

Everything you see I owe to spaghetti.
Sophia Loren

Flavours



Spaghetti was born in Europe 1000 years ago, as part of a cultural and religious conquest of the Muslim on Sicily.

1. Discuss the questions below.

- ◆ What can you see in the picture?
- ◆ Which cuisine does this dish come from? Can you name any other dishes typical of that cuisine?
- ◆ Which cuisine is your favourite? Why?
- ◆ What is your favourite traditional dish from your country?
- ◆ What food should everyone try at least once in their lives?

2. Name five:

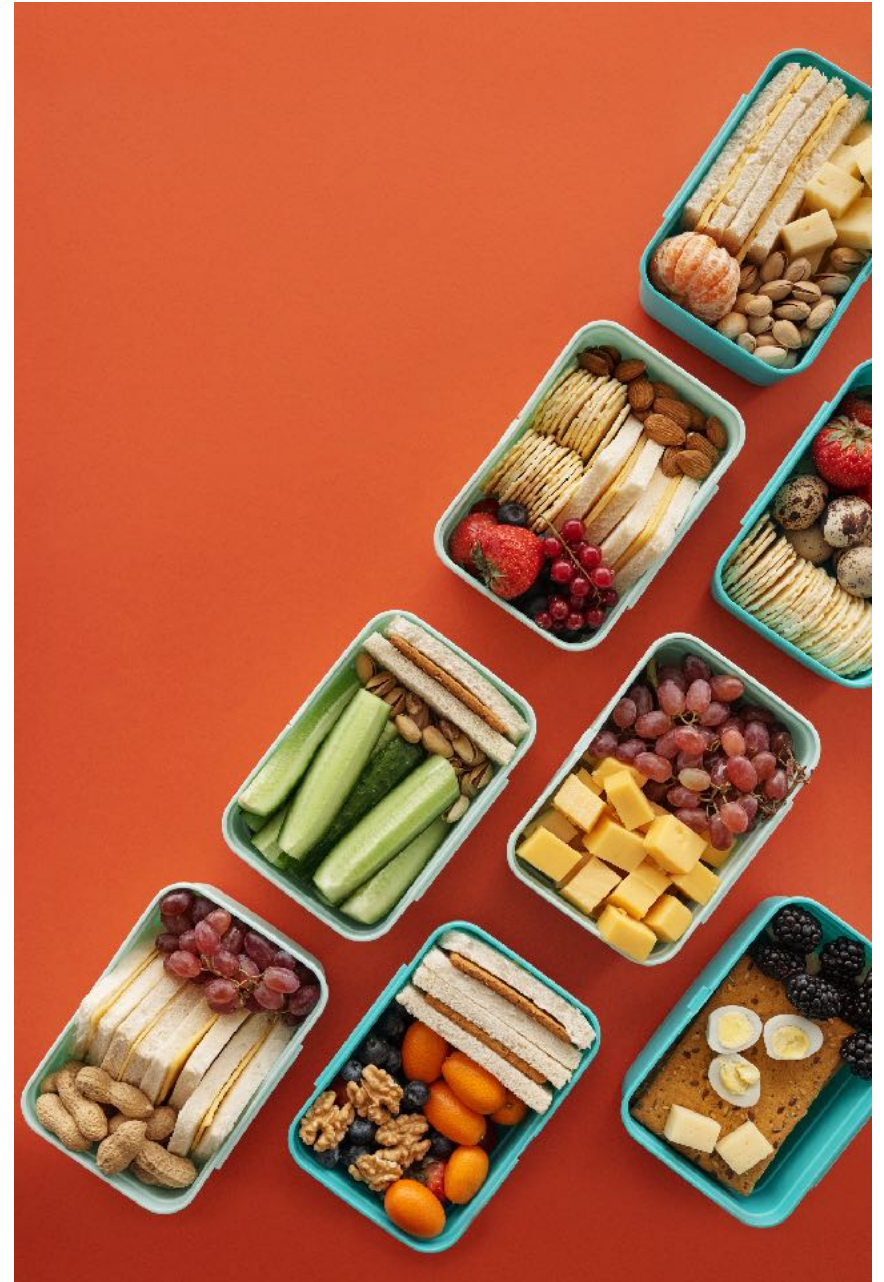
- fruits
- vegetables
- beverages
- foods you always have at home

3. Name four:

- desserts
- herbs
- dairy products
- foods you should store in the fridge

4. Name three:

- spices
- healthy snacks
- unhealthy snacks
- foods you can have for breakfast





5. The full English breakfast is a hearty meal served in Great Britain. Can you find its ingredients among the foods listed below?

- | | |
|-----------------|----------------|
| bacon | fried tomatoes |
| baked beans | hash browns |
| banana bread | noodles |
| black pudding | oatmeal |
| cheddar cheese | pancakes |
| crushed avocado | sausages |
| eggs | toasted bread |
| fresh fruit | waffles |
| fried mushrooms | yoghurt |

6. What do you think of the full English breakfast? Have you ever had it? If not, would you like to try it? Why? Why not?

7. Which do you prefer? And why?

- ◆ a hearty breakfast or a romantic dinner
- ◆ some coffee or some tea
- ◆ some prawns or some mushrooms
- ◆ a kilo of beef or a kilo of chicken
- ◆ a kilo of cherries or a scoop of ice cream
- ◆ an apple or a bunch of grapes
- ◆ a slice of pizza or a piece of cake
- ◆ a glass of wine or a pint of beer
- ◆ a savoury snack or a sweet treat

8. In the exercise above, which nouns are ...

- singular?
- plural?
- countable?
- uncountable?

9. How can you express the quantity of an uncountable noun?





10. Complete the questions with *much* or *many*.
Then answer the questions.

1. How _____ water do you try to drink in a day?
2. How _____ cups of tea or coffee do you typically have in a day?
3. How _____ sugar do you think is too much in a single serving of a beverage or dessert?
4. How _____ people in your family enjoy cooking?
5. How _____ time do you usually spend preparing breakfast in the morning?
6. How _____ times a week do you typically eat out at restaurants?
7. How _____ home-cooked meals do you enjoy in a typical week?
8. How _____ influence does culture have on your dinner choices?

11. The words below are called **quantifiers**. Which of them can you use with countable nouns, uncountable nouns or both?

all	no	many	much
several	a bit of	lots of	a lot of
some	any	a little	a few

12. Which quantifiers would you use to fill in the gaps in the sentences below to make them true for you?

1. I like to have _____ snacks in between meals.
2. There are _____ people in my family who like seafood.
3. I prefer having _____ dessert after dinner.
4. _____ restaurants in my area offer vegetarian options on their menus.
5. I don't have _____ dietary restrictions.
6. I have _____ cookbooks at home.
7. There are _____ dishes that I can cook really well.
8. I have _____ difficulty following complex dessert recipes.





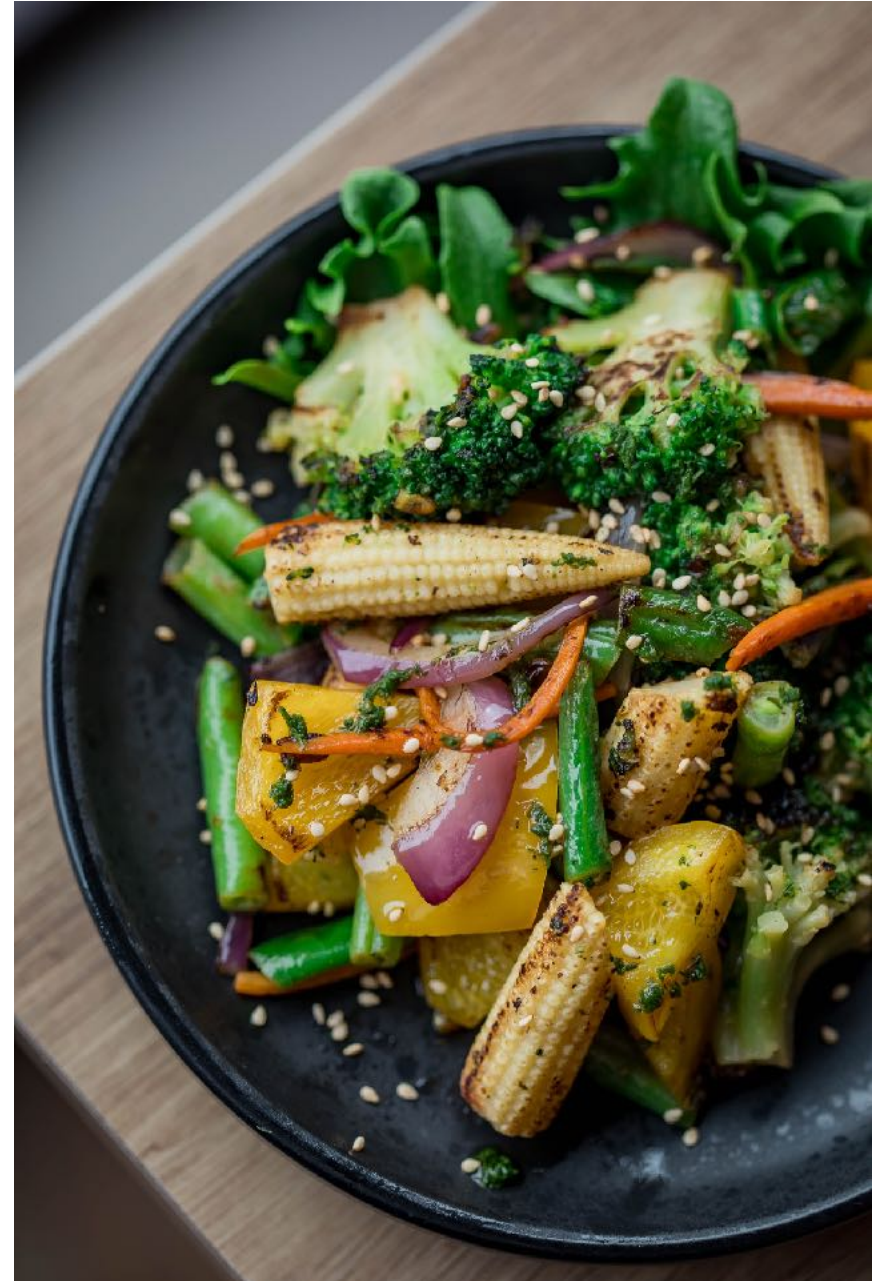
13. Think of the usual family get-togethers you have. Finish the sentences below so that they best describe your family feasts.

- ◆ We always have plenty of ...
- ◆ There are a lot of ...
- ◆ There's never enough ...
- ◆ There aren't many ...
- ◆ We often have tons of ...
- ◆ One can find a few ...
- ◆ I always try to have a little ...
- ◆ I never eat any ...
- ◆ We usually have no ...
- ◆ Some people ...

14. When it comes to the meals, which holiday do you enjoy more – Christmas or Easter? Why?

15. Take a piece of paper and write down the following:

- something salty
- something that tastes sour
- something that has a very sweet taste
- something with a bitter taste
- a bottle of something
- a jar of something
- a tin of something
- a kilo of something
- a litre of something
- a green vegetable
- a red fruit
- two herbs





16. What you wrote down in the previous exercise is your shopping list. Your task is now to present a recipe for a meal using all the ingredients on the list. You can add only salt, pepper and oil.

That's Conversation! - Flavours

B1-B2

Food and cuisine
Countable and uncountable nouns
Quantifiers

Teacher's Notes

You may introduce the lesson by showing your students a fragment of one of the videos suggested below or asking them to read one of the suggested articles before class.

5. bacon, baked beans, black pudding, eggs, fried mushrooms, fried tomatoes, hash browns, sausages, toasted bread + bubble and squeak (not mentioned)
9. To express the quantity of an uncountable noun, use expressions like *some, much, a lot, a bit, a kilo, a piece, a glass of...*
10. 1 - much, 2 - many, 3- much, 4 - many, 5 - much, 6 - many, 7- many, 8 - much
11. Both: all, no, lots of, a lot of, some, any
Countable: many, several, a few
Uncountable: much, a bit of, a little

Topics for possible research/students' projects

- Bubble and squeak
- Thanksgiving
- Traditional British, American and Aussie Christmas dishes

Videos to watch:

- Traditional English Breakfast - DW Food <https://www.youtube.com/watch?v=MHzi-wuMky4>
- If the Food in your Fridge could talk - Foil Arms and Hog <https://youtu.be/GGHWm8YCFw8?si=-gShIohDuaDOFBhg>
- Food Truck - Awkward Puppets <https://youtu.be/9zgTEzMQsiE?si=ArHYHHx5aLRPT2kR>
- American Tries Polish Food For The First Time - Buff Dudes Food <https://youtu.be/b2c9AP-FoGE?si=SdmcpvX5epW3l0Nn>
- Taste Testing Christmas Dinners from around the World - Sorted Food https://youtu.be/fAom-LaA_7c?si=QWslhAPf5oGHCojA
- You Can't Overcook Christmas - Aldi Australia <https://youtu.be/YybK4XSTakc?si=PyKKd8qFwZ4sjzpV>
- Thanksgiving: An American Tradition - VOA <https://learningenglish.voanews.com/a/thanksgiving-american-tradition-2017/4117570.html>

Reading suggestions:

- 10 Interesting Italian Food Facts - Pacino's <https://pacinos.ie/blog/10-interesting-italian-food-facts>
- What Is the Most Popular Ethnic Food in the US? - VOA <https://learningenglish.voanews.com/a/what-is-the-most-popular-ethnic-food-in-the-u-s-/5496623.html>
- Why Is American Food So Unhealthy? - US News <https://www.usnews.com/news/health-news/articles/2023-01-17/why-is-american-food-so-unhealthy>
- Future Food - Time for Kids <https://www.timeforkids.com/g56/future-food-2/?r1=en-880>
- How to Snack Correctly, According to Science - Newsweek <https://www.newsweek.com/how-snack-correctly-science-health-diet-1814852>
- 81 Perfect Christmas Dinner Ideas - Country Living <https://www.countryliving.com/food-drinks/g635/holiday-recipe-book-1108/>

MiniEbooki "That's Conversation!" podlegają ochronie na mocy prawa autorskiego. Fotografie: Pexels, Unsplash.

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