

Teachers' Notes for Lesson 2: Food

Target group: intermediate

Aims: Students will be able to talk about food and describe food in more detail. They will read about a popular dish in the UK and learn some food vocabulary. Students will write about their national dish or a recipe.

Time: 2-3, 45-minute lessons.

1. Warm-up:

- Pasta: China (to Italy via Marco Polo)
- Potatoes and tomatoes: South America
- Chicken Tikka Masala: England (adapted from India)
- Bangers and mash: Scotland
- Maize (corn): Americas

2. Possible answers:

This exercise asks for which foods students associate with which parts of the world. Even if potatoes may originate in South America, students may associate them with Europe, for example. Answers may vary slightly.

Rice: Asia; pasta: Italy, Asia; cheese: Europe; potatoes: Europe; red meat: USA, Argentina; beans: Americas; bread: Europe; herring: Northern Europe; tea: Asia; nuts: South America and other parts of the world; beer: Northern Europe; sugar: Europe, Caribbean; cocoa: South America; wine: Southern Europe; coffee: South America; noodles: Asia; spicy food: Asia, Mexico, etc.; mild food: Northern Europe; raw fish: Japan

3. Answers

1. curry
2. leek
3. sushi

B. Answers

	spicy	bitter	salty	sweet	sour	oily	creamy
lemons					✓		
honey				✓			
ice cream				✓			✓
olives			✓			✓	
bananas				✓			
coffee		✓					
butter			✓				
anchovies			✓				
curry	✓					✓	✓
cheese			✓			✓	✓
cake				✓			
milk				✓	✓		
cookies				✓			
pepper	✓			✓			
beer		✓		✓			

* Butter is salted in some parts of the world, sweet in others.

C. Other words to describe tastes and smells: bland, hot, greasy, fatty, rotten, ripe, fresh, raw, delicious, awful, etc.

5. Numbering of paragraphs

[4] Traditional Indian food is quite dry, compared to British food. One popular dish is Tandoori chicken. This is chicken, which is cooked in a traditional oven, or tandoori. The story goes that one day, a customer in a British Indian restaurant ordered Tandoori chicken.

He thought it was too dry and sent it back to kitchen for some gravy.

[6] We will never know whether this story is true or not. What we do know, though, is that the word 'masala' comes from the Indian word for sauce or gravy. It is also true that this dish is very popular with the British, indeed.

[7] Go into any supermarket in Britain and you will find many Chicken Tikka-based products. It is possible to buy it as a microwave dish. The larger supermarkets also have a fresh curry section. There are even Chicken Tikka sandwiches and pizzas!

[2] Chicken Tikka Masala is a dish originally found in Indian restaurants. It is made of small pieces of chicken fried in spices and served in a mild, creamy red sauce. Sometimes food colouring is used to make the sauce redder.

[1] What is Britain's favourite food? Roast beef and yorkshire pudding? Fish and chips? Potatoes? Actually, it is none of these. It is Chicken Tikka Masala. 'Chicken Tikka what'? I hear you ask.

[5] The chef did not know what to do. He was not even sure how to make gravy and certainly did not have any in his kitchen. Then he had an idea. There was an old tin of tomato soup on the shelf. He opened the tin, heated the soup up and added some spices. Then he poured it over the Tandoori chicken and Chicken Tikka Masala was born.

[3] Although British people think of it as Indian, Chicken Tikka Masala is, in fact, a very British dish. It was first made for the British by Indian, Pakistani and Bangladeshi chefs in the 1950s. There is an interesting story about its origins.

D. Answers

1. b.
2. a.
3. b.
4. False. We don't know from the reading, but we assume it doesn't exist, as it was invented in England.
5. d.
6. b.

E. Answers

- a. gravy
- b. fried
- c. popular
- d. Tandoori chicken
- e. origins
- f. fact

7. A. Suggested categories could be: foods (meat, fish, vegetables, fruit, etc.), spices, cooking verbs, utensils (tools).

B. Several combinations are possible, e.g.:

break + the eggs; a plate

beat + the eggs; the sugar and the butter; the vinegar (and something else)

chop + the beef; the chicken; the pork; the egg(s); the parsley; the potato(es); the onion

fry + the beef; the chicken; the pork; the egg(s); the parsley; the potato(es); the onion

cook + the beef; the chicken; the pork; the egg(s); the parsley; the potato(es); the onion

season + the beef; the chicken; the pork; the egg(s); the potato(es); the onion

Recipe order: 1 (or 2, could be reversed); 2; 6; 4; 7; 9; 5; 3; 8

Recipe is for an omelet.



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Lesson 2: Food



Food for Thought

1. Warm-up: Where is this food from?

Which part of the world did this food come from originally?



Pasta



Potatoes



Tomatoes



Chicken tikka masala



Bangers and mash



Corn

2. Who eats this?

What part of the world do you associate these foods with? Write the foods on the map.

rice • pasta • cheese • potatoes • red meat (like steak) • beans • bread • herring • tea • nuts • beer • sugar • cocoa wine • coffee • spices • noodles • spicy food • mild food • raw fish



3. What am I?

First, try to guess what foods the characters are talking about in the dialogue below.

- A. 1. It is _____. 2. It is very popular in the UK, but it is originally from India.
- B. 1. It's a _____ 2. It tastes like an onion.
3. It is green and white and you mostly cook it, but in some countries, people eat it raw.
- C. 1. It is _____. 2. It's a kind of fish. 3. It is originally from Japan.

Now read the dialogue and see if you were right.

Dialogue



Alun: Our national food is the leek. So, we eat quite a lot of them.

Kaichi: What is a leek?

Alun: Well, it's a green and white vegetable, and it tastes like an onion.

Kaichi: Oh, do you cook it?

Alun: In Wales we do, yes.

Renata: In Poland we eat leeks raw in a kind of salad for breakfast. They taste delicious.

Alun: What about Japanese food? What does it taste like?

Kaichi: Well, Japanese food generally tastes very clean, very fresh.

Alun: Is there a national dish, like the leek?

Renata: Don't people eat raw fish in Japan?

Kaichi: Yes, Sushi. It's raw fish and really delicious – but not everyone likes it.

Alun: Yuck! Raw fish! That must smell horrible.

Kaichi: No, it doesn't.

Renata: And don't the Japanese eat a lot of sweet and sour chicken?

Kaichi: Huh? No, I don't think so. That's more Chinese, isn't it?

Alun: Maybe. What about curry, do they eat curry in Japan?

Kaichi: I think that's Indian, but I tried curry for the first time in London. It was delicious.

Alun: It's too spicy for me. Too different!

4. Describing food

A. Now look at the underlined words. What kind of words are they? Fill in the box below.

To describe food, we can use ...
 smell + _____
 taste + _____

B. Look at the following table. Check that you know what the words along the top mean. Can they be used to describe the foods on the left? Put a tick (✓) in the box if they can.

	spicy	bitter	salty	sweet	sour	oily	creamy
lemons							
honey							
ice cream							
olives							
bananas							
coffee							
butter							
anchovies							
curry							
cheese							
cake							
milk							
cookies							
pepper							
beer							

- C. Can you think of any other words to describe tastes and smells?
D. Work with a partner. Make sentences about particular foods on the list and have your partner guess what you are describing.

Example: It tastes sweet and creamy.

Answer: Ice cream

5. The most popular dish in Britain.

A. Before you read, try to guess which dish is the most popular in Britain. Beans on toast? Ham and eggs? Roast beef and yorkshire pudding? Bangers and mash? Lamb? Pizza? Fish and chips?

B. Now read the paragraphs below as quickly as possible to find the answer. Then try to put the paragraphs in order.



[] Traditional Indian food is quite dry, compared to British food. One popular dish is Tandoori chicken. This is chicken, which is cooked in a traditional oven, or tandoori. The story goes that one day, a customer in a British Indian restaurant ordered Tandoori chicken. He thought it was too dry and sent it back to kitchen for some gravy.

[] We will never know whether this story is true or not. What we do know, though, is that the word 'masala' comes from the Indian word for sauce or gravy. It is also true that this dish is very popular with the British, indeed.

[] Go into any supermarket in Britain and you will find many Chicken Tikka-based products. It is possible to buy it as a microwave dish. The larger supermarkets also have a fresh curry section. There are even Chicken Tikka sandwiches and pizzas!

[] Chicken Tikka Masala is a dish originally found in Indian restaurants. It is made of small pieces of chicken fried in spices and served in a mild, creamy red sauce.

Sometimes food colouring is added to make it redder.

[] What is Britain's favourite food? Roast beef and yorkshire pudding? Fish and chips? Potatoes? Actually, it is none of these. It is Chicken Tikka Masala. 'Chicken Tikka what'? I hear you ask.

[] The chef did not know what to do. He was not even sure how to make gravy and certainly did not have any in his kitchen. Then he had an idea. There was an old tin of tomato soup on the shelf. He opened the tin, heated the soup up and added some spices. Then he poured it over the Tandoori chicken and Chicken Tikka Masala was born.

[] Although British people think of it as Indian, Chicken Tikka Masala is, in fact, a very British dish. It was first made for the British by Indian, Pakistani and Bangladeshi chefs in the 1950s. There is an interesting story about its origins.

D. Choose the best answers.

1. What is unusual about Chicken Tikka Masala?

- a. its hot and spicy taste
- b. its colour
- c. it is dry

2. How old is Chicken Tikka Masala?

- a. 50 years
- b. 500 years
- c. 5 years

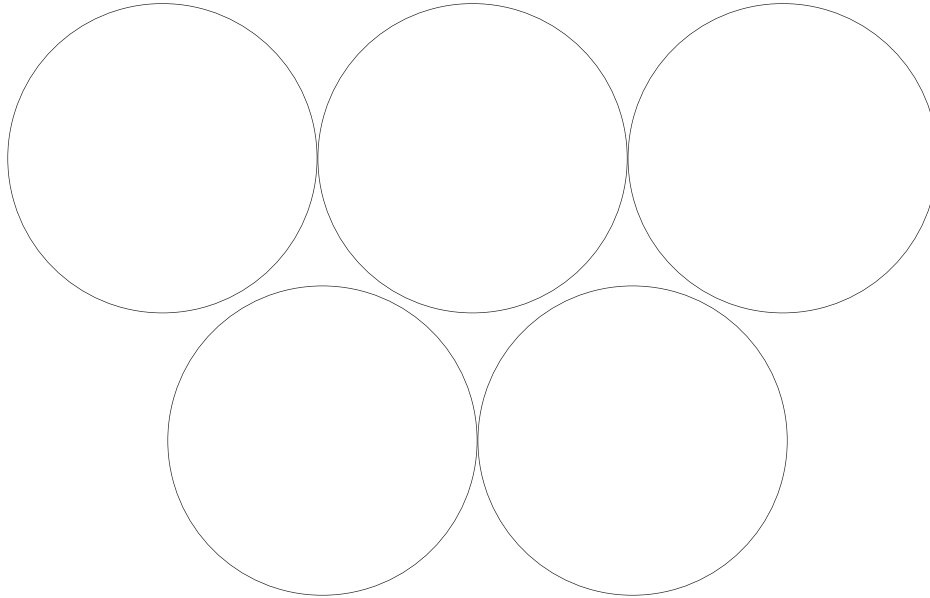
3. What is a tandoor used for?

- a. washing up
- b. cooking
- c. wearing

6. Cooking words

A. Look at the following words for cooking and food. Can you think of smaller categories that they could be put in? How many categories can you think of? Group the words into the categories and add some words if you can.

salmon • frying pan • serve • beef • chop • cooker • microwave • chicken • orange • oven • slice • toaster
knife • sugar • salt • lettuce • plate • measuring jug • pork • vinegar • chopping board • egg • onion • potato
beat • parsley • butter • onion • whisk



B. Which words go together with these verbs? There could be several different combinations.

break +
beat +
chop +
fry +
cook +
season +

7. A recipe for...

A. Read these sentences and fill in the gaps with words from the previous exercise. Then put the recipe into the right order. What is the recipe for?

1. Chop an _____, a boiled potato and a red pepper with a sharp _____.
2. Take four _____ and break them into a bowl.
3. Pour the mixture into the frying pan.
4. Heat some _____ in a frying pan.
5. Season the mixture with _____ and _____.
6. Beat the eggs with a _____.
7. Fry the onion in a _____ until golden _____. Let cool and add to the eggs.
8. Cook until firm. Fold one half over the other and serve.
9. Add the potato and the pepper to the egg mixture.

B. Now write a recipe for your favourite dish. Use the recipe above as a model.