

Read, listen and talk about food; diets; lifestyles.

Practise countable and uncountable nouns; quantifiers; articles with singular countable nouns.

Focus on complaining and apologising; dealing with new words in listening, word stress.

Write a letter of complaint.

50

TRAVEL

BOOKS

Hungry Planet

Photographer Peter Menzel and author Faith D'Alusio visited thirty families around the world to find out what people eat. The result is 'Hungry Planet'. In our first look at the book we analyse the food that two very different families eat in one week.

A

They eat too many sweet things; there's too much sugar in their diet: there's a packet of biscuits, some cake and a lot of chocolate bars. They drink quite a lot of fruit juice, but there isn't much fresh fruit although there are some apples and grapes and one or two oranges. There aren't many vegetables either.

B

They don't eat much meat, just some chicken and there isn't any fish either, but they do eat a lot of eggs. There aren't many packaged snacks, just a few bags of tortilla chips and a little chocolate, and there aren't any fizzy drinks at all. There are a lot of fresh vegetables and fruit, especially tomatoes, carrots, bananas, pineapples, green beans and avocados.

The Mendozas of Todos Santos, Guatemala



The Baintons of Collingbourne Ducis, Great Britain

2 Read the questionnaire, then complete the questions and answer them.

YOU ARE WHAT YOU EAT

What does your fridge say about you?
Do our questionnaire and find out.

How much convenience food is there?

- some a lot too much



- 1 _____ vegetables _____ there?
 a few some a lot



- 2 _____ fruit _____ there?
 a little some a lot



- 3 _____ milk _____ there?
 a little some a lot



- 4 _____ cheese _____ there?
 a little some a lot



- 5 _____ cartons of fruit juice _____ there?
 a few some too many



- 6 _____ bottles of water _____ there?
1 2 3



- 7 _____ cake _____ there?
 a little some a lot



- 8 _____ sausages _____ there?
 a few a lot too many



3 Choose the correct quantifiers.

- I've got a very sweet tooth. Can I have ___ sugar in my coffee, please?
a much b a lot of c too much
- Did you buy ___ milk?
a any b a few c many
- How ___ coffee do you drink every day?
a many b much c some
- There's ___ chicken in the fridge – just enough for one sandwich.
a a few b a little c much
- There are ___ grapes in the fruit bowl – but only four or five.
a a little b a few c too many
- There aren't ___ avocados in the fridge.
a some b any c much
- There are ___ vegetables in the fridge.
a a little b too many c too much
- There is ___ fruit juice for one person.
a too much b too many c a few
- How ___ glasses of water do you drink every day?
a many b much c any
- There's ___ pizza in the box.
a many b a few c a lot of

4 Complete the conversation.

- Doctor** Can you tell me about your diet? For example, ¹h_____m_____ convenience food do you eat?
- Patient** I have two or three pizzas a week and a burger with chips for lunch every day.
- Doctor** That's ²t_____m_____. What about sweet things? ³H_____m_____ sugar do you have?
- Patient** I always have four big spoons of sugar in my tea and coffee.
- Doctor** That's ⁴t_____m_____. Try to have only one spoon. Do you eat a lot of fruit and vegetables?
- Patient** I buy a ⁵f_____ apples and I eat ⁶a l_____ broccoli sometimes.
- Doctor** ⁷H_____m_____ apples do you eat each week?
- Patient** Two or three.
- Doctor** ⁸H_____m_____ broccoli do you eat?
- Patient** About a hundred grammes a month.
- Doctor** ⁹H_____m_____ beer do you drink?
- Patient** I have three or four bottles in the evening when I'm watching TV.
- Doctor** That's between 21 and 28 bottles a week. That's ¹⁰t_____m_____. I'm afraid you have a very unhealthy diet.
- Patient** What can I do?
- Doctor** Here's ¹¹s_____ diet information. Read it carefully and come and see me again next month.

1. Which food and drink come from Slovenia?
2. What is a typical breakfast in Slovenia?
3. Describe a full English breakfast.
4. Is lunch or dinner the main meal of the day?
5. What is fingerfood?
6. What is take-away food?
7. What is a typical Sunday lunch?

Write one dish for each part of a meal to make your favourite Sunday lunch:

- starter
- main course
- salad
- dessert

8. How would you describe 'žlikrofi' to a foreigner?
9. You are in a restaurant. There is a fly in your soup. What do you say to the waiter? Be polite.
10. You are in an English pub. Order ½ l of beer.
11. You are in a restaurant. Order: gobova juha, ocvrta cvetača, pečen krompir, goveji zrezek, zelena solata, sladoled s sadnim prelivom
12. Which dish do you know the recipe for? What are the ingredients?
13. Write what country the following food is from and if it is eaten as the main course, starter or dessert.

spaghetti bolognese

sushi

jacket potatoes and shephard's pie

croissants

paella

curry

pizza

hamburger

goulash

kebab

steak Viennese



Comfort food

Comfort food is food that makes you feel happy and relaxed*! It is often a traditional* food. Here are some favourite UK comfort foods.



bangers and mash

Sausages

Five million sausages are eaten every day in the UK. Sausages and mashed* potato is called 'bangers and mash'. Half of British sausages are eaten for an evening meal. And more sausages are cooked on Saturday in England than on any other day! People also like sausage sandwiches and barbecued sausages.

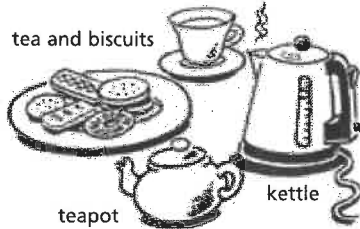
sponge pudding



Puddings*

In the 1690s a French visitor to London wrote, 'Ah, what an excellent thing is an English pudding'. Sponge puddings are steamed* in water in a saucepan. They are like a hot cake and are served with custard*. Other favourite puddings are rice puddings, fruit pies and Christmas puddings. Nowadays families don't have a pudding every day, but it is still a favourite. People often buy ready-made* traditional puddings now.

tea and biscuits

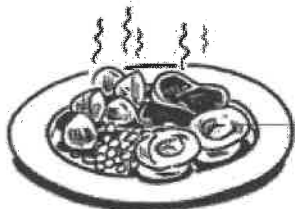


teapot

kettle

Tea and biscuits

165 million cups of tea are drunk each day in the UK! Tea is often served with biscuits and 98% of Brits have it with milk. You'll find two tea-making things in every British kitchen: the kettle, which is used for boiling the water, and the teapot, which is used for making the tea. But nowadays many teenagers don't drink tea and prefer cold drinks.



roast lunch

Traditional roast lunch

This is usually served at lunchtime on Sunday. It is when families get together. It consists* of roast meat, usually beef, lamb or pork, served with roast potatoes, Yorkshire pudding (a kind of savoury batter*), vegetables and lots of gravy*! It is often followed by a traditional pudding, too! Sunday lunch is a popular meal to eat out at the pub. And students away from home miss it because a roast lunch means family life.

Now decide if these sentences are true (T) or false (F).

- 1 Five million plates of bangers and mash are eaten each day.
- 2 About 50% of sausages are eaten in the evening.
- 3 People eat more sausages on Saturday than Monday.
- 4 Sponge pudding is served cold with custard.
- 5 People don't often cook steamed puddings now.
- 6 165 million British people drink tea every day.
- 7 British people use a kettle to boil water.
- 8 Roast lunch is served in the evening on Sunday.
- 9 Yorkshire pudding is eaten with roast meat.
- 10 British people like eating Sunday roast in a pub.

Would you like these comfort foods?

What's the comfort food and drink in your country?

*What is it in your language? Find out!

Did you know?

If you say something 'isn't your cup of tea', it means you don't like it.

Naloga 1: Dopolnjevanje

Preberite besedilo z ovojnine izdelka *Grandpa's Kitchen Pizza Crust Mix* (mešanica moke za pico) in rešite nalogo.

Grandpa's Kitchen Pizza Crust Mix

Source (text and photo): <<http://www.grandpas-kitchen.com/GK/glutenfreepizza.html>>, September 14, 2010

One package makes two 12" pizza crusts or one 9x13 pan of breadsticks or one 12" pizza and one 8x8 pan of breadsticks.

Directions for Pizza Crust

Preheat oven to 350°

Mix together & set aside:

2 Eggs

1/4 C Vegetable Oil

1/2 C Buttermilk

Combine Dry Ingredients:

1 pkg Mix 1 tsp Cumin*

1 tsp Onion Powder 1 tsp Salt*

2 tsp Baking Powder

1/2 tsp Baking Soda

Stir in Yeast (packet inside bag)

Add liquid ingredients to dry ingredients in large mixing bowl. Mix together for 15 minutes. If dough is too thick to roll out easily, add 2-3 Tbsp milk. Turn dough out on well greased pans. Press or roll out dough. Let rise 10 minutes.

Bake the crust for 10 minutes. Remove from oven. Add toppings except cheese and bake for 20-25 minutes. Cover with cheese and broil until bubbly and golden brown. Baste edges of crust with 2 Tbsp melted margarine. Sprinkle edge of crust with Parmesan Cheese.

Directions for Breadsticks

Preheat oven to 350°

Follow same directions as Pizza Crust except use 1 C Buttermilk. Bake in 9x13 well greased baking pan. Let dough rise until double in size. Bake for 30 minutes until toothpick comes out clean. Baste with 3 Tbsp margarine. Sprinkle with Parmesan Cheese. Cut into breadsticks and removed from pan.

* Optional ingredients based on dietary needs.

Processed in a 100% gluten free facility. The ingredients in our products are natural with no additives.

After several members of our family were diagnosed with Celiac Disease, we discovered there were many foods that we missed. When we could not find a pizza crust mix we liked, we developed our own. This mix is not only delicious, but very easy to make.

Nutrition Facts

Serving Size 5 Tbsp (35g)

Servings Per Container 8

Amount Per Serving

Calories 130

% Daily Value*

Total Fat 0g 0%

Sodium 0mg 0%

Total Carb. 32g 11%

Dietary Fiber 1g 4%

Protein 1g

Iron 6%

Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, sugars, vitamin A, vitamin C, and calcium.

*Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Brown Rice, White Rice, Potato Starch, Tapioca Flour, Corn Starch, Sorghum Flour, Xanthan Gum, Yeast Packet Included

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Comments or Questions

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Dopolnite spodnji povzetek besedila *Grandpa's Kitchen Pizza Crust Mix* z manjkajočimi ključnimi informacijami. Uporabite lahko le besede iz besedila. Odgovore zapišite na oštevilčene črte. Na posamezni črti je lahko največ ena beseda ali številka.

Example:

The company Grandpa's Kitchen produces a pizza crust mix which can be used to make either pizza crust or (0) breadsticks.

When preparing a pizza crust, three different liquid ingredients are first mixed together: (1) _____, vegetable oil and buttermilk. After they are added to the dry ingredients and the dough is put into a pan, the crust is baked for 10 minutes. Then most of the (2) _____ are added. After another 20-25 minutes in the oven, two kinds of cheese are added and the dish is ready. The recipe for breadsticks is almost the same, though one of the differences is in the quantity of (3) _____.

The ingredients in the mix are all natural; there are no (4) _____ in it. It was created for people who suffer from (5) _____ disease.

Five tablespoons of the mix contain (6) _____ calories, 11% of carbs, 0 grams of fat, and the same amount of (7) _____.

If you have any questions about the product, you can contact the company by regular mail or send them an (8) _____.

(8 točk)

