

Unit 1 Lesson 1

S B P 12

Eat Right!



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Unit 1 We are what we eat

Grammar
Past simple and past continuous;
adjectives

Discuss

- Answer these questions about healthy eating.
 - Look at the pictures on page 13. Rank them in order of their nutritional value, starting with the highest.
 - What did you eat for breakfast this morning? How could it be healthier? Now compare your answers with those of other students.

Read

- Read this article about healthy living. How can food and drink improve our health?

Diet insider

It's never been easier to eat healthily. Some might argue that fast food and high-sugar snacks are easier and cheaper than eating healthily. But what could be healthier (and tastier!) than home-made meals, full of the natural and nutritious ingredients our bodies need? Our skin, muscles, bones, brain and heart are all maintained by the good nutrition we eat. As a Muslim and a dietician, I always eat wisely. I know it's important to keep my physical body healthy and strong, so I can keep my soul and spirit strong, too. Here are three things you can add to your daily diet to keep your mind and body in tip-top shape:



PROBIOTIC DRINKS

Did you know that most of your immune system is located within your stomach, and contains at least 400 different types of bacteria? Probiotic drinks, such as Yakult and Actimel, are a simple way of improving your immune system every day. Probiotic drinks contain billions of 'good' bacteria exactly for that purpose. Good bacteria help to stimulate your digestive process and to absorb nutrients. They also help neutralise the 'bad' bacteria that can lead to infections and illnesses.

GREEN TEA

"Better to be deprived of food for three days, than tea for one." Ancient Chinese Proverb

The Chinese have known about the benefits found in green tea since ancient times, using it to treat everything from headaches to depression, for over 4,000 years. The secret of green tea lies in the fact it is rich in the antioxidants that remove potentially damaging or harmful substances from the body. These antioxidants help combat diseases such as cancer and arthritis, as well as lowering cholesterol and improving your general immune system. However, it's still not perfect as green tea leaves contain stimulants, including caffeine.

CHOCOLATE (yes, really!)

Chocolate is normally associated with a high-fat, high-sugar diet, exactly the type of food we should be avoiding! However, Italian dieticians have completed a study proving the health benefits of dark chocolate. Researchers found eating 100g of dark chocolate each day for 15 days could lower blood pressure. The University of L'Aquila team also found the body's ability to metabolise sugar - a problem for people with diabetes - was improved. Diabetes UK care adviser Amanda Vezey pointed out it was a small study, but said it was still interesting. "People with diabetes can eat dark chocolate like everyone else, in moderation."

- Answer these questions with a partner.
 - What is the difference between 'good' and 'bad' bacteria?
 - Why are antioxidants so good for our body?
 - How can dark chocolate help diabetics?

Learn Vitamins and minerals

- You are going to hear a talk about the different vitamins and minerals food contains.
 - Before you listen, try to match the pictures to the words below.
 - Which food do you think has the most health benefits?



iron fibre vitamin A calcium protein vitamin B
sugars carbohydrate saturated fat unsaturated fat

- (1.1) Listen and note which food items in the list the speaker mentions, and why they are healthy.

Check your understanding

- (1.1) Listen again and answer these questions.
 - What is the benefit of beans with coloured shells?
 - What contains eight amino acids?
 - Why can the nutritional value of fish vary?
 - Which diseases can eating fish reduce and prevent?
 - What did Ancient Greek athletes believe?
 - Why do you think most vegetables have more nutritional value when eaten raw?

Think and discuss (expressing preferences; expressing personal opinions)

- Work in pairs or groups.
 - Describe the foods and properties a healthy diet should include.
 - Which of your favourite foods are the most beneficial to your health? Why?

Words to remember

absorb, antioxidant, arthritis, caffeine, calcium, cholesterol, combat, dietician, digestive, fibre, iron, metabolise, neutralise, nutrition, probiotic, protein, saturated fat, stimulant, unsaturated fat, vitamin



Unit 1 We are what we eat

Grammar

3 Answer these questions with a partner.

- a. What is the difference between 'good' and 'bad' bacteria? _____
- b. Why are antioxidants so good for our body? _____

1 Answer these questions about healthy eating.

a Look at the pictures on page 13. Rank them in order of their nutritional value, starting with the highest.

2 Read this article about healthy living. How can food and drink improve our health?

Insider
Some might argue it's healthier than eating from home-made. Our bodies maintain themselves in a healthy manner. Here are three tips in tip-top shape:

GREEN TEA
"Better to be deprived of food for three days than to have known about the benefits of green tea. It is rich in antioxidants that protect the body from free radicals, which can lower cholesterol and reduce the risk of heart disease. How to drink it: Brew it with hot water for 3-5 minutes. UK experts say it's good for you." Ancient Chinese Proverb.

YOGURT
Yogurt is a good source of protein and calcium. It's also a probiotic, which means it contains good bacteria that can help improve your gut health. Try to eat it every day.

EGGS
Eggs are a great source of protein and healthy fats. They're also easy to cook and eat. Try to eat one or two eggs a day.

BREAD
Bread is a staple food in many cultures. It's a good source of carbohydrates and fiber. Try to eat whole-grain bread.

SPAGHETTI
Spaghetti is a popular pasta dish. It's a good source of carbohydrates and fiber. Try to eat whole-grain spaghetti.

CHEESE
Cheese is a good source of calcium and protein. It's also a good source of fat. Try to eat low-fat cheese.

RICE
Rice is a staple food in many cultures. It's a good source of carbohydrates. Try to eat whole-grain rice.

CROISSANT
Croissants are a popular breakfast item. They're a good source of carbohydrates and fat. Try to eat whole-grain croissants.

CEREAL
Cereal is a good source of carbohydrates and fiber. Try to eat whole-grain cereal.

FISH
Fish is a good source of protein and healthy fats. Try to eat fish at least twice a week.

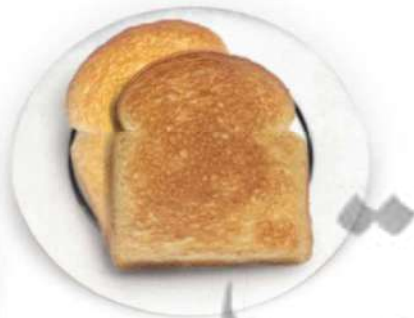
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13

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Which one has the most nutritional value?



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Unit 1 We are what we eat

Grammar
Past simple and past continuous;
adjectives

Exercise

- Answer these questions about healthy eating.
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Exercise Vitamins and minerals

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 - Before you listen, try to match the pictures to the words below.
 - Which food do you think has the most health benefits?

b What did you eat for breakfast this morning? How could it be healthier?
Now compare your answers with those of other students.

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Exercise (expressing preferences; expressing personal opinions)

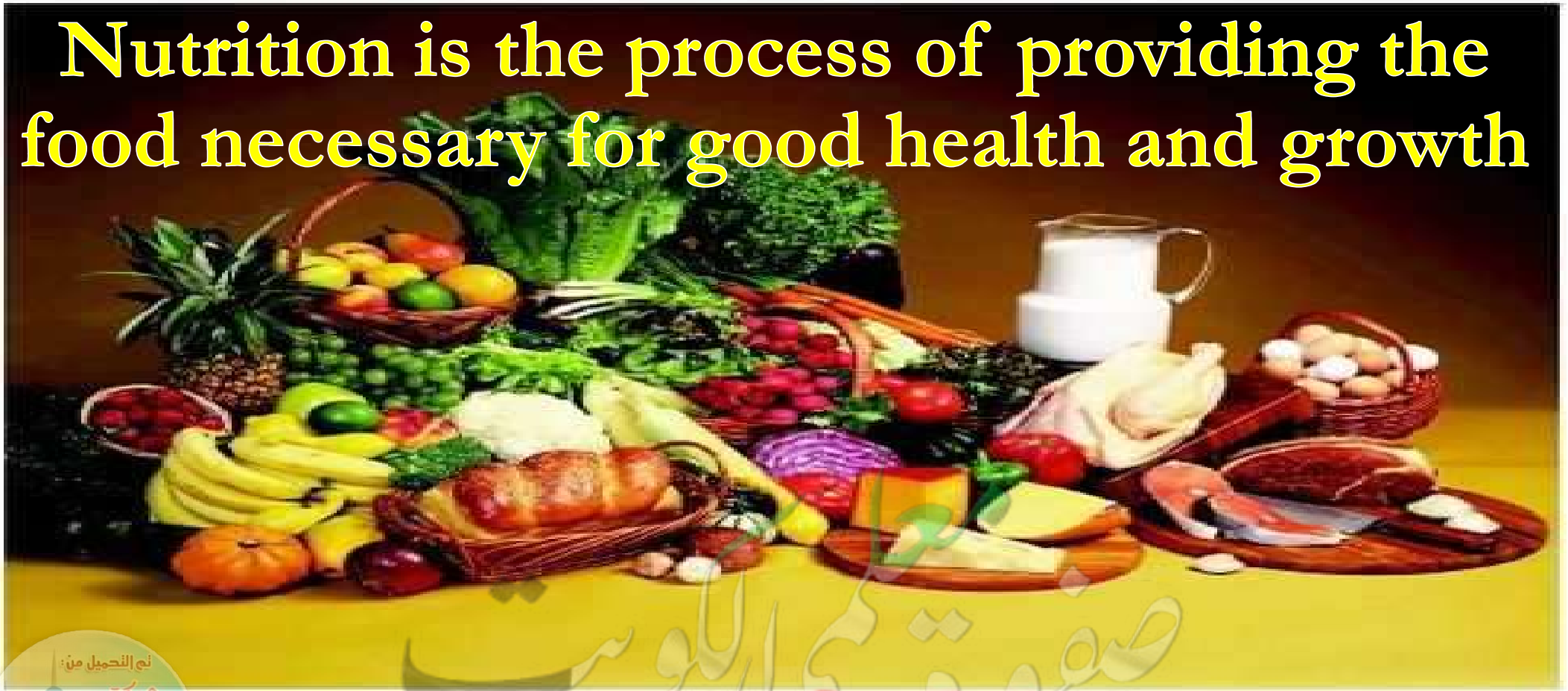
- Work in pairs or groups.
 - Describe the foods and properties a healthy diet should include. Which of your favourite foods are the most beneficial to your health? Why?

Words to remember
absorb, antioxidant, arthritis, caffeine, calcium, cholesterol, combat, dietician, digestive, fibre, iron, metabolise, neutralise, nutrition, probiotic, protein, saturated fat, stimulate, unsaturated fat, vitamin



nutrition

Nutrition is the process of providing the food necessary for good health and growth



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calcium

a metallic element that forms and strengthens bones and teeth



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iron

a mineral found in food



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vitamin



amin
C

Vitamin D



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vitamin

**a chemical substance in food that is
necessary for good health**



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protein

a natural substance that exists in food such as meat, eggs and beans and which the body needs in order to grow healthily



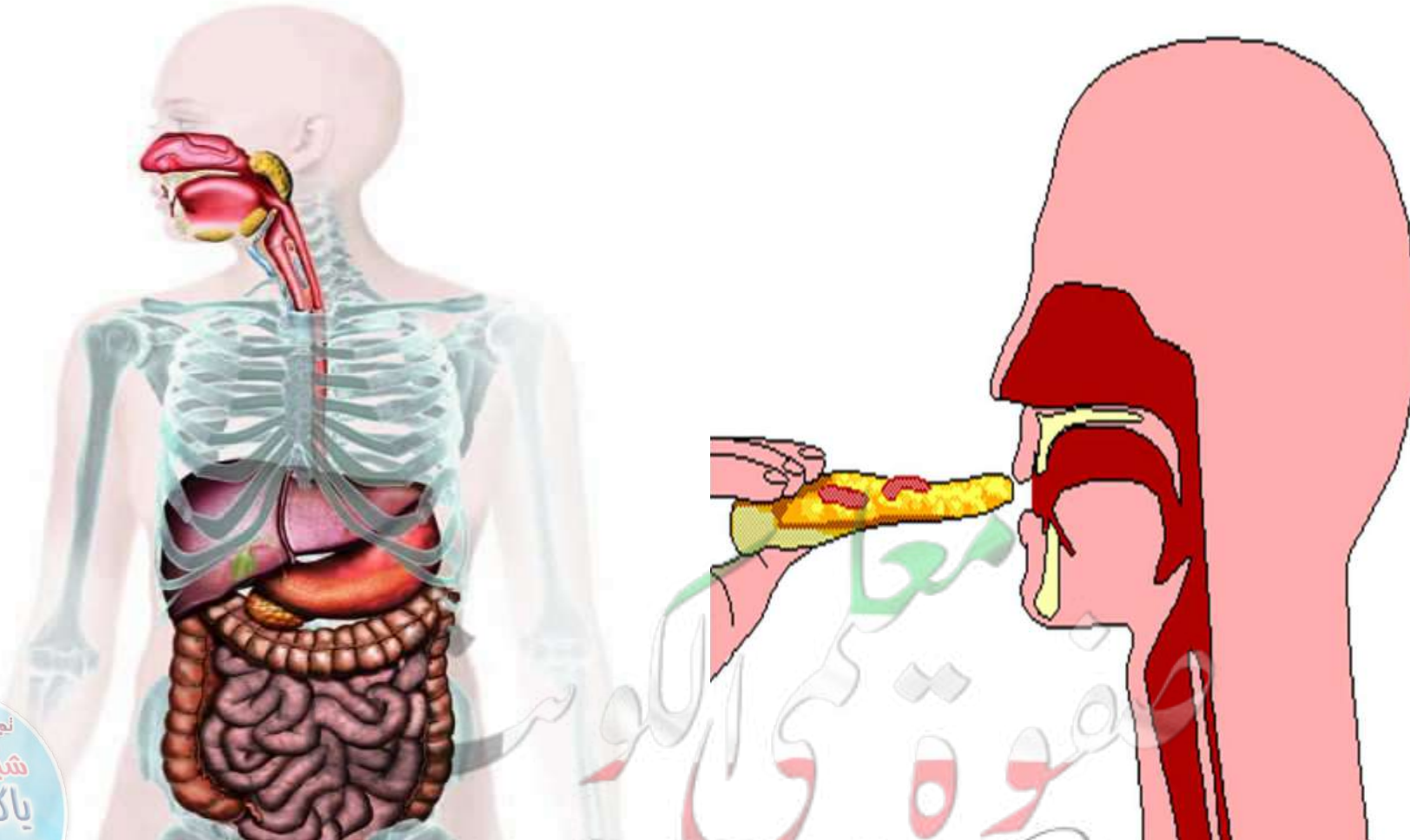
fiber

important nutrient found in wholegrain products like brown rice or flour



digestive

relating to the process of digesting food ▶



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absorb

**to take in energy or
a liquid by chemical action**



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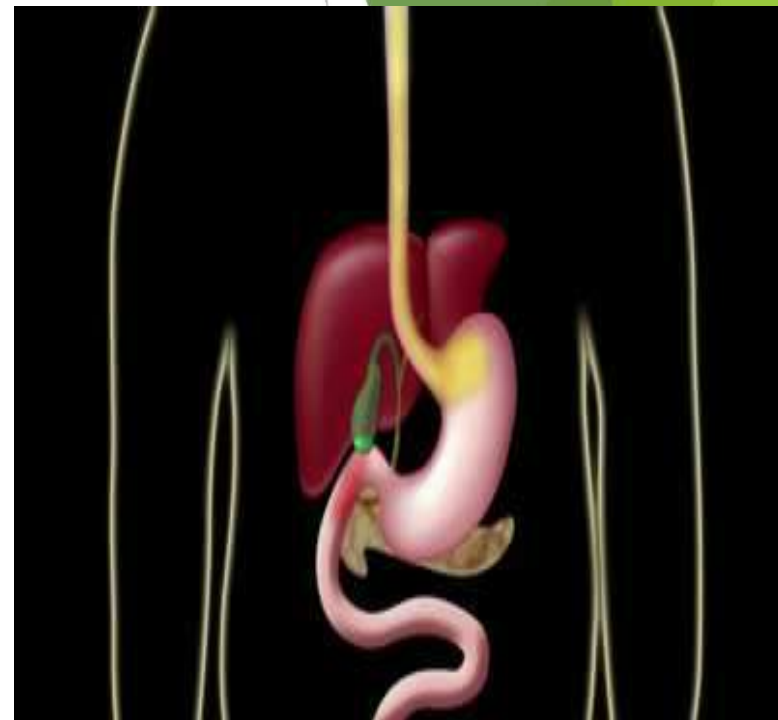
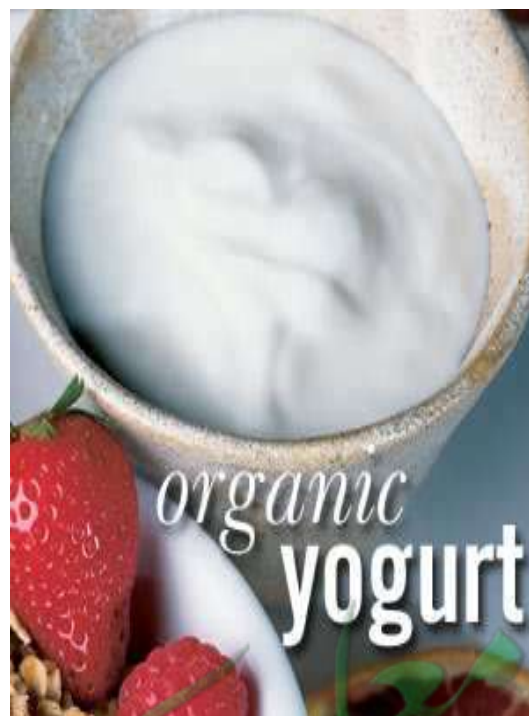
probiotic

Probiotic drinks contain good bacteria to improve health



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neutralise



to make a substance chemically neutral



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metabolise

to change food in your body into energy



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antioxidant

a substance in some foods that cleans the body and protects it from diseases



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cholesterol

a chemical substance found in your blood, causing heart diseases



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saturated fat

Saturated fats

Saturated fats are found in animal products such as butter, cheese, whole milk, ice cream, cream, and fatty meats, and oils such as coconut, palm, and palm kernel oil.



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caffeine

a stimulant found in tea and coffee that can cause health problems



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stimulant

a substance that increases nervous activity in the body



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combat

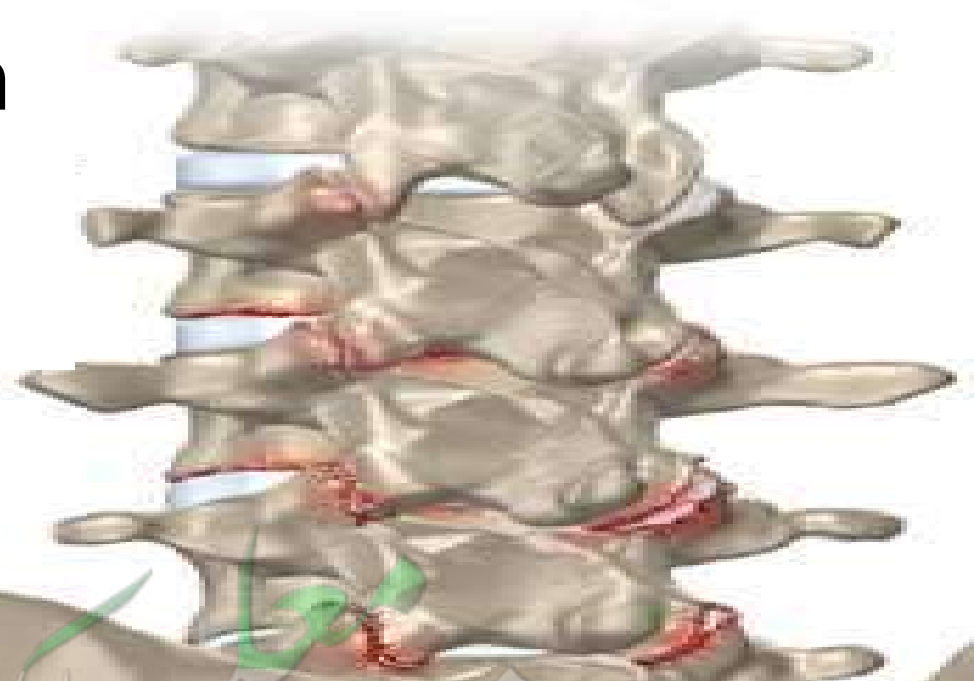
to take action to reduce, destroy or prevent



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arthritis

A disease that causes
painful inflammation
and stiffness of the
joints



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dietician



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Unit 1 We are what we eat

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- 3 Answer these questions with a partner.
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 - b Why are antioxidants so good for our body? _____
 - c How can dark chocolate help diabetics? _____

LESSON 1 Vitamins and minerals

Diet insider

It's never been easier to eat healthily. Some might argue that fast food and high-sugar snacks are easier and cheaper than eating healthily. But what could be healthier (and tastier!) than home-made meals, full of the natural and nutritious ingredients our bodies need? Our skin, muscles, bones, brain and heart are all maintained by the good **nutrition** we eat. As a Muslim and a **dietician**, I always eat wisely. I know it's important to keep my physical body healthy and strong, so I can keep my soul and spirit strong, too. Here are three things you can add to your daily diet to keep your mind and body in tip-top shape:



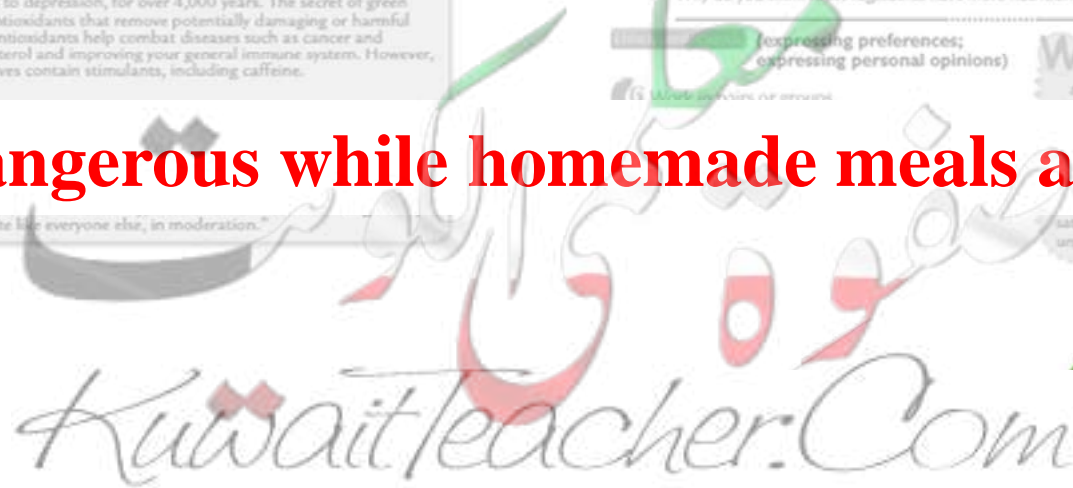
20 to treat everything from headaches to depression, for over 4,000 years. The secret of green tea lies in the fact it is rich in the antioxidants that remove potentially damaging or harmful substances from the body. These antioxidants help combat diseases such as cancer and arthritis, as well as lowering cholesterol and improving your general immune system. However, it's still not perfect as green tea leaves contain stimulants, including caffeine.

Why do you think most vegetables have more nutritional value when eaten raw?
 (expressing preferences; expressing personal opinions)
 Words to remember: absorb, antioxidant.

12 with diabetes can eat dark chocolate like everyone else, in moderation."

13 saturated fat, stimulant, unsaturated fat, vitamin

Fast foods are dangerous while homemade meals are useful. Discuss



Probiotic drinks have many benefits. Show how they are useful.

Exercise

- Answer these questions about healthy eating.
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Task

- Read this article about healthy living. How can food and drink improve our health?

Diet insider

Exercise Vitamins and minerals

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5 Work in pairs or groups.

- Describe the foods and properties a healthy diet should include. Which of your favourite foods are the most beneficial to your health? Why?

absorb, antioxidant, arthritis, caffeine, calcium, cholesterol, combat, dietician, digestive, fibre, iron, metabolise, neutralise, nutrition, probiotic, protein, saturated fat, stimulant, unsaturated fat, vitamin



According to the Chinese, green tea is useful, why?

Exercise 1

- 1 Answer these questions about healthy eating.
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Exercise 2

- 2 Read this article about healthy living. How can food and drink improve our health?

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Exercise 3 Vitamins and minerals

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iron fibre vitamin A calcium protein vitamin B
sugars carbohydrate saturated fat unsaturated fat

GREEN TEA

“Better to be deprived of food for three days, than tea for one.” **Ancient Chinese Proverb**

The Chinese have known about the benefits found in green tea since ancient times, using it to treat everything from headaches to depression, for over 4,000 years. The secret of green tea lies in the fact it is rich in the **antioxidants** that remove potentially damaging or harmful substances from the body. These antioxidants help **combat** diseases such as cancer and **arthritis** as well as lowering **cholesterol** and improving your general immune system. However, it's still not perfect as green tea leaves contain **stimulants**, including **caffeine**.

with diabetes can eat dark chocolate like everyone else, in moderation.

unsaturated fat, vitamin




How do you think that dark chocolate is perfect for diabetics?

Now compare your answers with those of other students.

2 Read this article about healthy living. How can food and drink improve our health?

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iron	fibre	vitamin A	calcium	protein	vitamin B
sugars	carbohydrate	saturated fat	unsaturated fat		

11 Listen and note which food items in the list the speaker mentions, and why they are healthy.

12 Listen again and answer these questions.

What is the benefit of beans with coloured shells?

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In your opinion, what can help you keep your mind and body in tiptop shape?

- **Having healthy food.**
- **Having the RDA of food elements (fats – proteins- carbohydrates- minerals – water – iron – calcium.....,etc.)**
- **Doing regular exercises.**
- **Avoid having fizzy drinks**
- **Avoid having much saturated fats**
- **Having food and drinks which contain antioxidants**



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Nasser Al-Saeed
Sec. School For
Boys

Hawalli
Educational
District

English
Department

Under the
auspices of :

HOD Mr.
Hesham Al-
Sakhawi

THANK
YOU

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Grade 10
Unit 1

Lesson 2
SB P 13



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- 3 Answer these questions with a partner.
- a What is the difference between 'good' and 'bad' bacteria?
 - b Why are antioxidants so good for our body?
 - c How can dark chocolate help diabetics?

Listen Vitamins and minerals

- 4 You are going to hear a talk about the different vitamins and minerals food contains.
- a Before you listen, try to match the pictures to the words below.
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sugars carbohydrate saturated fat unsaturated fat

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Check your understanding

- 5 (1.1) Listen again and answer these questions.
- a What is the benefit of beans with coloured shells?
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 - c Why can the nutritional value of fish vary?
 - d Which diseases can eating fish reduce and prevent?
 - e What did Ancient Greek athletes believe?
 - f Why do you think most vegetables have more nutritional value when eaten raw?

Think and speak (expressing preferences; expressing personal opinions)

- 6 Work in pairs or groups.
- a Describe the foods and properties a healthy diet should include.
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Words to remember
absorb, antioxidant, arthritis, caffeine, calcium, cholesterol, combat, dietician, digestive, fibre, iron, metabolise, neutralise, nutrition, probiotic, protein, saturated fat, stimulant, unsaturated fat, vitamin



3 Answer these questions with a partner.

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- b Why are antioxidants so good for our body?
- c How can dark chocolate help diabetics?

Now compare your answers with those of other students.

2 Read this article about healthy living. How can food and drink improve our health?

a Good bacteria help stimulate the digestive process and aid the absorption of nutrients.

Bad bacteria causes infections and illnesses.

b Antioxidants remove damaging or harmful substances from the body.

c Dark chocolate improves the metabolism of sugar for diabetics.

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12

13



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Listen Vitamins and minerals

4 You are going to hear a talk about the different vitamins and minerals food contains.

- Before you listen, try to match the pictures to the words below.
- Which food do you think has the most health benefits?



iron

fibre

vitamin A

calcium

protein

vitamin B

carbohydrates

carbohydrate

saturated fat

unsaturated fat

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- fish • • *protein, vitamin A, vitamin B, calcium, unsaturated fat*
- cereal • • *carbohydrate, fibre*
- rice • • *carbohydrate, fibre*
- eggs • • *protein, saturated fat*
- croissant • • *carbohydrate, saturated fat*
- onion • • *vitamin A*
- cheese • • *calcium, protein, saturated fat, vitamin A*
- beans • • *fibre, iron, protein, sugars*
- yoghurt • • *calcium, protein*
- bread • • *carbohydrate, fibre (if brown bread)*
- noodles • • *carbohydrate, fibre (if brown noodles)*





(1.1) Listen and note which food items in the list the speaker mentions, and why they are healthy.



c. How can dark chocolate help diabetics?

Vitamins and minerals

4 You are going to listen to a recording of a speaker talking about different vitamins and minerals food contains.

a Before you listen, write down the names of the vitamins and minerals you think are important.

b Which food contains the most of each of these?

iron fibre vitamin A calcium protein vitamin B
sugar carbohydrate saturated fat unsaturated fat



Beans



Beans are rich in protein, iron, vitamin C, folic acid and carbohydrates.





(1.1) Listen again and answer these questions.

a What is the benefit of beans with coloured shells? *They contain antioxidants.*

b What contains eight amino acids? *Soya beans*

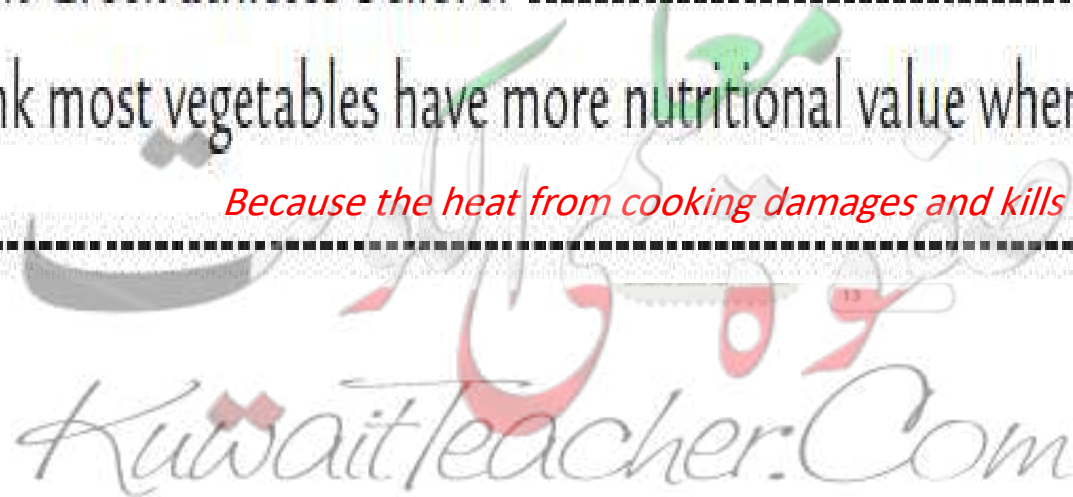
c Why can the nutritional value of fish vary? *It depends on the type of fish and the way it is cooked*

d Which diseases can eating fish reduce and prevent? *Heart disease, arthritis, cancer.*

e What did Ancient Greek athletes believe? *That onions would lighten the balance of the blood.*

f Why do you think most vegetables have more nutritional value when eaten raw?

..... *Because the heat from cooking damages and kills some of the nutrients.*



6 Work in pairs or groups.

- a** Describe the foods and properties a healthy diet should include.
- b** Which of your favourite foods are the most beneficial to your health? Why?



Probiotic Drinks



Green Tea

Chocolates



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Wrap-Up

"We are what we eat ". Explain.

.....

If we eat the right food, we will be healthy.

What can help you keep your mind and body in tip-top shape?

We need to have healthy food. In addition, we need to do some exercises.

“Better to be deprived of food for three days than tea for one.” This is an ancient Chinese proverb. What does it refer to?

This proverb refers to the importance of green tea as it is rich in antioxidants, which combat diseases and lower the cholesterol.



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Unit 1

HEALTHY

Lesson 4



شبكة
EATING

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Grammar

• Past simple and past continuous tenses Grammar reference pages 123-125



(1.2) Listen to this breakfast time story and answer these questions.

- a Why did the speaker go to the shop?
- b What happened at home while he was at the shop?



2 Read these extracts from the listening text and fill in the blanks with the correct form of the verbs in brackets.

a Last week (be) a school holiday, so I (wake up) late every day. This morning, when I (get up), my family (have) breakfast. My mother and father (talk), and my brothers and sisters (drink) tea, and (eat) bread and cheese. My mother (make) me some tea.



b I (buy) the last loaf of bread in the shop, (pay) and (leave). While I (walk) home, I (meet) two of my neighbours. They (stand) and (chat).

c There (be) no one at the table. I (sit) down, (cut) a slice of bread and (reach) for the cheese.



3 Work in pairs or groups. Talk about what these people were doing at 10 o'clock yesterday morning. You may have to use your imagination to make a guess.

What was your father doing at 10 o'clock yesterday morning?

- a Your father
- b One of your brothers or sisters
- c One of your teachers
- d Your friend

• Adjectives Grammar reference page 124



4 Complete the phrases with the adjectives given. Make sure you put the adjectives in the correct order.

- a A building (grey, round, small)
- b A vase (wooden, beautiful, blue)
- c A man (athletic, tall, thin)
- d A salad (green, huge, delicious)

Pronunciation



(1.3) Listen and repeat these sentences. Notice when the preposition *from* becomes reduced.

- a Are you coming from the shop?
- b Where did you come from?



(1.4) Now listen and repeat this sentence.

Antioxidants from green tea are beneficial. Where is green tea from?



Past simple and past continuous tenses

Grammar reference pages 123-125



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● Past simple and past continuous tenses Grammar reference pages 123-125

 2 Listen to this breakfast time story and answer these questions.

Tape script

- a Why did the speaker go to the shop? *To get some bread.*
- b What happened at home while he was at the shop? ... *His family finished the cheese.*

Past simple

A Form

Statements

- ▶ For regular verbs, we use the base form + **ed** with all the pronouns:

*I **walked** to school.*

- ▶ Irregular verbs do not follow this rule:

*She **caught** the bus to school. / He **drank** three cups of coffee.*

There is a list of irregular verbs on pages 148–150.



2 Read these extracts from the listening text and fill in the blanks with the correct form of the verbs in brackets.

a Last week **was** (be) a school holiday, so I **woke up** (wake up) late every day. This morning, when I **got up** (get up), my family **were having** (have) breakfast. My mother and father **were talking** (talk), and my brothers and sisters **were drinking** (drink) tea, and **eating** (eat) bread and cheese. My mother **made** (make) me some tea.

b I **bought** (buy) the last loaf of bread in the shop, **paid** (pay) and **left** (leave). While I **was walking** (walk) home, I **met** (meet) two of my neighbours. They **were standing** (stand) and **chatting** (chat).

c There **was** (be) no one at the table. I **sat** (sit) down, **cut** (cut) a slice of bread and **reached** (reach) for the cheese.



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3 Work in pairs or groups. Talk about what these people were doing at 10 o'clock yesterday morning. You may have to use your imagination to make a guess.

What was *your father* doing at 10 o'clock yesterday morning?

- a** Your father
- b** One of your brothers or sisters
- c** One of your teachers
- d** Your friend

Order of adjectives

When two or more adjectives are used in front of a noun, they are usually in this order:

Opinion	<i>wonderful / attractive</i>
Size	<i>small / huge</i>
Age	<i>old / young</i>
Shape	<i>fat / round</i>
Colour	<i>black / green</i>
Origin	<i>Kuwaiti / Brazilian</i>
Material	<i>woollen / metal</i>

Examples:

He gave her six **beautiful large red** roses.

A **little old Chinese** man came to the door.

I keep all my money in a **small black metal** box.

It is unusual to put more than three adjectives in front of a noun.

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Determiner	Opinion	Size	Age	Shape	Color	Origin	Material	Purpose	Noun
a	handsome		young			Brazilian			man
a		huge		Round			metal		bowl
a		small			Yellow			sleeping	bag



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● **Adjectives** Grammar reference page 124

4 Complete the phrases with the adjectives given. Make sure you put the adjectives in the correct order.

- a** A small round grey building (grey, round, small)
b A beautiful blue wooden vase (wooden, beautiful, blue)
c A tall thin athletic man (athletic, tall, thin)
d A delicious huge green salad (green, huge, delicious)

Pronunciation

5 (1.3) Listen and repeat these sentences. Notice when the preposition **from** becomes reduced.

a Are you coming from the shop?

b Where did you come from?

6 (1.4) Now listen and repeat this sentence.

Antioxidants from green tea are beneficial. Where is green tea from?



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Unit 1

Lesson 6

WB: p.6+7

We are what we eat



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Grammar assistant

Past Continuous

- Use the past continuous for an action that was in progress in the past for a period of time.

*I was preparing breakfast yesterday morning.
(for one hour)*

- 1 Look at the picture. Last night at 8.30 p.m. there was a power cut and the lights went out. What was everyone doing? Complete the sentences with the correct form of the verbs. There is one extra word.



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bring buy carry come order
pay for prepare take

- a A family were ordering their food from a waiter.
- b A waiter was carrying three drinks on a tray.
- c A brother and sister were coming into the restaurant.
- d Another waiter was taking empty plates back into the kitchen.
- e In the kitchen, the chef was preparing the vegetables.
- f Another waiter was bringing food out of the kitchen.



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2 Imagine you are eating in a restaurant. What would you say to the waiter in the following situations?

a You have dropped your fork.

Excuse me, could I have another fork, please?

b You are a vegetarian.

Do you have any vegetarian dishes?

c Two more guests will soon be arriving at your table, but there is no room for them.

Is it possible we could move to a larger table? Two more guests are joining us soon.

d You are allergic to pepper.

Do you have any dishes without pepper? I'm allergic to pepper.

What would you say to your dad in this situation?

e Your dad has high cholesterol and wants to order a burger and fries.

Why don't you order something with less fat, Dad?



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كفوة الكو
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3 Complete the conversations with the correct form of the verbs in brackets. Use the past simple or past continuous.

A What (1) did you do (you do) at the weekend?

B I (2) went (go) shopping with my friends in Kuwait City, (3) watched (watch) TV and (4) did (do) my homework.

A What (5) _____ (you do) were you doing when I (6) phoned (phone) you?

B I (7) was helping (help) my sister with her homework.

A What time (8) did you get up (you get up) this morning?

B I (9) woke up (wake up) at 6 o'clock, but I (10) didn't get up (not get up) until 8 o'clock.

A What (11) were you doing (you do) at 9 o'clock yesterday evening?

B I (12) was having (have) a bath.



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4 Complete the sentences with the correct form of one of the cooking verbs. There is one extra word.

bake boil freeze fry grill
steam stir

You can keep food for longer by freezing it at low temperature.

- a Yesterday I baked three loaves of bread in the oven.
- b You can steam vegetables by cooking them over boiling water.
- c If you want to grill meat, you must cook it under a very hot surface.
- d To make an egg which is not too soft or too hard, try boiling it in water for 3-4 minutes.
- e Deep frying is classified as a dry cooking method because no water is used.

Self-assessment



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Capital Letters

We use capital letters at the beginning of the following kinds of words:

- the names of days and months

Sunday

March

Eid

- the names of people and places

John

Mars

Mary

North **A**frica

The **R**itz **H**otel

The **S**uper **C**inema

- people's titles

Professor **B**lake

the **M**anaging **D**irector

- nouns and adjectives referring to nationalities and regions, languages, ethnic groups and religions.

I speak **G**erman

Japanese history



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a mr smith whose a vegetariam should always suppliment his diet

Mr Smith, who's a vegetarian, should always supplement his diet.

b theyre are plenty of healfy eating restourants in kuwait city

There are plenty of healthy eating restaurants in Kuwait City.

c the labell says orange jewce has 60% of your rda of vitamime c

The label says, 'Orange juice has 60% of your RDA of vitamin C.'

d my brothor ahmed develloped dyabetes last september so he follows a low shugar diet

My brother Ahmed developed diabetes last September so he follows a low-sugar diet.

e this summer i eight two many fattie foods suchas french frys

This summer, I ate too many fatty foods such as French fries.



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Nasser Al-Saeed Sec. School For Boys

Hawalli Educational District

English Department

Under the auspices of :

- HOD Mr. Hesham Al- Sakhawi



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Unit 1

Lesson 5

SB: p.15



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Vocabulary The food pyramid

1 Read the food pyramid below. How does the recommended food intake compare to your daily diet?

- Do a physical activity for at least 30 minutes most days of the week.
 - Switch at least half of your carbohydrates to wholegrain.
 - Eat more dark green vegetables like broccoli and spinach.
 - Vary your protein routine – choose more fish, peas, nuts and seeds.
 - Make most of your fat sources from fish, nuts and vegetable oils.
 - Check the nutrition facts label to keep saturated fats and sodium low.
 - Choose food and beverages low in added sugars. Go easy on fruit juices.
- Respect your body. There are many verses in the Holy Qur'an that emphasise the mutual relationship between your body and your soul.



deficiency

a lack of nutrients that our bodies need



grilled

cooked over the fire on a grill



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metabolism



Exercise is supposed to speed up your metabolism.



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organic



pomegranate

a round, thick-skinned fruit containing a mass of red seeds and a lot of juice



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RDA

Recommended Daily Allowance

Fats, Oils & Sweets
USE SPARINGLY

KEY

■ Fat (naturally occurring and added)

■ Sugars (added)

These symbols show fats and added sugars in foods.

Milk, Yogurt & Cheese Group
2-3 SERVINGS



Meat, Poultry, Fish, Dry Beans, Eggs & Nuts Group
2-3 SERVINGS



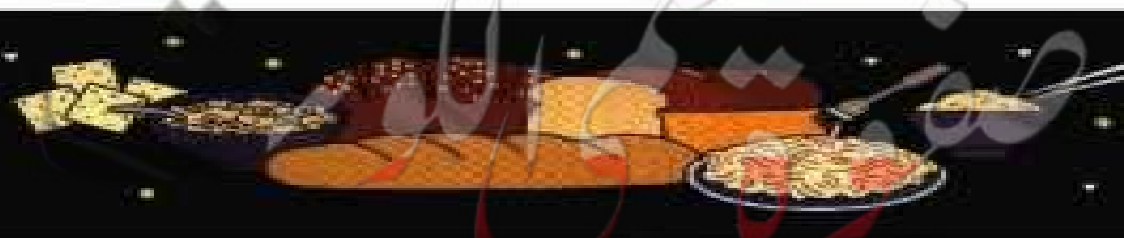
Vegetable Group
3-5 SERVINGS



Fruit Group
2-4 SERVINGS



Bread, Cereal, Rice & Pasta Group
6-11 SERVINGS



supplement

a substance taken to add vitamins, minerals, calcium, etc.
to a person's diet





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2 Complete this table. Think of healthy foods and ingredients that you know. An example is given for each type of food.

grains	vegetables	fruits	milk	meat & beans
wholegrain rice	lentils	pomegranate	low-fat yoghurt	grilled chicken
wheat	spinach	bananas	cheese	lamb
oats	broccoli	apples	butter	tuna



Vocabulary The food pyramid

- 1 Read the food pyramid below. How does the recommended food intake compare to your daily diet?
- Do a physical activity for at least 30



Match each word **1-6** to its meaning **a-f**. You may use the dictionary or the glossary at the end of the book.

- | | | |
|---------------------|----------|---|
| 1 organic | b | a the chemical processes by which food is turned into energy |
| 2 wholegrain | f | b food produced without the use of chemicals |
| 3 supplement | c | c a substance taken to add vitamins, etc. to a person's diet |
| 4 RDA | e | d a lack or shortage |
| 5 metabolism | a | e the recommended daily allowance of nutrients |
| 6 deficiency | d | f made with or containing unprocessed grain |

Which healthy methods of cooking are most common in Kuwait?

Quote "Laughter is the best medicine in the place where food is."
Irish proverb



b Which healthy methods of cooking are most common in Kuwait?

Quote

“Laughter is brightest in the place where food is.”

Irish proverb



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Unit 1

Student's Book Page 16



Student's Book page

Writing An online guide to healthy eating places

Read and analyse

1 Read this guide which describes four eating places.

- Which menu is the healthiest? Which is the least healthy?
- Why does the writer recommend these places?
- How could each place improve the nutritional value of its menu?

Task
You are going to write an online guide recommending healthy eating places for visitors to your town in Kuwait.

Eliza Blues Restaurant
Eliza Blues Restaurant is right in the city centre, and overlooks the sea. This family business has a great reputation and the food is completely organic. It's famous for its enormous fried breakfasts, but if you're not very hungry, you can just relax with a coffee, a fruit juice or a light snack.

Shawarma House
Shawarma House is close to the market. Their speciality is bread with shawarma which you can fill up with your choice of chicken or meat. They do not sell anything else here, and it's always crammed, especially at lunchtime.

Places to eat

Kuwait Bay Grill
Kuwait Bay Grill is by the sea. It is my favourite eatery, first of all because the food is delicious. Secondly, because it is very fresh and healthy. Try their grilled fish or steamed vegetables. Even the inside looks like somewhere in nature – there are lots of plants. It's very calming!

Palace Café
Palace Café is famous for its home-made tomato soup. You can also get nice rolls with pork's cheese and the salad bar is excellent. If you have dinner here, try their lamb kebabs. Atmospheric setting, near to the park. It's surprisingly cheap, too.

Plan your online guide

2 Plan your own online guide recommending healthy eating places for visitors to your town or city.

- Choose one or two places to describe.
- Use spider diagrams to make notes about each place under these headings:
 - Location
 - Healthy specialities: food and drinks
 - Other good points

Write and check

3 Write your guide based on your plan and your notes.

- Write one or two sentences for each place. Use some of the language from the Useful Language box below.
- Check spelling, grammar and punctuation, then make changes and corrections. Exchange guides with another student and discuss any differences of opinion.

USEFUL LANGUAGE

Saying what one likes about something
The healthiest thing about Café X is ...
I really like Café X because ...
It's my favourite café because ...

Making recommendations
I'd recommend the pitto bread at ...
if you come here, you should try the ...

16

Lesson 7

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appeal to
to interest or attract someone

I think what **appeals to** me about this restaurant is the delicious food that they offer with the atmospheric view.



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wholesome

I'd love to eat in this restaurant. It offers a **wholesome** meal with an atmospheric view.



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vegetarian

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irresponsibility



Some children eat junk food irresponsibility.



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malnutrition



A bad diet leads to malnutrition.



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fanatic



a person who is extremely interested in something

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Writing Skills

An online guide to healthy eating places





Tips for Report Writing



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Warming up

The different Types of Expository Writing:

1. **Descriptive essay.** It can describe a person, place, some interesting and unusual experiences or situations, etc...
 2. **Process essay.** It answers the question “How To...?”.
 3. **Comparison essay.** It tells how two things are similar or different.
 4. **Cause and Effect essay.** It tells why something happened.
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- Asking them about the type of expository essay they wrote.



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:The steps of the writing process

- 1. PREWRITING (THINK AND DECIDE):** Make sure you understand your topic.
- 2. RESEARCH:** Find information or ideas.
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Johnny
Rockets
THE ORIGINAL HAMBURGER

P.F. CHANG'S
CHINA BISTRO



Restaurants in Kuwait



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task
 You are going to write an online guide recommending healthy eating places for visitors to your town in Kuwait.



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Plan your online guide

Plan your own online guide recommending healthy eating places for visitors to your town or city.

a Choose one or two places to describe.

b Use spider diagrams to make notes about each place under these headings:

□ **Location**

□ **Healthy specialties: food and drinks**

□ **Other good points**



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**Use spider diagrams to
make notes about the
eatery you like most.**



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Location

Specialties

An eatery

Service

Taste



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Write and check

3) Write your guide based on your plan and your notes.

a Write one or two sentences for each place. Use some of the language from the *Useful Language* box below.

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Exchange guides with another student and discuss any differences of opinion.

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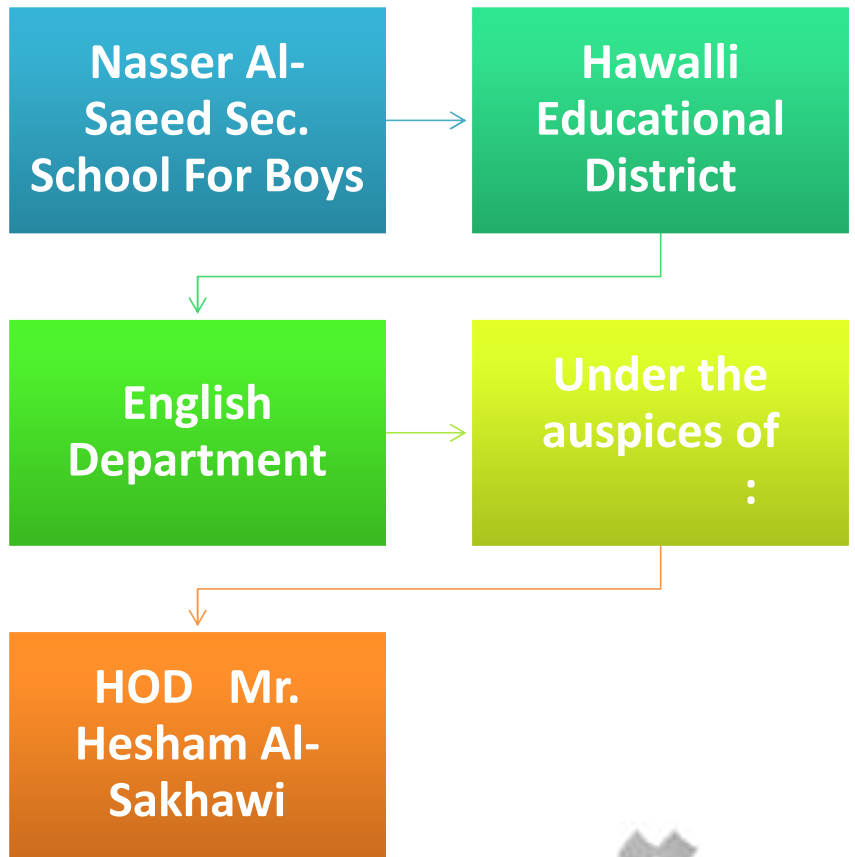
How could a person choose the best place for eating?

a- The place that provides organic foods.

b-The place that provides fresh and healthy food.



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Unit 1

Student's Book Page 16



Student's Book page

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Writing Skills

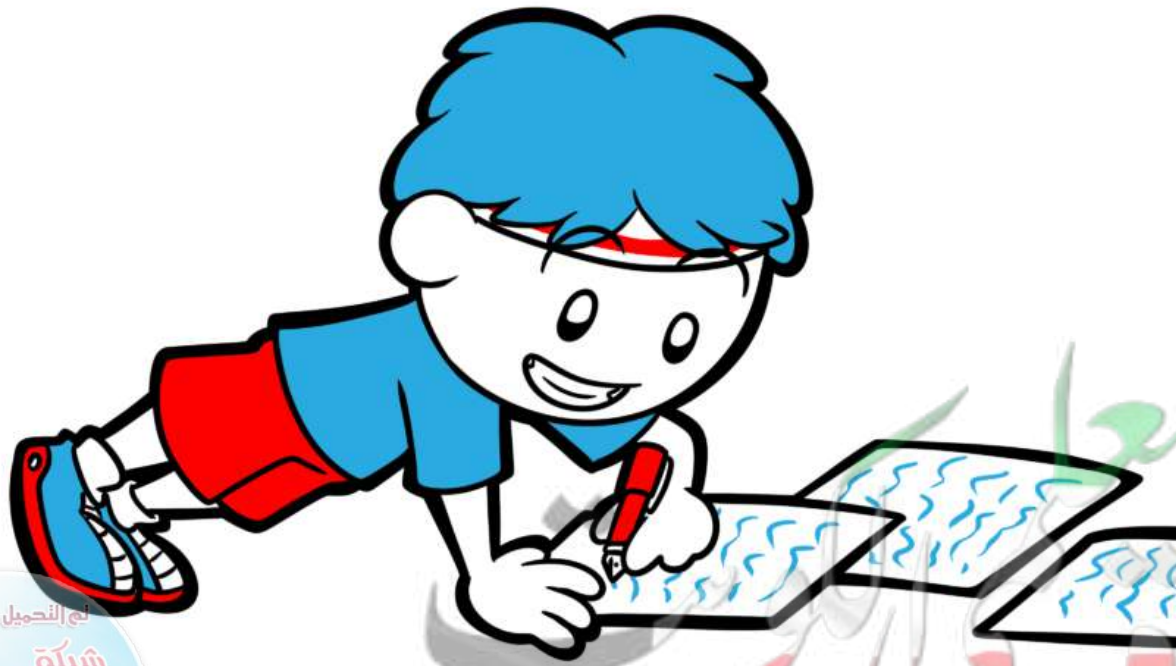
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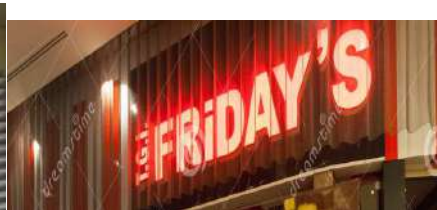
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task
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Plan your online guide

Plan your own online guide recommending healthy eating places for visitors to your town or city.

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□ **Healthy specialties: food and drinks**

□ **Other good points**



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**Use spider diagrams to
make notes about the
eatery you like most.**



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Location

Specialties

An eatery

Service

Taste



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Write and check

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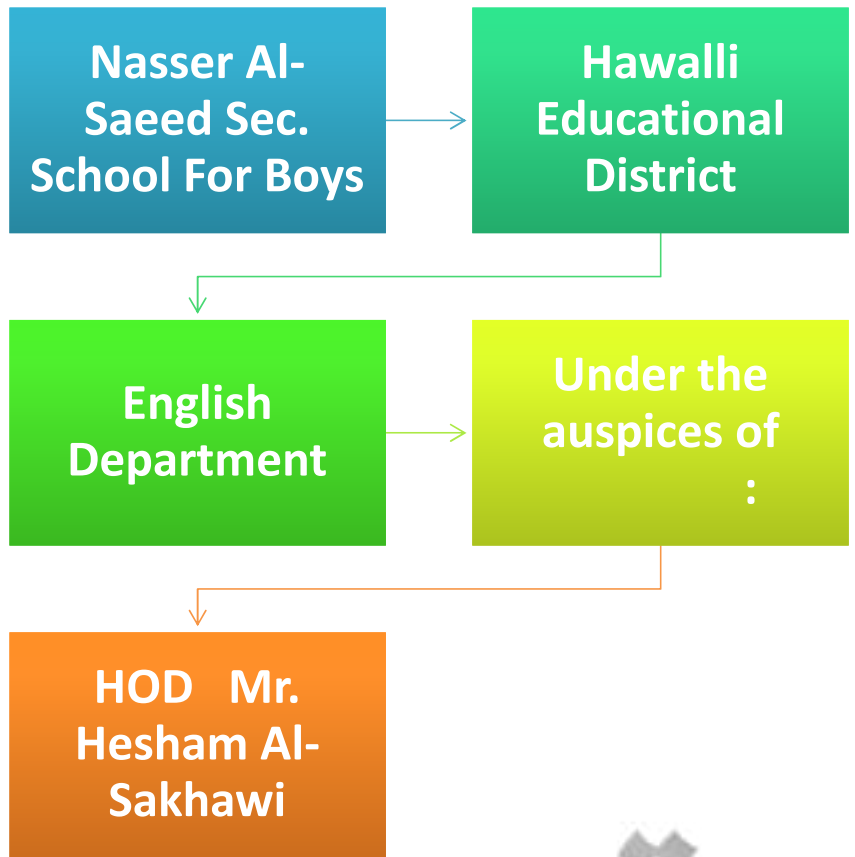
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a- The place that provides organic foods.

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Unit 1

Lesson 8

SB P 17



appeal to
to interest or attract someone

I think what **appeals to** me about this restaurant is the delicious food that they offer with the atmospheric view.



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wholesome

I'd love to eat in this restaurant. It offers a **wholesome** meal with an atmospheric view.



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vegetarian

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irresponsibility



Some children eat junk food irresponsibility.



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malnutrition



A bad diet leads to malnutrition.



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fanatic



a person who is extremely interested in something

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What is your best eatery? Why?



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Student's Book

Page 17




Student's Book

Unit 1 We are what we eat

Speaking Giving a short talk
Read and discuss

1 a As you read this notice from a Kuwaiti magazine, make brief notes under these headings:

- The pros and cons of a vegetarian menu
- Interesting ways to advertise your meal
- Interesting ideas for healthy and vegetarian fast food


MENU

Sandwiches Chicken, egg, lettuce tomato Falafel, tahini and lettuce Cheese and tomato	Desserts Chocolate mousse Fresh pineapple with honey Ice cream
---	---

We're adding a brand new vegetarian menu to our restaurant and we need your ideas now!!!

Here's what we have in mind ...

- Following a vegetarian lifestyle irresponsibly can lead to malnutrition and health problems. Many vegetarians lack the RDA of iron, proteins, calcium and vitamin B12.
- We're looking for wholesome and original ideas.
- You probably already eat a lot of vegetarian food. Vegetable soups and salads are an important part of any diet.
- We want a menu that appeals to everyone: from non-vegetarians to health food fanatics!

Record your ideas on video, CD or audio tape and send them to us at PO Box 1330.

b Compare your ideas with those of two other students. Discuss these things:

- The advantages and disadvantages of a vegetarian menu. Think about how your menu can supplement a vegetarian diet.
- The best advertising for a new menu. Think about the names, descriptions and packaging for your menu.

Prepare and give your talk

2 Continue planning your talk in groups of three.

a Each of you should prepare one topic - vegetarianism, advertising and fast food. Prepare a talk on your topic lasting one minute. Use the ideas you have discussed and the expressions from the *Useful Language* box.

b Now give your talk to your own group first.

Words to remember

appeal to, atmospheric, crammed, eatery, fanatic, irresponsibly, malnutrition, salad bar, speciality, vegetarian, wholesome

USEFUL LANGUAGE

<p>Introducing oneself Good morning / afternoon. My name is ..., this is ... and we're here to talk about ...</p> <p>Expressing personal opinions In my opinion, the menu should include ... I think the food should be high in protein. I really don't think the packaging should be too dark ...</p>	<p>Expressing uncertainty I'm not sure about the amount of fat. Maybe there should be special menus for vegetarians. It's difficult to say how much the advertising will cost.</p> <p>Asking questions to an audience Are there any questions? Please ask any questions you'd like to.</p>
--	--

17



Speaking Giving a short talk

Read and discuss

1 a As you read this notice from a Kuwaiti magazine, make brief notes under these headings:

- ▶ The pros and cons of a vegetarian menu
- ▶ Interesting ways to advertise your meal
- ▶ Interesting ideas for healthy and vegetarian fast food



MENU

We're adding a brand new vegetarian menu to our restaurant and we need your ideas now!!!

Sandwiches

Chicken, egg, lettuce
tomato
Falafel, tahini and
lettuce
Cheese and tomato

Desserts

Chocolate mousse
Fresh pineapple
with honey
Ice cream

Here's what we have in mind ...

- ▶ Following a vegetarian lifestyle irresponsibly can lead to malnutrition and health problems. Many vegetarians lack the RDA of iron, proteins, calcium and vitamin B12.
- ▶ We're looking for wholesome and original ideas.
- ▶ You probably already eat a lot of vegetarian food. Vegetable soups and salads are an important part of any diet.
- ▶ We want a menu that appeals to everyone: from non-vegetarians to health food fanatics!

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b Compare your ideas with those of two other students.

Discuss these things:

▣ The advantages and disadvantages of a vegetarian menu.

Think about how your menu can supplement a vegetarian diet.

▣ The best advertising for a new menu. Think about the names, descriptions and packaging for your menu.



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Continue planning your talk in groups of three.

a Each of you should prepare one topic – **vegetarianism, advertising and fast food**. Prepare a talk on your topic lasting one minute. Use the ideas you have discussed and the expressions from the *Useful Language* box.

b Now give your talk to your own group first.

USEFUL LANGUAGE

Introducing oneself

Good morning / afternoon. My name is ..., this is ... and we're here to talk about ...

Expressing personal opinions

In my opinion, the menu should include ...

I think the food should be high in protein.

I (really) don't think the packaging should be too

dark ...

Expressing uncertainty

I'm not sure about the amount of fat.

Maybe there should be special menus for vegetarians.

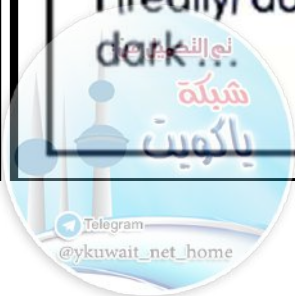
It's difficult to say how much the advertising will cost.

Asking questions to an audience

Are there any questions?

Please ask any questions you'd like to.

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Let's discuss the topic together.



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□ The pros and cons of a vegetarian menu

Pros

Food is easily chewable and digestible.

Vegetarian food is cheaper than non-vegetarian food.

Some vegetables can be eaten raw preventing the loss of nutrients while cooking.

Cons

Iron from non meat sources is harder for the body to absorb than iron from meat.

Vegetarians face possible deficiencies in vitamins B-12 and Omega 30



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The cons

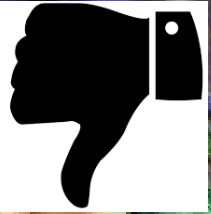


Following a vegetarian lifestyle irresponsibly can lead to malnutrition and health problems.



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The cons



There are some good vitamins we can find in animals that are not in plants. If you don't eat any meat you will have to take supplements of these vitamins or minerals and make sure you are getting a balanced meal.



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Interesting ways to advertise your meal

Preparing a vegetarian menu is exciting.

It is important to list the features of your dishes to assure customers of what they are about to order.



Vegetarian Dishes
(Served with White Rice)

Vegetable Combination Bok Choy w/ Mushrooms

‣ Broccoli Garlic Sauce	\$8.50
Steamed Mixed Vegetables	\$8.50
Vegetable Combination	\$8.50
Vegetable Delight	\$8.50
Bean Curd w/ Mushrooms	\$8.50
‣ Family Style Tofu	\$8.50
‣ Braised Tofu	\$8.50
‣ Ma Po Tofu	\$8.50
‣ Eggplant Garlic Sauce	\$8.75
Braised Eggplant	\$8.75
Sautéed Snow Peas	\$8.75
Bok Choy w/ Mushrooms	\$8.95



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Offer dishes that contain protein and iron such as grains, beans and nuts.

These are ingredients that your vegetarian customer will look for since most of them suffer from iron deficiency.



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Be creative with your recipes too.



Try different approaches to prepare your vegetarian meals.



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Make your menu bright and colourful to catch the eyes of your customers.
Use orange and red on your menu to complement the images of green salads.



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Another tip for creating a vegetarian menu is to list down the benefits of vegetarianism. This can supply your customers with more information and encourage first-timers to try your vegetarian meals.



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Interesting ideas for healthy and vegetarian fast food



**One of the greatest things about being a vegetarian
is the health factor.**

**Eating mostly or only vegetables gives you plenty
of nutrition and vitamins your body needs.**



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It doesn't have all the bad fats that animals have that can cause cancer, arthritis, and other health risks.



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They are rich in fiber which helps you break food down.

Colourful plants have anti-oxidants that can keep you looking young and fresh.



**Nasser Al-Saeed Sec.
School For Boys**

**Hawalli Educational
District**

English Department

Under the auspices of

:

• HOD Mr. Hesham Al- Sakhawi



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