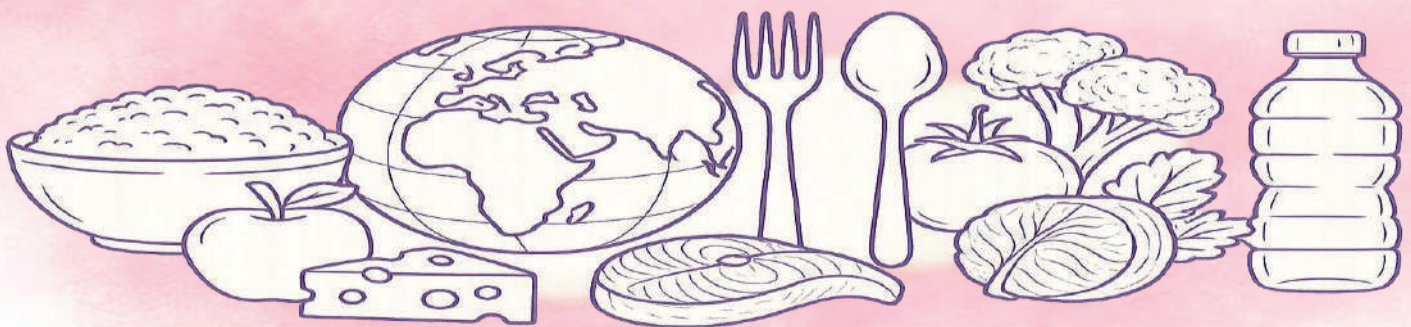


Learning Unit 3

Food for Life: Culture, Health, and the Future



صحة: من ياكل



صِفْوَةُ مُعَلِّمِي الْكُوَيْتِ



1 **Match each word with its appropriate definition.**

- | | | |
|-------------|--------------|-------------------------------------|
| A. serve | (C) | a special or formal event. |
| B. flavour | (D) | (of food) not cooked. |
| C. occasion | (B) | the special taste or smell of food. |
| D. raw | (A) | to give food or drink to someone. |

2 **Write the synonyms & antonyms of the following words.**

Word	Synonym	Antonym
energetic	active	lazy
organic	natural	artificial
harmful	dangerous	safe

3 **Fill in the blanks using the correct words from the box.**

distinctive – harmful – organic – produce – recipe

- A list of ingredients and instructions for cooking a dish is called a recipe.
- Food grown without chemicals or artificial fertilizers. organic
- Easy to recognise because it is different from others. distinctive

4 **Complete the following sentences with words from the list below.**

occasion – label – fibre – symbol – source

- Fruits and vegetables are a good source of vitamins.
- Eating food high in fibre helps keep your stomach healthy.
- Always read the food label to check the ingredients.
- Doves are often used as a symbol of peace.



1 **Change the following sentences into passive.**

1. The chef cooks the meals every day.

The meals are cooked by the chef every day.

2. They completed the project last week.

The project was completed last week.

3. The teacher will check the homework tomorrow.

The homework will be checked by the teacher tomorrow.

4. The workers build bridges every year.

Bridges are built every year.

2 **Choose the correct form (comparative or superlative) to complete each sentence.**

1. Mount Everest is higher (high) than Mount Kilimanjaro.

2. She is the fastest (fast) runner in the team.

3. That was the most interesting (interesting) movie I've ever seen.

3 **Choose the correct answer from a, b, c or d.**

1. The documents must be signed before the meeting.

a) sign b) must sign c) signed **d) must be signed**

2. The plane tickets were bought last week.

a) should buy **b) were bought** c) are buying d) are bought

3. My new job is better than the one I had before.

a) better than b) better c) best d) the best

4. She is the kindest person I know. She always helps others.

a) kinder than b) kinder **c) the kindest** d) kindest



Spice Up Your English with Food Idioms

An **idiom** is an expression that doesn't mean exactly what the words say.

① Underline the idioms in the sentences below and try to guess what they mean.

- The teacher told a joke to break the ice.
- The boy spilt the beans about the surprise party.
- Reading has always been my cup of tea. It calms my mind.
- Teaching is my father's bread and butter because it is his job.
- The test was a piece of cake for Huda because she had reviewed all the material the night before.
- "Don't cry over spilt milk", said my friend when I forgot to bring my homework.

② Match each idiom with its meaning.

idiom		Meaning
a. bread and butter	f	1. Something that someone likes or enjoys (often used in the negative : "not my cup of tea").
b. break the ice	d	2. To tell a secret or reveal information that was meant to be kept quiet.
c. piece of cake	a	3. Someone's main job or main source of income.
d. spill the beans	b	4. To help people feel more comfortable in a new or tense situation.
e. cry over spilt milk	c	5. Something that is very easy to do.
f. cup of tea	e	6. To be upset about something that has already happened and can't be changed.

③ Complete each sentence with the correct idiom from the list below.

bread and butter / piece of cake / break the ice / spills the beans / cup of tea / cry over spilt milk

- Watching horror movies isn't my cup of tea. I prefer comedies.
- I thought baking a cake would be hard, but it was a piece of cake.
- At the start of the meeting, I told a funny story to break the ice.
- My little sister can't keep a secret. She always spills the beans.
- Fishing is his bread and butter, especially during the busy summer season.
- I lost my phone yesterday, but my father told me not to cry over spilt milk.

④ Let's Talk in Idioms!

Choose any two idioms from the list.

- Write a short dialogue using them naturally.
- Practise it with a partner and present it to the class.

Look for more examples online and share them with your classmates.



A. Vocabulary

1 Fill in the gaps with suitable words from the list.

flavour – organic – harmful – commonly – maintain

- Many people prefer to eat organic fruits and vegetables.
- Rice is commonly eaten in many countries around the world.
- It's important to maintain a healthy diet and regular exercise routine.
- Lemon adds a fresh flavour to the dish and makes it taste better.

B. Grammar

2 Choose the correct answer from a, b, c, or d.

- Every week, important reports _____ by the team to track progress.
a) prepare **b) are prepared** c) prepared d) were preparing
- The museum _____ by tourists for free next week.
a) visit b) will visit c) visited **d) will be visited**
- It is _____ winter we've ever had in years.
a) colder b) colder than **c) the coldest** d) coldest

C. Reading Comprehension

3 Choose the correct answer from a, b, c or d.

People around the world enjoy different eating habits. In some countries, breakfast is the biggest meal, while in others, dinner is more important. Some cultures eat with chopsticks, others with hands or forks. Some people follow vegetarian diets, while others include more meat in their meals. In many homes, cooking is a family activity. Markets and local ingredients influence what people eat. Learning about food customs can teach us about daily life, values, and traditions in different societies.

a. Choose the correct answer from a, b, c or d.

- What is the best title for the passage?
a) Benefits of a Vegetarian Diet b) The History of Cooking Tools
c) Exploring Food Habits d) Eating Well Without Meat

b. Answer the following questions.

- According to the passage, what can learning about food customs teach us?
It can teach us about daily life, values, and traditions in different societies.
- Why might cooking bring people together?
Because cooking is often a family activity that people enjoy doing together.