

FOOD

Vocabulary: Find the "odd one out"

	A	B	C
1.	a cooker	a chef	a cook
2.	boiling	cooking	cuisine
3.	a course	a dish	a meal
4.	convenience food	fast food	frozen food
5.	vitamins	proteins	carbohydrates
6.	baking	roasting	frying
7.	a hot-plate	a grill	an electric ring
8.	a bag	a basket	a trolley

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Text for dictation:

Understanding an English *menu* depends not only on knowledge of particular *dishes*, but also on familiarity with *cooking techniques*. The key to these ways of preparing food is the *cooker* itself. Contrary to many students expectations, the

cooker is not the person who prepares the food - that is the *cook* - but the *machine* used to supply *heat*.

Most cookers have four *hot-plates*, usually situated on the *top surface*. Other names for hot-plates are gas or electric rings. These are used for boiling, steaming, poaching, frying and for making *chips*. Below the hot-plates, you normally find the *grill* which delivers heat from above.

Grilled bacon and toasted bread are commonly eaten for *breakfast* in Britain. Below the grill, is a chamber called the *oven* which is used for *roasting* and *baking*. A *roast potato* is *peeled* and *cooked in oil*, while a *baked potato* remains in its *jacket*.

Some words on the menu assume more than one *process*. For example, a mashed potato is created first by boiling and then by *mashing* - crushing the *boiled potato* with a *fork*. Butter is usually added to give the final product a *smoother texture*.

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Discussion questions: ask and answer

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Discussion questions

1. "The government should make it more expensive for farmers to use pesticides and more profitable for them to grow organic food."
2. Which age-group in your country eats most fast and convenience food?
What could be done to encourage these people to eat more fresh food?
3. Should the law limit the number of fast food restaurants in our towns?

4. Should suppliers be permitted to irradiate fruit and vegetables to make

them stay greener for longer on the shop shelves?

5. Do you think you can get all the nourishment you need from a vegetarian

diet? Would you be happy to eat a vegetarian diet for a week?

6. The Hay diet encourages you to separate protein from carbohydrate, while the Chinese "Ying & Yang" diet encourages balanced eating.

Can you describe any special diets which are followed in your country?

7. Should countries try to grow all their own food or is it better to depend

on trade to meet your food needs?

8. Many people in Britain eat too much sugar, butter and salt. How healthy

are eating habits (a) generally in your country (b) in your own family?

9. Are you for or against genetically modified food?

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Dialogue: **read aloud in pairs**

A: *What do you think of British food?*

B: *That's a very difficult question to answer, because if you look in two*

supermarket trolleys, you'll see that what people buy is completely different.
Some

people will go for fresh vegetables and wholemeal bread, while others prefer tins
and

packets of highly processed food.

A: Is there such a thing as British food?

B: That's the second problem, because a lot of what we buy comes from other
parts of the European Community or further afield. Many trolleys will contain both
New Zealand butter and South African fruit.

A: *Well, what do people mean when they say they don't like British food?*

B: *I think it's probably possible to generalize about what is eaten at main meal-
times. Northern Europeans, including the British, tend to eat more potatoes than
Asians, who prefer rice.*

A: *Can you explain why many Asians prefer French or Italian cuisine to British
cooking?*

B: *That's both a question of what different Europeans eat and how it's prepared.*

For example, pizza has become international. People are accustomed to eating it and

Italians prepare it well.

A: Do the British prepare food badly?

B: *In fact*, we have some of the top chefs in the world, but only people with a lot of money experience British cooking at its best. Students staying in English

families often have to put up with convenience foods, quick preparations served up by

working couples who have little time for anything other than their jobs.

A: *Surely, not all* host families offer fast food.

B: *No* some are very careful about what they eat. They may buy brown rice, wholemeal bread, muesli and organically grown fruit. They may eat a mainly vegetarian diet. But this can cause different problems. Japanese students are used to

eating white rice, while Southern Europeans are used to eating a lot of meat. Certain

versions of the British diet are probably very healthy, but don't appeal internationally.

People simply aren't used to them.