

What's on your plate?

In this unit you are going to

- talk about different kinds of food (*Speaking A2*)
- speak about eating habits (*Speaking A2*)
- create dialogues at a restaurant (*Speaking A2*)
- write an invitation (*Writing A2*)
- write a blog comment about traditional food (*Writing A2/B1*)
- fill out an online feedback form (*Writing A2/B1*)
- read an article about traditional food from all over the world (*Reading A2/B1*)
- listen to a chef preparing a meal on a cooking show (*Listening A2/B1*)
- listen to a telephone conversation on reserving a table in a restaurant (*Listening A2/B1*)
- practise trouble-free grammar:
Prepositions of time (*Language in use A2*)
Cardinal, ordinal, and decimal numbers (*Language in use A2*)
- boost your vocabulary: Talking about different types of food
Taking orders.

Warm-up

Different kinds of food

1 Have a look at the VocabBooster. Write down the words in the appropriate category. One example has been given for each category. Then get into pairs and compare your results.



VocabBooster

milk ■ apple ■ cucumber ■ vegetable juice ■ orange ■ green pepper ■ pork ■ pineapple ■ bread ■ yoghurt ■
pasta ■ chicken ■ cheese ■ rice ■ peas ■ salad ■ cabbage ■ broccoli ■ carrot ■ plum ■ turkey ■ cherry ■
zucchini ■ buttermilk ■ yeast ■ pear ■ wholemeal bread ■ wheat ■ butter ■ banana ■ beef ■ oats ■ tomato

[illegible]



2 Have a look at the healthy food plate and fill in the table. Then get into pairs and compare your results.



Food that I eat every day	Food that I eat regularly	Food that I never eat	Food that I should eat more often



3 Get into pairs and answer the following questions. Use the phrases from the LanguageBox.

- 1 Looking at the healthy food plate, do you think that you have a healthy diet? Why? / Why not?
- 2 What is your favourite meal? What is your favourite beverage?
- 3 How often do you go to fast food restaurants in a week/a month? What do you usually buy there? Do you eat there or do you order take-away?
- 4 Which traditional meals from your home country can you think of? Give examples.

LanguageBox

In my opinion, I have/I don't have a healthy diet because ...

One of my favourite meals is ... I like it because ...

My favourite beverage is ... I drink ... litres a day/week.

I go to fast food restaurants once/twice/three times/four times a week/a month. I usually buy ... there. Most of the time I eat there/take it away.

Talking about traditional meals from my home country, ... (name of country), I can say that ... and ... are very famous and delicious dishes for many people.

Speaking

Famous dishes in other countries

- 1 Write down traditional dishes from the following countries. An example has been given.

Germany: <i>Sausage in curry sauce</i>	France:
Italy:	United Kingdom:
USA:	Turkey:



- 2 Walk around in class and compare your findings. Talk to at least three different classmates and add any new ideas to complete the table in activity 1. Use the phrases from the LanguageBox.

LanguageBox

Talking about Germany and its traditional meals, the following dish / these two / four dishes came to my mind: ...

I think that ... is very common in France.

French people also like to eat ...

Italy has got a large number of traditional tasty dishes, for example ...

I heard that they also like to eat ...

People in the United Kingdom often eat ...

Some tourists are of the opinion that Britain's most traditional dishes such as ... do not taste so good.

The USA is definitely famous for ...

Other popular meals in America are ...

Finally, we can say that ... are very famous Turkish dishes.

When you go to Turkey you will also find ... on the menu.

What about your findings?

Language in use

Flavours and tastes

- 1 Have a look at the VocabBooster. Match the words in A with the appropriate definitions / synonyms in B. Compare your results with a partner.

VocabBooster

	A	B
hot	1	too much sugar
salty	2	delicious
sickly	3	bitter

	A	B
tasty	4	spicy
sweet	5	a lot of sugar
sour	6	too much salt

Ways of cooking

- 2 Match the words from the VocabBooster with the appropriate pictures (1–9). The first one (0) has been done for you. Compare your results with a partner.

VocabBooster

to boil ~~to fry~~ to barbecue to bake to stir to roast to stir-fry to pour to mix to cut



0 to fry



1



2



3



4



5



6



7



8



9

Quality

- 3 Have a look at the box and find different types of food that go with the words in the VocabBooster (A). Write them down in the table (B). An example for each category has been given.

pizza ■ noodles ■ chilli pepper ■ tabasco ■ taco ■ potatoes ■ cereals ■ mixed nuts ■ tortillas ■ cookies

VocabBooster

A	B
greasy (<i>too much oil or fat</i>)	chips,
over-cooked (<i>cooked for too long</i>)	vegetables,
spicy (<i>hot</i>)	pepperoni,
salty (<i>too much salt</i>)	salami,
crunchy (<i>making a loud sound when chewed</i>)	crisps,

Follow-up activity: How to prepare a grilled cheese sandwich



Track 17

Listen to a chef preparing a grilled cheese sandwich. First write down all the kitchen utensils and ingredients needed. Then write down all the cooking steps of the recipe.

kitchen utensils	ingredients

cooking steps

Reading

Traditional food from all over the world



1

Get into pairs and answer the following questions.

- 1 What do you usually eat for breakfast, lunch and dinner? Give examples.
- 2 What are typical dishes in Austria? Give examples.
- 3 Which types of food (*vegetables, types of meat or fish*) are often used for cooking in Austria? Give examples.



2

Have a look at the VocabBooster and match the words/phrases in A with the appropriate explanation in B. Use an online dictionary if necessary. Then get into pairs and compare your results.

		A	B
	dinner	1	<input type="checkbox"/> food prepared in a certain way
	vegetarian	2	<input type="checkbox"/> the main course when dining
	ingredients	3	<input type="checkbox"/> the taste of sth.
	dish	4	<input type="checkbox"/> a meal served in the evening
	to be served on the side	5	<input type="checkbox"/> to taste or smell really great

VocabBooster

plate	6		a person who does not eat meat
main meals	7		to be very popular for
flavour	8		sth. that you mix together to create a meal
to season	9		to accompany the main dish
delicious	10		a smooth, thin, flat piece of material
to be known for	11		to give food more taste by adding salt, herbs or spices



3 Do some online research to find out what the following ingredients and dishes look like.

Rotis ■ *Naan* ■ *Daal* ■ lentils ■ tofu ■ *Kerupuk* ■ mash potatoes ■ baked potatoes ■ jerk spices ■
Ackee ■ antipasto starter ■ dumplings



4 Read the blog entry about what people eat for dinner around the world and answer the questions (1–7) on page 114. The first one (0) has been done for you. Then get into pairs and compare your results.



What people eat for dinner around the world

by Kashmira Gander

12 November, 09:21 am

- 1 They say that breakfast is the most important meal of the day, but dinner allows families and friends to come together to celebrate and share stories. Here is a list of the traditional meals that
 5 people eat all over the world.

India

In India between 20 per cent and 40 per cent of its population are vegetarian. The ingredients of a traditional dinner in India are rice, *Rotis*
 10 or *Naan* served with *Daal* lentils or meat and cooked vegetables. From region to region, each dish will look a little bit different.

Indonesia

There's a saying in Indonesia that people aren't
 15 full unless they've eaten rice – but what it is served with depends on the region. Chicken, tofu, and fish are popular options for dishes which are served with vegetables, and seasoned with spices. Soup is often served on the side, as
 20 well as crackers or *Kerupuk*.



Italy

Italy is known for its many different types of pasta and pizza. Italians also eat a lot of



meat, vegetables and fish as their main meals. A traditional Italian meal consists of a small 25 antipasto starter; a first course of pasta, soup, rice or polenta; followed by the secondo main course with a platter of vegetables, known as the *Contorno*.

US

30

A cheeseburger and french fries are served up at burger restaurants. You often find meat and potatoes in different forms on the dinner plates in the US, for example hamburger and chips, fried chicken with mash potatoes, or steak with 35 baked potatoes.

Jamaica

The food in Jamaica mixes flavours from Spain, the UK, Africa, India and China. Rice is a staple in Jamaica, and is often served with meat and 40 peas. *Ackee* and saltfish is also a popular meal – both for dinner and breakfast – and is enjoyed with rice and peas, bread, dumplings, fried plantain or boiled green bananas. Meats, the most popular are pork and chicken, are often 45 seasoned with sweet but hot jerk spices.

Of course, there are many more countries in this world and even more delicious dishes. I wish I could try them all. What are the traditional dishes in your country? Let me know in the 50 comments section below.

0	What is said to be the most important meal of the day?	breakfast
1	What do families and friends do when dining together?	
2	What percent of the Indian population are vegetarians?	
3	What do people have to eat in Indonesia to be full?	
4	What is often served on the side in Indonesia?	
5	What is Italy known for?	
6	What do you often find on dinner plates in the US?	
7	What do Jamaicans eat for breakfast and dinner?	

Writing

Writing a blog comment



Read Xuan's comment on the blog entry *What people eat for dinner around the world* (p. 113). Label the various parts of the blog comment (1–4). Compare your results with a partner.

- | | |
|---|--|
| A concluding statement addressing your readers | C username |
| B publishing date & time | D referring to the blog entry you have read |

by Xuan — ¹
 Mai 8, 7 pm — ²

Hey everyone,

I absolutely enjoyed reading your blog entry, Kashmira. — ³

I am Xuan, I am from China and I also want to tell you a little bit about what we eat. You can eat at Chinese restaurants in many countries all over the world but the food here in China tastes very different. Let's get started ...

When a group of Chinese people eats together many dishes are served at once and eaten from a small plate. China is a big country, so we have many different traditional dishes. Dishes can include Peking duck, Xiao Long Bao dumplings, Chow Fun noodles with seafood or meat, egg noodles served in a soup, or a fondue-like hot pot. Chinese chefs love to cook with lots of soy sauces, vinegar, or hot pepper oil.

What about the rest of the world? What are you having? Looking forward to reading other comments. — ⁴



2 You have just read Xuan's blog comment and decided to comment as well. In your blog comment you should

- give examples of some of the traditional dishes of your home country (*for breakfast, lunch and dinner*)
- name the ingredients of your favourite dishes
- say what you usually eat at school.

Write about 180 words. Use the blog comment in activity 1 as a model and use the phrases from the LanguageBox.

LanguageBox

Thanks for your great blog entry, Xuan. I really want to share my thoughts on that topic too.

My name is ... and I live in ..., which is a small town / city in ...

Where I come from, many people eat / drink ... for breakfast.

... are typical meals to eat for lunch.

Traditional dishes which people eat for dinner are ...

In Austria, we mostly use ... (*ingredients*) when cooking.

My favourite dish is ... The main ingredients are ...

At school I usually eat ... and drink ...

Sometimes I have ... with me.

I like / don't like eating snacks / sweets / savory ... because ...

That's it about food from my culture. Check out some pictures online and give it a try. Let me know if you liked it.

HOW TO ... write a blog comment

Give your blog comment a clear structure:

- username, date & time
- introduction (referring to the blog entry you have read)
- main part (divided into paragraphs)
- conclusion.

The language you use depends on the readership and purpose. So make sure you address your readers correctly. Distinguish between friends (informal) and people you do not know (formal).

Language in use

Prepositions of time

1

Read the dialogue about two teenagers arranging a meeting. Have a look at the prepositions in bold and find out when they are used. Write *in*, *at*, *on* in the table on page 116. Then have a look at the Trouble-free grammar box and check your answers.

Jim: Hey Sue. What are you doing **on** Friday evening?

Sue: Hi Jim. I have tennis practice **at** 3 pm but afterwards I don't have any plans yet. What about you?

Jim: Well, I have my Chinese language course **at** 2.30 pm, which I started **in** November. Our Chinese teacher told us about a great Chinese restaurant recently called *Blue Dragon*.

Sue: Oh, I know that place. I was there with my family **on** New Year's Eve **in** 2020. The food is so delicious.

Jim: Great, would you like to go there **in** the evening?

Sue: I'd love to.

Jim: When and where should we meet?

Sue: Well, I'll pick you up **at** 7:30 pm **on** Friday.

Jim: Sounds like a plan. See you then.

use	preposition
months, years, seasons and the different times of the day	
specific time, common expressions, holidays	
days and dates	

Trouble-free grammar: Prepositions of time

We use **prepositions of time** to tell **when** or **for how long** something happens.

- We use **in** for **months, years, seasons** and the **different times of the day**.
in September, **in** 2020, **in** summer, **in** the morning
- We use **at** to express a **specific time**, for a **specific point in the day/week** and for **holidays**.
at 3 o'clock, **at** the weekend, **at** Christmas
- We use **on** for **days and dates**.
on Monday, **on** 26 November, **on** Christmas Day



2

Get into pairs. Write three mini-dialogues in which you arrange meetings (*e.g. eating out, doing sports, going to the cinema, etc.*). Use as many prepositions of time as possible. Use the dialogue from activity 1 as a model.

Writing

Writing an invitation



You have decided to go out for dinner together with some friends. You also want to invite your best friend's cousin, Sam, from Scotland. Write a text message to Sam.

In your text message, you should

- say what you are planning to do
- give further details regarding when and where you are going to meet
- convince her to join you and your friends to try some typically Austrian dishes.

Write about 80 words.



Filling out an online feedback form

Have a look at the online feedback form of the *Simply Delicious Restaurant* where you recently had dinner with your friends. Fill out the form to provide useful feedback for the restaurant. Use some of the words/phrases from the VocabBooster.

VocabBooster

delicious ■ tasteless ■ too spicy ■ long waiting time ■ not hot / cold enough ■ (un)friendly staff ■ (un)comfortable ■ reasonably priced ■ pricy ■ dirty / tidy ■ cosy ■ big / small portions ■ no air-condition ■ big selection of food ■ (un)hygienic restrooms ■ salty / sugary / fatty ■ nice outdoor seating

Simply Delicious Restaurant

Serving the best food in town!

Please take a few minutes to review us!

Your answers help us to improve our services.

When did you visit us?

Your comment

Service:

Atmosphere:

Quality of food and beverages:

Price:

Tidiness and cleanliness of the location:

Friendliness of staff:

Send

Listening

Eating out in Austria



Track 18

The English language assistant at your school, Tom McGill, wants to go out and try some world-famous traditional Austrian food. A group of students is joining him. Tom McGill reserves a table at a local restaurant. Listen to the telephone conversation and fill in the gaps. Then get into pairs and compare your findings.



Server: *Austria Restaurant*, guten Tag.

Tom McGill: Hello, my name is Tom McGill. Do you speak English?

Server: Yes, sure. How may I help you?

Tom McGill: I'd like to make¹.

Server: Of course. What evening will you be²?

Tom McGill: We would need the reservation for Friday, the 24th.

Server: Okay.³ the reservation for?

Tom McGill: [] ⁴ 7 or 7:30.

Server: How many [] ⁵ in your group?

Tom McGill: There will be 20 of us.

Server: Fine. I can [] ⁶ at 7:30 on Friday, if you would be so kind to give me your name?

Tom McGill: Thank you. My last name is McGill. Thank you for taking the reservation.

Server: Mr McGill, we [] ⁷ at 7:30 this Friday.

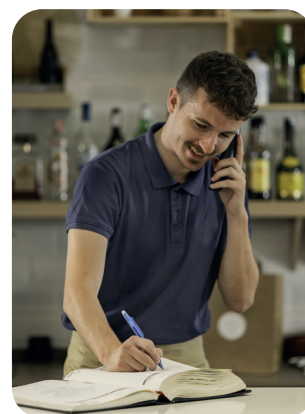
Tom McGill: We will be there. Thanks [] ⁸.



Get into pairs. Make up a similar telephone conversation about reserving a table at a restaurant. In your conversation you should

- say when you want to reserve the table for
- say how many people will be there
- ask for a specific table (*e.g. at the window, in an extra room, ...*)
- ask for food options (*e.g. vegetarian, vegan, ...*).

Speak for at least 3–4 minutes.



Speaking

Taking orders



You and your friends want to eat out at a restaurant and have decided to book a table online. Fill out an online reservation form on *Quandoo*.

Number of people:	Date:	Time:
Contact details	Mr/Mrs/Ms/Miss	
	First name:	
	Last name:	
	E-mail:	
	Phone number:	
Special request		

☐ I want to receive exclusive offers and customised information via e-mail from the restaurant.

☐ I agree to *Quandoo's* Terms & Conditions and privacy policy.

Reserve now

- 2 Have a look at the VocabBooster and match the beginnings of the sentences and questions in A with the appropriate endings in B. Then get into pairs and compare your results.

VocabBooster

A	B
What wine goes well	1 welcome to <i>Meat Point</i> .
That is a	2 indoors or outdoors?
Do you prefer to sit	3 table for two.
Good evening and	4 great choice.
Please come	5 meal for the second course.
We'd like a	6 with the second course?
I'll take today's special	7 with me.
We offer the following	8 the bill please?
Could we get	9 specials for you today.



3

Mini Scenario

You are working a summer job as a waiter/waitress at *Meat Point*, a steak house in Vienna. You have English-speaking guests for dinner.

Step 1: Get into pairs. Have a look at the role cards (A and B) and decide who you want to be.



Role A: waiter / waitress

Your task is to take the order. In your conversation with the guest you should

- welcome the guest
- ask where they want to sit (*indoors or outdoors*)
- recommend today's special meal
- take the order for the starter, second course and drinks
- ask if they need anything else
- bring the bill
- wish your guest a great day.

Role B: guest

Your task is to order food and drinks at the restaurant. In your conversation with the waiter / waitress you should

- welcome the waiter / waitress
- ask for a table
- say where you want to sit (*indoors or outdoors*)
- ask for today's special meal
- order a starter, second course and a drink
- ask for the bill.

Step 2: Write two dialogues in which you order/take orders. Use the phrases from the VocabBooster in activity 2.

Step 3: Act out the dialogues. Try to use your notes as little as possible. Take turns.

► How to act out a role play, p. 83)



Language in use

Cardinal numbers – ordinal numbers – decimal numbers

VocabBooster

cardinal numbers		ordinal numbers		decimal numbers	
1	one	1 st	first	3.40	three point four (oh)
2	two	2 nd	second	316.4	three hundred and sixteen point four
3	three	3 rd	third	0.3	zero point three
4	four	4 th	fourth	0.062	zero point zero six two
5	five	5 th	fifth		
15	fifteen	15 th	fifteenth		
25	twenty-five	25 th	twenty-fifth		
105	one hundred and five	105 th	one hundred and fifth		
4,537	four thousand five hundred and thirty-seven	4,537 th	four thousand five hundred and thirty-seventh		

- 1 Fill in the missing numbers or words.

4.6	
	seven thousand four hundred and sixty-two
23 rd	
0.0589	
	eight hundred and thirteen point one
101 st	
	zero point zero zero two one
	nine hundred twenty seven point zero five
22 nd	
242	
1174 th	



- 2 Get into pairs and answer the questions using cardinal, ordinal and decimal numbers.

- 1 What is your favourite meal and how much does it cost?
- 2 How much money did you spend the last time you were at a fast food restaurant?
- 3 How much money do you usually spend on fruits and vegetables per month?
- 4 What are your three favourite restaurants? Rank them from first to third.
- 5 What was the most expensive meal that you have ever had? How much was it?

Review

1 Fill in the prepositions *at/in/of/on/to*. Then get into pairs and compare your results.

- | | |
|---|---|
| 1 School starts <input type="text"/> 8 am. | 6 It was late <input type="text"/> night. |
| 2 I was born <input type="text"/> 23 September. | 7 Susan will leave <input type="text"/> January. |
| 3 See you <input type="text"/> the evening. | 8 He is always grumpy <input type="text"/> the morning. |
| 4 I always go out <input type="text"/> the weekend. | 9 Tom plays tennis <input type="text"/> Saturdays. |
| 5 They met <input type="text"/> 1987. | 10 I had lunch <input type="text"/> midday. |

2 Complete the chart and fill in the missing numbers or words.

17.5	
	four hundred and twenty seven point twenty five
	one hundred and one
0.35	
45 th	
	zero point one
721.23	
	eleventh
9,876	

3 Write down four numbers or scores in table A and dictate them to your partner (he/she writes down the numbers or scores in table B). Check how many out of four he/she got right.

A number way of saying it

B number way of saying it



4 Cooking show

Get into pairs. Both of you are hosting a famous TV cooking show in which one of you prepares a traditional main course from your culture and a typical dessert from your culture.

Make up a lively dialogue in which you talk about the main ingredients and the preparation of the two dishes in as much detail as possible. Use the phrases from the LanguageBox on page 122.



LanguageBox

Welcome to today's cooking show!

My name is ... and this is ...

Today we are cooking ... and ...

So let's get started.

Well, this is what we are going to need for our main course and the dessert: ...

First, you have to ...

Second, ...

The next step is to ...

Then, you have to ...

Do not forget to ...

Keep in mind that ...

Finally, ...

Thanks for watching our show. Enjoy your meal!



5

You regularly post vlogs about your personal life online. In this week's vlog you talk about food from all over the world. In your vlog you should

- list different types of food from all over the world
- explain what food you personally prefer to eat
- say which types of food you would never eat.

Speak for at least three minutes.



6

You have just read Sam's blog entry below on *www.teen-health-blog.com*. Write a blog comment and give Sam some helpful advice. Write about 180 words.

Please help!

by Sam

April 10, 8:10 am

Hello everyone!

I am new to this health-community and I need your help. I have noticed that my eating habits are rather poor, and I want to change that.

I would be happy to learn about healthier types of food. Looking forward to your comments.

Thanks, Sam



► How to write a blog comment, p. 115)

Core vocabulary

ask for the bill (v)	nach der Rechnung fragen	lunch (n)	Mittagessen
beverage (n)	Getränk	main course (n)	Hauptspeise
cereals (n)	Müsli, Getreide, Cerealien	menu (n)	Speisekarte
consist of (v)	bestehen aus	recommend sth. (v)	etw. empfehlen
dairy products (n)	Milchprodukte	season (v)	würzen, abschmecken
delicious dish (n)	köstliches Gericht	special meal (n)	Spezialgericht
dinner (n)	Abendessen	spend money on sth. (v)	Geld ausgeben für etw.
dumpling (n)	Knödel	spicy (adj)	scharf, würzig
favourite meal (n)	Lieblingsspeise	starter (n)	Vorspeise
flavour (n)	Geschmack	take an order (v)	eine Bestellung aufnehmen
for take-away (adv)	zum Mitnehmen	traditional dish (n)	traditionelles Gericht
greasy (adj)	ölig, fettig	wholemeal bread (n)	Vollkornbrot
ingredients (n)	Zutaten		