Foodstuff

Introduction Survey – Ask 2 students the questions in the table below.

	Student 1	Student 2
What do you usually have for breakfast?		
What did you eat for lunch in the summer?		
What did you have for dinner last night?		
Are you a vegetarian?		
What is your favourite food?		
What food can't you stand?		

Activity 1 – Food Types

Give five examples of each of the following food type.
Think of difficult ones to share with the rest of the class.

Meat	**Fish**	**Fruit & Vegetables**	**Carbohydrates**	**Dairy**
steak	cod	cauliflower	pasta	butter

Activity 2 – Match the verbs with vegetable

cake ~ carrot ~ cheese ~ cream ~ egg ~ fish ~ herbs
meat ~ pie ~ potato ~ sauce ~ tomato

bake _____
beat _____
boil _____
chop _____
crack _____
cut _____
fry _____
grate _____
grill _____
mash _____
peel _____
pour _____
roast _____
slice _____
sprinkle _____
steam _____
stir _____
whip _____

Activity 3 – Recipe

- ✓ Firstly, take 3 medium-sized eggs and **crack** them into a bowl.
- ✓ **Beat** the eggs with a fork, simultaneously adding a dash of milk.
- ✓ Wash a handful of button mushrooms and **slice** them.
- ✓ Now **chop** half an onion and add it to the mixture with the mushrooms
- ✓ If you want, you can **cut** a slice of some ham and add that too.
- ✓ Now, **fry** some butter in a medium-sized frying pan.
- ✓ **Pour** the mixture into the frying pan and leave on a low heat for 5 minutes.
- ✓ Flip the omelette over with a large spatula and cook for another 2-3 minutes.
- ✓ **Grate** some fresh cheese (as much or as little as you like) onto the omelet.
- ✓ Remove the frying pan from the heat when the cheese has melted and serve the omelet with a small green salad (and **mashed** or **baked** potatoes if you are really hungry!).

Activity 4 – Your turn

Now write your own recipe using the verbs from activity 2

Activity 4 – Your eating habits?

With your partner, ask and answer the following questions. Give full answers.

1) Do you normally have breakfast at home?
2) How many portions of fruit and vegetables do you eat every day?
2) How much water do you drink in a normal day?
3) How often do you eat junk food (i.e. hamburgers, pizza, etc.)?
4) Do you drink many fizzy drinks (i.e. coca cola, etc.)?
5) How many meals do you eat per day?
6) Do you usually eat your evening meals with your family?
7) Do you ever cook for your family?
8) Do you have regular mealtimes?

Activity 5 – The Taste Test

Each student will leave the classroom and be given a type of food to taste, which he will then describe to his classmates using the following adjectives:

spicy ° bitter ° salty ° crunchy ° rich ° tasty ° creamy ° sour ° bland ° sweet ° greasy ° juicy ° chewy ° smooth ° unpleasant ° buttery ° delicious ° runny ° dry ° fruity ° strong ° rough ° savoury ° sticky ° hard ° healthy ° mild ° fresh

Activity 6 – Describe that food!!

The class will be divided into 2 teams. Your teacher will name a food item and each team must give as many words to describe it as possible, using the adjectives in Activity 5. The team that says the most adjectives wins the game!

Activity 7 – Name that veggie! .







_____ _____ _____ _____ _____







_____ _____ _____ _____ _____







_____ _____ _____ _____ _____