

Topic 4 **Food**

1. **Vocabulary** (The **MP3** is available online)

- | | |
|------------------------|---------------------------------|
| 1. <u>R</u> ate | 6. <u>B</u> ac te ria |
| 2. <u>S</u> mooth | 7. <u>S</u> at u <u>r</u> a ted |
| 3. <u>P</u> ro tein | 8. Ben e <u>f</u> i cial |
| 4. <u>B</u> ond ing | 9. Cre den tials |
| 5. <u>P</u> o ten tial | 10. Sus tain able |

2. **Definitions and Samples**

| | Word | Form | Definition | Example | Usage Tips | Parts of Speech |
|---|------------------|-------------|--|---|---|--|
| 1 | Rate | <i>n</i> | the speed at which something happens over a particular period of time | People work at different rates . | Like: <u>speed</u> , <u>pace</u> , <u>time</u> | Rate (v) |
| 2 | Smooth | <i>adj</i> | of a liquid mixture : not having any lumps : | The milkshake was smooth and creamy. | Similar to: <u>level</u> , <u>flowing</u> , <u>soft</u> | Smooth (adv) Smoothly (adv) Smoothness (n) |
| 3 | Protein | <i>n</i> | a substance found in foods (such as meat, milk, eggs, and beans) that is an important part of the human diet | You need more protein in your diet. | | |
| 4 | Bonding | <i>n</i> | in chemistry the process by which atoms join together | The bonding of the two elements created a new material. | Like: <u>binding</u> , <u>connecting</u> , <u>fixing</u> | Bonding (n) Bond (n) Bond (v) |
| 5 | Potential | <i>adj</i> | capable of becoming real | Doctors are excited about the new drug's potential benefits. | Similar to: <u>promising</u> , <u>possible</u> , <u>probable</u> | Potential (n) Potentially (adv) |

| | Word | Form | Definition | Example | Usage Tips | Parts of Speech |
|----|--------------------|------------|--|---|---|--|
| 6 | Bacteria | <i>n</i> | micro-organisms (=very small living things) that consist of a single cell. Some types of bacteria cause diseases and others cause things to decay. | Scientists discovered that the human stomach is home to a surprising variety of bacteria . | Similar to: <u>germs</u> , <u>microbes</u> , <u>bacilli</u> | <u>Bacterium</u> is the singular word. |
| 7 | Saturated | <i>adj</i> | a chemical solution that is saturated has as much of a solid substance as possible mixed in it as part of the liquid | The saturated fat and salt levels are so high that it is dangerous to eat this. | Like: <u>full</u> , <u>impregnated</u> , <u>permeated</u> | Saturated (adj) |
| 8 | Beneficial | <i>adj</i> | producing good or helpful results or effects : producing benefits | He hopes the new drug will prove beneficial to many people. | Like: <u>constructive</u> , <u>favorable</u> , <u>good</u> | Benefit (n) Benefit (v) Beneficially (adv) Beneficialness (n) |
| 9 | Credentials | <i>n</i> | abilities and experience that make someone suitable for a particular job or activity: | His credentials as a football coach are impressive. | Like: <u>references</u> , <u>attestation</u> , <u>abilities</u> | |
| 10 | Sustainable | <i>adj</i> | able to be used without being completely used up or destroyed | Wind energy is a sustainable resource, unlike oil or gas. | Similar to: <u>continuous</u> , <u>continual</u> , <u>viable</u> | Sustain (v) Sustainability (n) Sustainably (adv) |

3. Vocabulary Practice

In groups of 3, please respond and discuss your opinions about the following questions or statements.

Please use the underlined word in your response and discussion.

1. Do you think Seanan's rate of speech is too fast today?
2. Do you like smooth yoghurt or lumpy yoghurt?
3. What do you eat for protein every day?
4. What can you do to help better bonding between you and your friends?
5. What are the potential risks of smoking?
6. Are all bacteria bad?
7. Do you eat a lot of saturated fat?
8. What is beneficial for your health?
9. Do you think McDonalds has the credentials to be a healthy restaurant?
10. What kinds of sustainable energies exist in your country?

4. Reading and Listening (The *MP3* is available online)

Scientists may have discovered something that could be very welcome news for ice cream lovers around the world. Their discovery is a new ingredient that could slow down the rate at which ice cream melts and gives the ice cream a smooth texture. It is a naturally occurring protein that keeps ice cream frozen for a longer period of time during hot weather. Research teams at two universities in Scotland found that the protein, called BsIA, slows down the melting process through a bonding of air, water and fat. Project leader professor Cait MacPhee said: "We're excited by the potential this new ingredient has for improving ice cream, both for consumers and for manufacturers."

The protein is a kind of friendly bacteria that could be used in other food to reduce levels of saturated fat and calories. The researchers say it could prove a valuable ingredient in many kinds of food and be very beneficial to food companies. It also comes with green credentials as it can be produced from sustainable raw materials. The researchers say that that ice cream made with the new ingredient could be in supermarket freezers within three to five years.

5. Reading Practice

In **Pairs**, have a short discussion on the following:

Do you think it is important to have ice-cream that melts slower? What in your mind is needed to change about food these days?

6. Conversation Strategies

Giving your opinion about a topic

| | | | |
|--|---|---|--|
| <p>Expressing a strong opinion</p> <ul style="list-style-type: none"> • <i>In my opinion, ...</i> • <i>In my view, ...</i> • <i>In my reckoning, ...</i> • <i>I strongly believe in ...</i> • <i>I definitely think that ...</i> • <i>Well, if you ask me, ...</i> • <i>Well, I think ...</i> • <i>I believe</i> • <i>I strongly believe</i> • <i>I have a reason to believe</i> • <i>I'm sure that...</i> • <i>I'm pretty sure that...</i> | <p>Expressing a strong value (It's/ They're + value adjective)</p> <ul style="list-style-type: none"> • <i>It's a nonsense to ...</i> • <i>... It's a scandal, because ...</i> • <i>It's perfect for ...</i> • <i>It's wrong... Likewise, ...</i> • <i>They're ideal ...</i> | | |
| <p>Expressing certainty</p> <table border="0" style="width: 100%;"> <tbody> <tr> <td style="vertical-align: top;"> <ul style="list-style-type: none"> • <i>According to government statistics, ...</i> • <i>Actually, ...</i> • <i>In fact, ...</i> • <i>Clearly,</i> • <i>Obviously, ...</i> </td> <td style="vertical-align: top;"> <ul style="list-style-type: none"> • <i>People have always ...</i> • <i>People just won't continue to ...</i> • <i>Without doubt, ...</i> • <i>There's no doubt that</i> • <i>Undoubtedly</i> • <i>Surely</i> </td> </tr> </tbody> </table> | | <ul style="list-style-type: none"> • <i>According to government statistics, ...</i> • <i>Actually, ...</i> • <i>In fact, ...</i> • <i>Clearly,</i> • <i>Obviously, ...</i> | <ul style="list-style-type: none"> • <i>People have always ...</i> • <i>People just won't continue to ...</i> • <i>Without doubt, ...</i> • <i>There's no doubt that</i> • <i>Undoubtedly</i> • <i>Surely</i> |
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7. Conversation Strategy Practice

With your partner, can you give your Opinions to the following controversial statements, using the Conversation Strategies above (Expressing Opinion, Values and Certainty)

Student A

Please read these statements to your partner and ask him/her for an Opinion.

Fast food is safe!

Being a vegetarian is best!

Student B

Please read these statements to your partner and ask him/her for an Opinion.

GMO Food is fine!

Being a couch-potato is not all bad!

8. Phrasal Verbs

These *Phrasal Verbs* are very common in relation to **Food**.

| Phrase | Meaning | Collocation | Example |
|----------------------|-------------------------------------|-----------------|---|
| work *up* | caused me to become something | appetite | All that exercise has worked up my appetite . I'm starving. |
| tuck in | start eating | | Don't wait for us. Just tuck in! |
| splash out on | To pay a lot of money for something | meal | On their first date, he splashed out on an expensive meal . |
| knock *back* | Finish a drink quickly | beer | He knocked back his beer and left. |
| polish *off* | To consume all of something | bottle | We sat at the table and talked as we polished off the bottle of wine. |

9. Idioms/Phrases

These Idioms are very common and they are connected to **Food**.

| Idioms/Phrases | Meaning | Situation | Example |
|--------------------------------------|---|---|--|
| All your eggs in one basket | If you put all your eggs in one basket, you risk everything at once, instead of trying to spread the risk. | This is often used as a <i>negative imperative</i> . | Don't put <u>all your eggs in one basket</u> . |
| Banana Republic | Banana republic is a term used for small countries that are dependent on a single crop or resource and governed badly by a corrupt elite. | | Guatemala in the 1950s was seen as a <u>banana republic</u> , with a corrupt government and a high dependency on coffee, sugar cane and bananas. |
| Breadwinner | Used to describe the person that earns the most money. | | I am the <u>breadwinner</u> in my family; I am the only one who <u>brings home the bacon</u> . |
| Best thing since sliced bread | If something is the best thing since sliced bread, it is excellent. | The <i>greatest thing since sliced bread</i> , is also used | That party we had the other night was the <u>best thing since sliced bread</u> . |
| Apple of your eye | Someone that is very special to you is the 'apple of your' eye. | | My wife is the <u>apple of my eye</u> . |