

Lesson: What type of food do you hate?

This is a quick, easy, ready-to-go lesson that will inspire your students. It'll also give them opportunities to improve their speaking, listening, reading and writing skills. This lesson comes with Teacher's Notes, a Resource Sheet, a PDF of the lesson, and an audio file. Simply follow the lesson ideas for a fantastic class that'll really motivate your students.

1 Warm-up

See the **RESOURCE SHEET** at the end of this document.

On the board, write up the table, or make copies for students. In pairs or individually, students add more items of food to the lists. Go over this as a class. Then, in pairs or small groups, or as a class, ask and answer questions about the food.

2 Lesson activities

Go through the activities for the lesson on the sheet **at the end of this document**: the Pre-reading, Reading I and Reading II activities.



You could do this lesson as a *listening* activity. In order to do this, tell your students to turn over the sheet so they can't see the text as they do the exercises. For the first listening, play it once through without stopping.

If your students' listening level is low, stop the recording after each paragraph and check their understanding.

After finishing that, and if you've done this as a listening activity (not a reading), let your students read the text as you play the recording again. This is good for developing their listening skills as they can see the connection between the written and spoken language.

If you do this as a reading activity, you could assign a paragraph to different students. Then, in pairs or small groups, get them to explain what their assigned food item consists of.

3 Follow-up activities

Retell it!

Assign a paragraph (or two, etc.) to each student. Students have a minute or two to try to remember the text. When they're ready, students try to recount the information, using as much of the language as possible. Or, ask for volunteers to retell the information, using as much of the original language as possible (or even by heart if they can).

Game fun

Describe an item of food. Students have to guess what it is. This could be played as a game with two teams. For example:

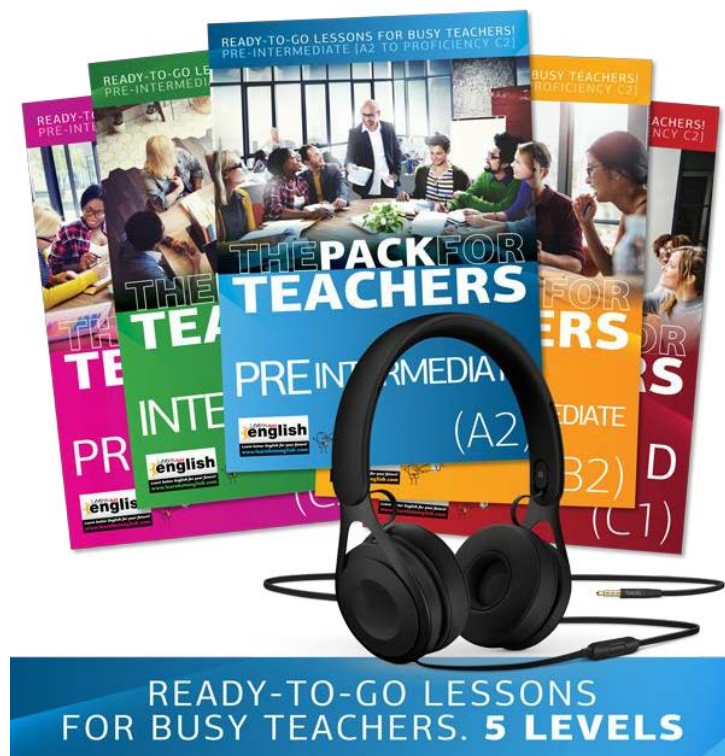
Teacher: It's a long, orange vegetable that rabbits like to eat.

Student: A carrot.

Etc.

Presentation

Students write notes for a one-minute presentation on how to prepare a dish. Students should include information on what it is, the ingredients, how to make it, etc. When they're ready, ask for volunteers to give their presentations (using notes, not reading it out word-for-word). Other students vote on the most interesting ones, or listen then ask or answer questions.





Resource Sheet

Food brainstorm

First, add items of food to the lists below. Then, discuss the questions in pairs. Remember, the aim is to practise speaking – what you say doesn't really matter, it's how you say it! So, speak as much as you can. NO ONE WORD ANSWERS!

- What are some of your favourite vegetables? Why do you like them?
- What are some of your favourite items of fruit? Why do you like them?
- What meat or fish do you like? Why?
- What vegetarian dishes do you like? What do they consist of?
- When was the last time you went out to a restaurant? Which one was it? What did you have?
- Do you ever cook? What dishes do you know how to prepare?
- What are some of your favourite dishes?
- What are some of your favourite international dishes?
- What herbs or spices do you use?
- What meat do you eat? How often do you eat meat?

Food

Meat: pork, beef, bacon, sausages...

Fruit: banana, apple, pear...

Fish: cod, hake, haddock...

Vegetables: carrot, potato, lettuce...

Processed & canned food: baked beans, frozen peas, tinned tuna fish...

Herbs & spices: salt, pepper...

Other: ...

Objective To improve your reading and listening skills.

Think about it What type of food do you dislike or hate? Why? What food did you hate as a child but now quite like? What type of food do you like?

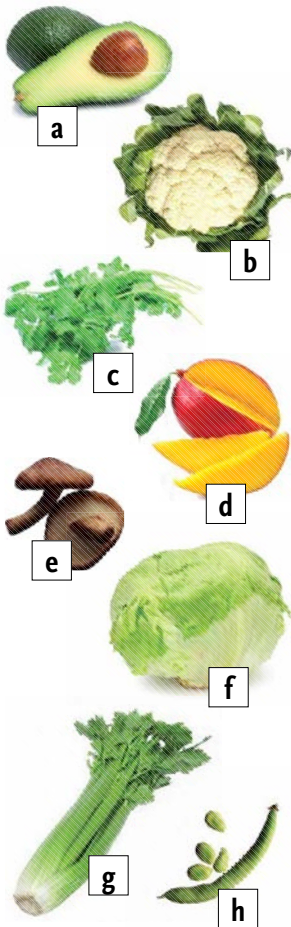
Exams This reading and listening activity will help prepare you for English exams such as KET and TOEFL.

Answers on page 44

1 Pre-reading

Match the food-words (1 to 8) to the pictures (a-h).

1. Mushroom
2. Coriander
3. Green beans
4. Avocado (pear)
5. Celery
6. Cabbage
7. Cauliflower
8. Mango



2 Reading I

Read the article once. Which comments do you agree with?

3 Reading II

Read the article again. Then, write the name of an item of food next to each statement.

1. It doesn't fill you up.
2. It tastes like medicine.
3. They're rubbery.
4. It's like eating cotton wool with needles.
5. It tastes like soap.
6. It produces a horrible smell when it's being cooked.

WHAT TYPE OF FOOD DO YOU HATE?

We asked several people about the food they don't like. Here's what they said.

I really hate mushrooms. They're just so **rubbery**.
Jack, 32

I **can't stand** coriander. It tastes like **soap** to me.
Kiera, 28

I can't stand **mushy** food, like overripe bananas or soft tomatoes.
Megan, 28

I hate any **stringy** vegetables like green beans, **over-ripe** avocados or celery, which also has this really nasty bitter taste.
Morgan, 26

I can't bear the smell or taste of whisky. I got drunk on it once when I was young, and now even the smell is enough to make me feel sick again.
Bradley, 31

I was forced to eat a lot of soup at school, and my parents gave it to me for dinner almost every evening at home, so I'm not a big fan. Apart from that, it doesn't **fill you up**, so you end up **pigging out** on bread

and cheese!
Amelia, 33

I can't stand **overcooked**, **soggy** cabbage or cauliflower, and the smell they produce when you're cooking them just makes me want to **retch**. However, I do like **sauerkraut**, which is made from cabbage. Strange!
Nicole, 29

The only vegetable I like is the potato – I can't stand the rest. If I have to eat vegetables in a restaurant or at someone's house, I put lots of mayonnaise or ketchup on to hide the taste. It's the only way I can eat them!
Diane, 24

I'm not that **keen on** mango. It's got this strange metallic aftertaste which is a bit like medicine, and I hate the soft, firm texture. However, I do like mango juice.
Ben, 35

I hate fish, especially fish with lots of bones in it – it's like eating **cotton wool** with **needles**. Once, I went to stay with my uncle in northern Norway. I remember that I was really hungry when I arrived, but he didn't have

anything in the fridge. So, we went out on his **rowing boat** and caught some fish. Later, he boiled it up and we ate it plain without even any salt or anything. It was horrible.

Mike, 34

GLOSSARY

- rubbery** *adj*
"rubbery" food feels soft or elastic, just like rubber
- can't stand** *exp*
if you "can't stand" something, you don't like that thing
- soap** *n*
a substance you use with water to wash or clean yourself
- mushy** *adj*
"mushy" food is soft and has no shape
- stringy** *adj*
"stringy" food has long, thin pieces that are difficult to eat
- over-ripe** *adj*
"over-ripe" fruit is very soft and old
- to fill up** *phr vb*
if food "fills you up", you don't feel hungry after eating it – you feel full
- to pig out** *phr vb inform*
if you "pig out", you eat a lot of food very quickly
- overcooked** *adj*
if food is "overcooked", it has been cooked for too long
- soggy** *adj*
"soggy" food has a lot of water in it
- to retch** *vb*
if you "retch", your stomach moves and you feel as if you're going to vomit (when food comes up from your stomach and out of your mouth)
- sauerkraut** *n*
cabbage which has been cut into small pieces and pickled (preserved in vinegar)
- keen on** *phr vb*
if you're "keen on" something, you like that thing
- cotton wool** *n*
a soft mass of white cotton. It's often used to put cream on your face, etc.
- a needle** *n*
a small, very thin piece of metal which is used for sewing. It has a sharp point at one end and a hole in the other
- a rowing boat** *n*
a small boat that you move through water by using oars (long pieces of wood)