

## READING AND SPEAKING

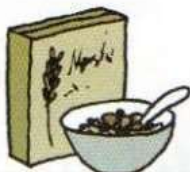
### You are what you eat

#### 1 What food can you see in the pictures?

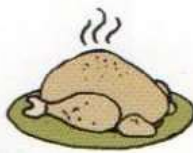
chicken fish salad pasta seafood  
eggs rice bread and jam breakfast cereal



1



2



3



4



5



6



7



8



9

#### 2 Work in three groups.

**Group A** Read about Masumi Takahashi.

**Group B** Read about Caroline Green.

**Group C** Read about Adella Ramirez.

Answer the questions.

- Which food in Exercise 1 does he/she eat?
- What does he/she have for breakfast, lunch, and dinner?
- What time does he/she eat?
- What does he/she like doing? When? Where?
- What would he/she like to do?
- Does he/she do any exercise?

#### 3 Find a student from the other two groups. Compare and exchange information.

#### What do you think?

- Do all three people have a good diet? Do they eat a lot?
- What do you eat in a day? When?
- Would you like the food they eat in Japan/New York/Spain?
- What suggestions can you make for a good diet?

Eat lots of fruit. Don't have too much sugar.



#### MASUMI TAKAHASHI, JAPAN

**Name:** Masumi Takahashi

**Age:** 50

**Lives:** Tokyo, Japan

**Works:** In a bank



In Japan we eat rice with many meals. For breakfast we sometimes have rice, fish, and soup. But I usually eat cereal, toast, and jam.

At 12:00 I have *bento* – that's a lunch box. My wife makes this for me every day. There are small dishes of rice, fish, vegetables, eggs, and sometimes meat.

In the evening we have more fish, maybe with beans. I'd like to eat with my children, but I don't get home until 9:00.

On the weekend we like doing things together. We go for walks and have dinner. We eat lots of small dishes. We don't put a lot of food on our plate, so we don't eat too much.

# What's on your plate?

Three people from different parts of the world describe what they eat each day.

## CAROLINE GREEN, U.S.

Name: Caroline Green

Age: 29

Lives: Brooklyn, New York

Works: In a restaurant



I eat little and early. I have toast and cereal for breakfast and salad for lunch at about 11:30. For dinner I usually eat chicken or fish. If I have a snack between meals, it's always fruit.

I ride my bike to work across the Brooklyn Bridge, and run 5 miles a day. I'd like to run the New York Marathon this year. I'm a waitress, so I'm on my feet all day.

Too many people in this country don't eat right. They say they don't have time to buy food and cook, so they snack all the time.

At home I like cooking for friends. For me the dinner table is the center of the home.

## ADELLA RAMIREZ, BARCELONA

Name: Adella Ramirez

Age: 21

Lives: Barcelona, Spain

Works: Student



For Spanish people, breakfast is the smallest meal – just some bread and jam and a cup of coffee. We have lunch at about 2:00, and it's a big meal. Perhaps some pasta, then salad, then fish or meat, then a dessert. After lunch, some people have a *siesta* – they rest or sleep a little.

In the evening I like going to bars with my friends. We have *tapas*. Tapas are lots of little dishes. At about 10:00, we go to a restaurant and maybe have some seafood and rice. Dinner is a lot smaller than lunch. We go to bed very late.

I'd like to do some exercise, go to the gym, but I never have time. Maybe one day!

## VOCABULARY AND SPEAKING

### In a restaurant

- 1 Read the menu. What do you like on the menu?  
What don't you like? Tell a partner.

## Jessie's Diner

Open 11am till 11pm Excellent service with a smile!

### STARTERS

Soup of the day	\$4.25
Mixed salad	\$5.95

### MAINS

Hamburger and fries	\$7.25
Steak and fries	\$14.25
Spaghetti	\$9.25
Cheese Pizza	\$7.95

### SANDWICHES

Chicken	\$6.50
Cheese	\$5.95
Tuna	\$5.95

### SIDE ORDERS

Fries	\$2.50
Mixed fruit	\$3.75
Mixed green vegetables	\$2.00

### DESSERTS

Chocolate cake	\$3.85
Apple pie and ice cream	\$3.85

### DRINKS

Soda	\$2.85
Fruit juice	\$2.25
Mineral water	\$1.85
Coffee	\$2.00
Tea	\$1.65



- 2 **CD3 32** Listen to Louis and Michelle ordering a meal at Jessie's Diner.

Who says these things? Write L (Louis), M (Michelle) or W (waitress).

- W Are you ready to order?  
 — Well, I am. Are you ready, Michelle?  
 — Yes, I am. What's the soup of the day?  
 — Chicken noodle soup.  
 — Great. I'd like the chicken noodle soup to start, please.  
 — And for your main course?  
 — I'd like the spaghetti with some fries on the side.  
 — Thank you. And you, sir? What would you like?  
 — Um - I'd like the mixed salad, then the hamburger and fries.  
 — Would you like any side orders?  
 — No, thank you. Just the hamburger.  
 — And to drink?  
 — Mineral water for me, please. What about you, Louis?  
 — The same for me. We'd like a bottle of mineral water, please.  
 — Great. I'll bring the drinks right away.

- 3 Practice the conversation in groups of three.

### Role play

- 4 Work in groups of three. Role play being customers and waiters or waitresses in a restaurant.

## EVERYDAY ENGLISH

### Signs all around

1 Look at the signs. Where do you see them?



2 Which sign means ...?

- |                                    |  |   |
|------------------------------------|--|---|
| 1. <u>f</u> You can go in here.    | 7. ____ Pull this door to open it.         | 13. ____ Not everyone is allowed in here. |
| 2. ____ You can go out here.       | 8. ____ Men can go to the toilet here.     | 14. ____ The store is not open.           |
| 3. ____ You can't go in here.      | 9. ____ You can go up or down floors here. |   |
| 4. ____ You can't sit here.        | 10. ____ Women can go to the toilet here.  |   |
| 5. ____ This machine doesn't work. | 11. ____ You can buy something cheap here. |   |
| 6. ____ Push this door to open it. | 12. ____ Stand and wait here.              |   |

3 **CD3 33** Listen to the eight lines. Which sign do they go with?

1. \_\_\_\_ 2. \_\_\_\_ 3. \_\_\_\_ 4. \_\_\_\_ 5. \_\_\_\_ 6. \_\_\_\_ 7. \_\_\_\_ 8. \_\_\_\_

4 Work with a partner. Write a conversation that goes with a sign. Act it out for the class. Which sign does it go with?