ing)

Affirmative: You are watching TV.

Interrogative: Are you watching TV?

Negative: You are not watching TV.

PRESENT CONTINUOUS

NOW = this second, today, this month, this year, this century... (→ longer actions in progress now)

Something happening (or true) in a period around now

- (talking on the phone) I'm reading a really good book about...
- You are studying to become teachers.
- Kate wants to work in Italy, so she's learning Italian.
- You're working very hard today. Yes, I have a lot to do.
- Are you working on any special projects at work?
- Is your English getting better now that you're studying harder?
- The population of the world is increasing very fast.
- At first I didn't like my job, but I'm beginning to enjoy it now.

SAME VERBS - DIFFERENT TENSE, DIFFERENT MEANING

Present continuous (I am doing)

We use the continuous for things happening at or around the time of speaking.

The action is not complete.

I am doing

past	now	future		
	The water is boiling . Can you toff?	turn it		
	Listen to those people. What la are they speaking?	anguage		
	Let's go out. It isn't raining now.			
	'I'm busy.' 'What are you doing?'			
	I'm getting hungry. Let's go and eat.			
	Kate wants to work in Italy, so:	she 's		
	learning Italian.			
	 The population of the world is 			
	increasing very fast.			
We us	se the continuous for temporary si	tuations:		
	- a			
	place of my own.			
	A: You're working hard today.			
	B: Yes, I have a lot to do.			

Present simple (I do)

We use the simple for things in general or things that happen repeatedly.

4	I do	-
past	now	future
0	Water boils at 100 degrees Celsius.	
0	Excuse me, do you speak Eng	lish?
000	It doesn't rain very much in summer. What do you usually do at weekends? I always get hungry in the afternoon.	

Most people learn to swim when they

increases by about 200,000 people.

We use the simple for permanent situations:

are children.

- My parents live in London. They have lived there all their lives.
- Joe isn't lazy. He works hard most of the time.

NB: NON-CONTINUOUS VERBS!

There are verbs you don't <u>normally</u> use in the present continuous: usually these are things you cannot see somebody doing. E.g.:

Abstract Verbs

to be, to want, to cost, to seem, to need, to care, to contain, to consist, to know, to realise, to suppose, to mean, to understand, to believe, to agree, to forget, to remember, to exist...

Possession Verbs: to possess, to own, to belong...

Emotion Verbs: to feel, to like, to love, to hate, to prefer, to dislike, to fear, to envy, to mind...

Perception Verbs: to see, to hear, to smell

Examples:

He is needing help now. *Not Correct* vs. He needs help now. *Correct* He is wanting a drink now. *Not Correct* vs. He wants a drink now. *Correct*

PRESENT CONTINUOUS + ALWAYS

The Present Continuous with words such as "always" or "constantly" expresses the idea that something irritating often happens.

→ the meaning is like Simple Present, but with a negative connotation.

Examples:

She is ALWAYS coming to class late.

I'm ALWAYS losing my keys.

He is CONSTANTLY talking. I wish he would shut up.

I don't like them because they are ALWAYS complaining.

Remember to put the words "always" or "constantly" between "be" and "verb+ing"

HOMEWORK

Writing: answer (at least)
 one of the questions about
 your food profile (right)

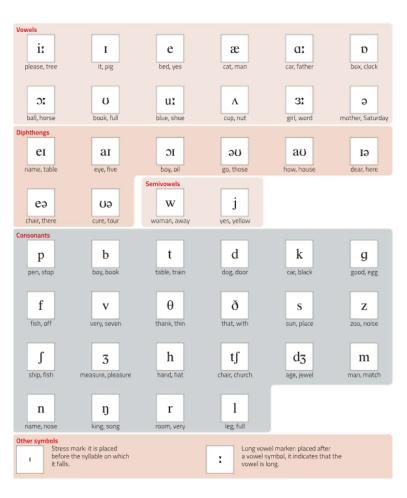
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OVER TO YOU

- Student's book: unit 1A (p. 6-9)
- Grammar bank: p.132
- Vocabulary bank: p.152
- Workbook: p. unit 1A (p. 4-6)

Your food profile

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• REMEMBER:

THIRD PERSON ENDING IN —S

- /s/ for verbs ending in an unvoiced consonant (e.g. cooks, eats)
- /z/ verbs ending in a vowel sound or voiced consonant, (e.g. watches, finishes)
- IRREGULAR PRONOUNCIATION:
- HE,SHE,IT SAYS /sez/
- DOES /d^s/

WORD BANK

Vegetables Ortaggi Brassicas Ortaggi a fiore







broccoli broccolo



cauliflower cavolfiore

Stem vegetables Ortaggi da fusto



asparagus asparago



celery sedano



chard bietola



fennel finocchio

Leafy vegetables Ortaggi a foglia



Brussels sprouts cavolini di Bruxelles



cabbage (white/red) cavolo (bianco/rosso)



cardoon cardo



chicory cicoria



dandelion tarassaco



endive indivia



lettuce lattuga



rocket rucola



savoy cabbage verza



sorrel acetosella



spinach spinaci



valerian valeriana

Fruit vegetables Ortaggi a frutto



avocado avocado



aubergine melanzana



courgette zucchina



cucumber cetriolo



olive oliva



pepper peperone



pumpkin/squash zucca



tomato pomodoro

Root / Bulbous vegetables Ortaggi da radice / da bulbo



beetroot barbabietola



carrot carota



garlic aglio



leek porro



onion cipolla



parsnip pastinaca



radish ravanello



shallot scalogno

Tubers Tuberi



spring onion cipolla d'inverno



swede rutabaga



potato patata



sweet potato patata dolce/ patata americana

SPEAKING ACTIVITY: DESCRIBE THE PICTURE BELOW

