

Food for Life

Look at the photo and answer the questions:

1 Does this vegetable grow where you live?

2 In what dishes can you use this vegetable?

Harvester works in high-density tomato greenhouse in the Netherlands.

UNIT 1 GOALS

- A. Contrast General and Current Actions
- B. Describe Regional Foods
- C. Describe Favorite Dishes
- D. Discuss Diet Trends
- E. Give Details to Support Your Ideas

Vocabulary

A Read the suggestions for healthy eating.



Vibrant farmers' market in Funchal, Madeira Island, Portugal

Tips for a Healthy Diet

Nowadays, many people are trying to eat a healthier **diet**. Eating healthy **meals** is not hard to do. Here are some easy ways to eat better:

- Take the time to **prepare** delicious **dishes** that are also good for you. Food you make at home is usually healthier than food from a restaurant or cafeteria.
- Eat dishes with healthy **ingredients**, such as vegetables, and ones without much sugar or salt.
- In many places, fresh food is **available** at **farmers'** markets. Farmers bring a **variety** of **crops** to these markets, including many kinds of fruits and vegetables.
- Although most of your meals should be healthy, it is fine to enjoy some ice cream or cookies on **special** occasions like your birthday.

WORD FOCUS

Use the -s ending with the third person singular (he / she / it).

Mr. Kim **sells** some of the most delicious salad ingredients.

B Write each word in blue next to the correct meaning.

1. diet the kind of food you usually eat
2. prepare to make something ready
3. special better or more important than other things
4. meals breakfast, lunch, and dinner
5. available describes something you can find or get
6. crops plants grown by farmers for food
7. dish food that is cooked in a certain way
8. variety different kinds of something
9. farmers people who grow and produce food
10. ingredients types of food that are combined to make a dish

Grammar

Simple Present and Present Continuous

Use the simple present to talk about habits and things that are generally true.

I normally don't **eat** eggs for breakfast.
Fresh vegetables **are** always available at the market.

Use the present continuous to talk about actions and events that are happening now.

My father **is preparing** a special dish for tonight's dinner, and I **am watching** and **learning** how to make it.

To form questions, use **do/does** with the simple present and **am/are/is** with the present continuous.

Do you **follow** a special diet?
Is she **celebrating** her birthday tonight?

C Discuss the statements below in pairs. Which things does the speaker usually do? Which things is the speaker doing right now?

a. I am eating an apple.

b. I eat breakfast at 9.

c. I buy fruit at the grocery store.

d. I am making coffee for you.

D Complete each sentence with the simple present or present continuous form of the verb.

1. My mother and I prepare (prepare) a meal together every afternoon.
2. In Mexico, most people eat (eat) a big meal in the afternoon.
3. Right now, my mother and I are making (make) a dish called *enchiladas*.
4. I really like enchiladas. Sometimes I have (have) them for breakfast!
5. Now my mother is telling (tell) the whole family to come to the table.
6. We enjoy (enjoy) at least one meal together every day.

E In pairs, take turns doing the following.

1. Tell your partner what you usually eat for breakfast and lunch.
2. Tell your partner three things people you know are doing right now.

F Use the phrases in the box to talk about things...

...you usually do.

...you never or almost never do.

...you are doing (or not doing) right now.

carry a cell
phone
check your email
climb a mountain
eat fruit for
breakfast
eat lunch in a
cafeteria
practice English
grammar
talk with a
classmate
try new foods
wear athletic
shoes



GOAL CHECK

Contrast General and Current Actions

Complete this sentence three times. Two of the sentences should be true, but one should be false: I usually _____, but today I'm _____.

Read your sentences to a partner in any order. Your partner will guess which sentence is false.

I usually wear glasses, but today I'm wearing contact lenses.

I usually carry my phone to class, but today I'm letting my sister use it.

GOAL Describe Regional Foods

Listening

- A** Look at the picture. In pairs, discuss these questions.
1. What are important foods that everyone in your country eats?
 2. Where in the world do farmers grow rice?
 3. Why do they grow it there?



B



Listen to the interview. Circle the correct letter.



1. Who is the interviewer talking to?
a. a restaurant owner **b.** a rice farmer **c.** a news reporter
2. What is happening in the rice paddy today? People are...
a. planting rice plants. **b.** planting seeds. **c.** letting water into the paddy.
3. What kind of climate does rice need?
a. hot and dry **b.** warm and wet **c.** cool and humid

C



Listen again and answer the questions.



1. Why doesn't the rice farmer plant seeds like other farmers?
He gets a much larger crop if he starts with young plants.
2. How is the rainfall this year? They are getting a lot of rain this year.
3. What happens to the water in the rice paddy after the rice plants grow?
They let the water run out of the paddy so that the rice can dry.
4. What happens to the rice plants after they're dry?
Workers cut the rice plants and clean them.

WORD FOCUS

Farmers **raise** or
grow crops.

Communication

D Follow the instructions with a partner.

1. List some of the foods that grow well in your part of the world. They can be crops, meat, or seafood.

2. Talk about the dishes people make from each of these foods. What are the ingredients? Do you enjoy eating the dish?



E MY WORLD Do you try to buy local foods from farmers in your area? What are some advantages and disadvantages of doing this?

PRONUNCIATION: Linking Words Together

When a word ends in a consonant sound, and the next word begins with a vowel sound, the words are usually linked together.

We cut the rice **plants and** clean them.

We **grow a lot of** rice.

F  3 Listen to the sentences. Notice the pronunciation of the linked words. Then, listen again and repeat the sentences. 

1. We're eating dinner now.
2. Her favorite dish is chicken with rice.
3. Famers work on weekends and holidays.
4. Paul and I don't like fish very much.
5. Coffee grows well in Colombia.
6. Rain falls in all seasons where I live.



GOAL CHECK Describe Regional Foods

1. Think of a special dish from your area or region of the world. Take a few notes about each question below. Then use your notes to tell a partner about the special dish.

What is the name of the dish?

When are the ingredients available?

When do people usually eat it?

How do people prepare the dish?

What are some of the ingredients?

How do you feel about the dish?

2. Get together with another pair and tell them about the special dishes you described.

The dish is called *ceviche*, and it is popular in Peru. We make it with seafood and lime juice. Some of the other ingredients are...