Should I eat Soya?

EAE Learning objectives for this lesson

Comprehension activities, Review modal verbs and practice using them.

Activity One - **Ask and answer** with your teacher or partner



1. Do you try to eat healthy food?
2. What's your favorite healthy food?
3. Do you eat Soya? (or Soy)
4. How often do you eat Soya?
5. In what form do you eat it?
6. Do you think it's healthy to eat a lot of it?
7. Why? or Why not?

Activity Two - **Modes** of advice…



If you want to give advice to someone you can use modal verbs.
Modals are words that come before a main verb and give it extra meaning such as **ability, advice, necessity, possibility, or obligation.**

If you want to give advice, suggestions or to recommend something you can use modals of advice. You have to remember that modal verbs are always **followed by a base verb** or the root of a verb - this is a verb with no ending (-s, -ed,-ing etc).

Here are the modal verbs you can use for **advice**:



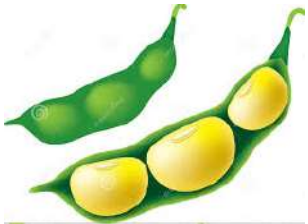
- **Should** (most common but weaker)
- **Ought to** (less common but stronger)
- **Had better** (strongest)

Here are some *examples*:

- ✓ You should prepare your English lesson every week.
- ✓ You really ought to prepare for your lesson.
- ✓ You had better prepare for your lesson or else your teacher will be really angry!

Activity Three - What **would** you advise?
Imagine that you were giving advice to the following people, act out the situation with your partner or teacher using the modal verbs from activity two.

- A friend comes to you asking for your advice because they are thinking of becoming a vegetarian.
- Your wife/husband is preparing for a marathon and wants to eat more protein.
- Your friend only ever wants to have soya milk protein shakes. That's all she wants to eat all day.
- Your colleague is worried because her young child is allergic to all dairy products, she doesn't know how he will get protein and calcium without milk.



Activity Four - ***C****omprehension* activity - Watch the video until 1.35 - answer the questions below.

http://www.doctoroz.com/article/soy-good-bad-and-best

1. Why do people eat/drink soy?
2. What food products is soy found in?
3. What continent was soy originally used in?
4. What three health benefits is soy said to have?
5. What food family is the soy bean from?
6. What is the main question that they are asking in the video?
7. What is special about soy as a source of protein?
8. List the three nutrients that soy can provide to the body.

Activity Five - Past modals.

To talk about 'should' in the past you need to use:

➡ **Should followed by have, followed by a past participle verb.**

Here are some **examples**:

- ✓ You should not have given a yoghurt to him, he's allergic to diary product.
- ✓ You should have looked in the yoghurt section of the store, there are lot's of different types of yoghurt, made from different alternatives to dairy.
- ✓ I really should not have listened to the rumours about soya being bad for you.

Activity Six - **W**hat **should** you have **done** differently?

Tell your teacher/ partner about some things you should have done differently… opportunities you missed, regrets you may have… use **should have done** - the modal of regrets… (Should have + Past participle).

I should have……

(Try to find some examples at home using the past modal - should have.)

Activity Seven: What could you make out of this?

Could is another common modal verb… it's the modal of possibility!

Think up a recipe idea with a partner or at home…

- ✱ With soya beans I could make…
- ✱ With soya milk I could make…
- ✱ With soya cream I could make…

Activity Eight - **Act out** the **situations** with a partner or with your teacher. Use modal verbs in your dialogues. You can use these.

can	could
may	might
shall	should
will	would



See if you can fill the gaps first in the following sentences:

1. You ……. find plenty of alternatives to meat and diary in any regular store these days.
2. You ……. prefer to eat soya rather than meat if you try it.
3. You ……. always check that milk is not out of date before you drink it.
4. I ……. prefer to drink soya milk please.
5. ……. we go and buy some soya milk? We've run out.
6. ……. you be coming to the restaurant with us?

Rôle Plays:

1. You work in a coffee bar and a client orders a soya latté. You make it and they pay, they sit down to drink it and suddenly you realise that you put cow's milk in it buy mistake…

2. Your son/daughter thinks that soya milk is monkey milk and refuses to drink it. You tell him/her that it's good for their health but they still have a tantrum and refuse to drink!

3. You are vegan and are trying to find something to eat in a Paris restaurant. You get really annoyed because there are not many options… each time you ask what's in one of the menu choices, there is some kind of meat in it.

4. You are a hippy who thinks that soya is the best thing to eat all the time. Your friend totally disagrees and tries to tell you that it's a bad idea!



