

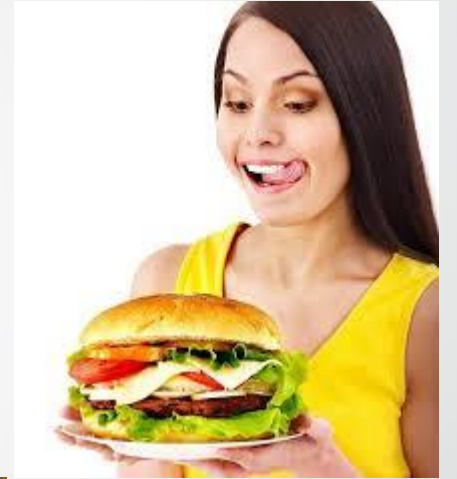
WORLD ENGLISH 1

THIRD EDITION



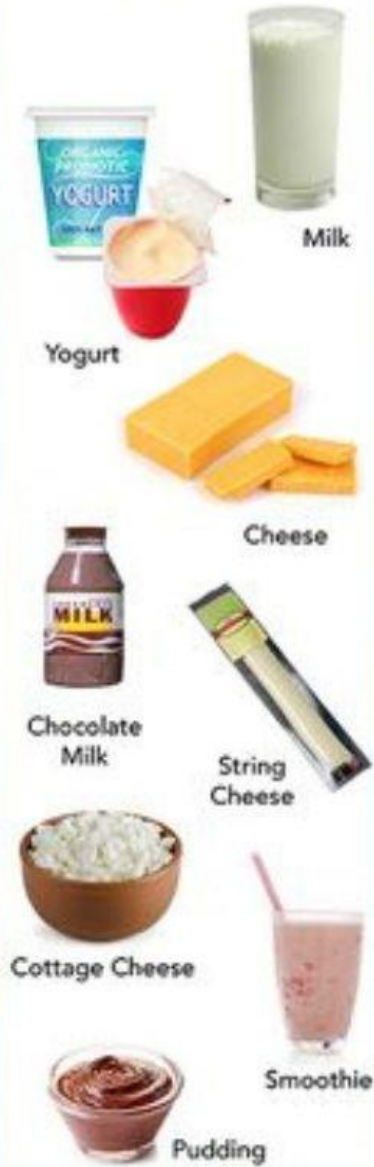
When you are hungry, what do you eat?

Let listen to this conversation. What do they have in the fridge?

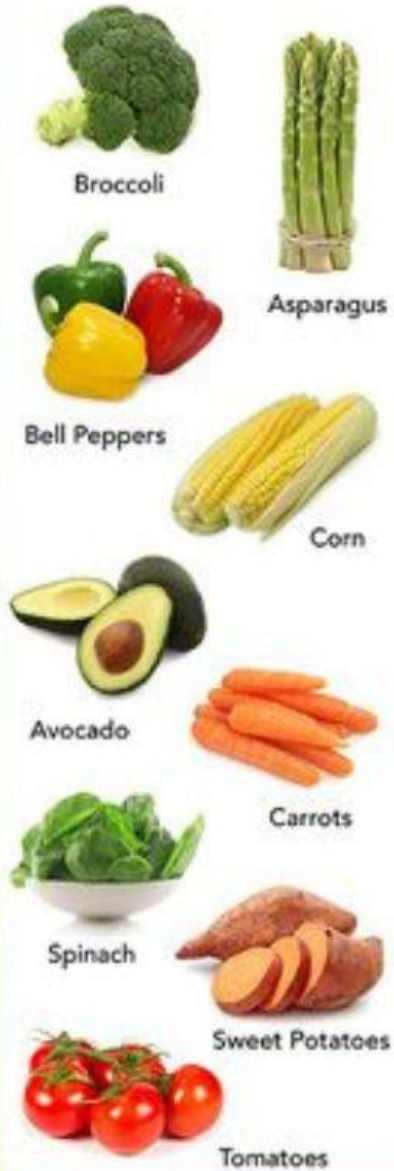


Dairy

Milk, Yogurt, Cheese



Vegetables



Fruits



Grains

Bread, Cereal, Pasta



Protein

Meat, Beans, Nuts



Type of nouns

Singular countable nouns	Plural countable nouns
(+) this is a TV.	(+) There are 5 oranges.
(+) there is an umbrella in room.	(+) There are some oranges.
(-) he isn't an architect.	(-) there aren't any bananas in the fridge.
(-) there isn't a computer in the class.	(-) we don't have any onions.
(?) Is he a police officer?	(?) Are there any eggs in the cupboard?
(?) Is there a remote control on the table?	(?) Do we have any tomatoes to make omlete?

Uncountable nouns

- (+) There is **some** cheese in the fridge.
- (-) There isn't **any** orange juice.
- (-) Do we have **any** butter to make food?



According to the conversation,
make a recipe

If you go to the restaurant, what do you order?

Waiter: Good evening, my name's Alex and I'm your waiter this evening.

Man: Hi, Alex. Can we order our drinks first?

Waiter: Yes, of course.

Man: I'd like a glass of iced tea, please.

Waiter: An iced tea. And for you, madam?

Woman: Do you have any mineral water?

Waiter: Yes, we do.

Woman: OK, I'll have a bottle of mineral water.

Waiter: Would you like sparkling or still?

Woman: Sparkling, please.

Waiter: OK, I'll be right back with your drinks.

Waiter: Here you are. Here's your iced tea and your mineral water. Are you ready to order? Would you like an appetizer?

Woman: No, thanks. Just the main dish. I'd like the butter-baked chicken please.

Waiter: Butter-baked chicken. And for you, sir?

Man: Does the steak come with a salad?

Waiter: Yes, it does, sir. It comes with French fries and salad.

Man: OK, I'll have the steak, then.

Waiter: And how would you like your steak?

Man: Medium, please.

Waiter: So, that's the butter-baked chicken and the steak with a salad and fries. Would you like anything else?

Man: No, that's everything for now, thank you.



Lets play game

Waiter: Good evening, I'm your waiter this evening.

Man: hi, I'd like a glass of iced tea, please.

Waiter: An iced tea. And for you, madam?

Woman: Do you have any mineral water?

Waiter: Yes, we do.

Woman: OK, I'll have a bottle of mineral water.

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Waiter: Here you are. Here's your iced tea and your mineral water. Are you ready to order? Would you like an appetizer?

Woman: No, thanks. Just the main dish. I'd like the butter-baked chicken please.

Waiter: Butter-baked chicken. And for you, sir?

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Man: OK, I'll have the steak, then.

Waiter: And how would you like your steak?

Man: Medium, please.

Waiter: So, that's the butter-baked chicken and the steak with a salad and fries. Would you like anything else?

Man: No, that's everything for now, thank you.

What do you usually eat?



Some of food you eat to have energy



PROTEIN-RICH FOODS

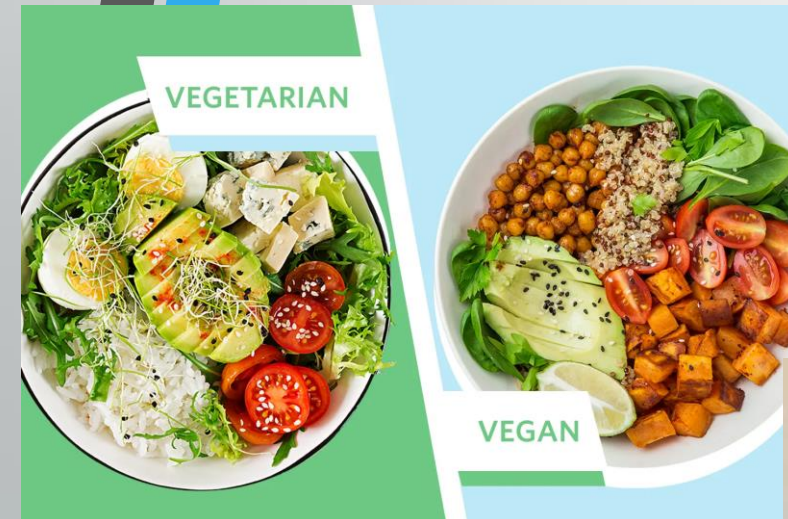
 egg whites - 84%	 chicken breast - 81%	 shrimp/prawns - 77%	 sirloin steak - 75%
 Greek yogurt (non-fat) - 69%	 salmon (canned) - 67%	 ribeye (fat trimmed) - 63%	 ground beef (95% lean) - 63%
 liver - 61%	 mackerel - 59%	 lupini - 52%	 spinach - 52%

OPTIMISING NUTRITION

% = percentage of energy from protein

HIGH FIBER FOODS

WHOLE GRAINS 3-5g fiber per serving 	FRUITS 3-5g fiber per serving 	VEGETABLES 3-5g fiber per serving 
LEGUMES 5-5g fiber per serving 	NUTS 3-5g fiber per serving 	SEEDS 3-5g fiber per serving 



How much/many (ask for quantity)

How many oranges do you want? A lot/ a few/ not many.

How much tea do you drink in a day? A lot/ a little/ not much

Countable
Noun

I want lots/ a lot of oranges.

+++++++

I want a few oranges.

+++

I don't want many oranges.

Uncountable
Noun

I drink lots/ a lot of tea.

+++++++

I drink a little tea.

+++

I don't drink much tea.



Listen to the conversation and fill the gap

Now make a list of your diet and change conversation.