

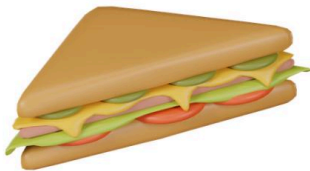
WHAT DO YOU EAT?

Watch the [video](#) titled “What the English Eat” by English Every Day with Freddie.

1 WARM UP

Task 1: Match the words from the box to the pictures.

| | | | | |
|--------|----------------|----------|----------|-------|
| soup | curry | pie | omelette | salad |
| cereal | fish and chips | sandwich | sausages | |



1. **sandwich.**



2. **cereal.**



3. **sausages.**



4. **salad.**



5. **soup.**



6. **curry.**



7. **fish and chips.**



8. **omelette.**



9. **pie.**

Task 2: Answer the following questions, using full sentences.

- Which of the foods do you like?
- Which of the foods do you not like?
- In general, what is your favourite food?



2 LET'S MAKE SENTENCES

Task 1: Use the pictures to complete the sentences.

| | | | | |
|----------|----------|----------------|----------|------|
| salad | pie | curry | sandwich | soup |
| sausages | omelette | fish and chips | cereal | |

1. I like to eat tomato **soup**.
2. She cooks **curry** for dinner.
3. I have an apple **pie** in the oven.
4. He eats an **omelette** for breakfast.
5. I make a **salad** with tomatoes and lettuce.
6. I eat **cereal** every morning.
7. We eat **fish and chips** on Fridays.
8. I have a cheese **sandwich** for lunch.
9. They are cooking **sausages** on the grill.
10. We share a big **omelette** with cheese.



3 VIDEO: TRUE OR FALSE

Task 1: Watch the [video](#) then decide if the following statements are true or false.

1. English people typically have four meals a day.
a. True. b. **False.**

2. Breakfast in England is often a complex meal.
a. True. b. **False.**

3. Some English people enjoy cereal with milk for breakfast.
a. **True.** b. False.

4. It is uncommon for English people to drink tea or coffee in the morning.
a. True. b. **False.**

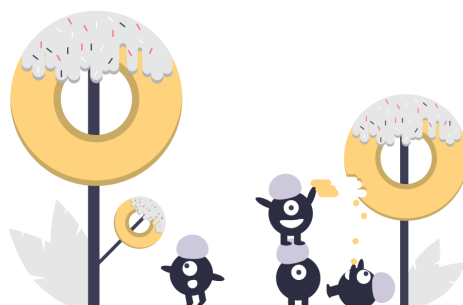
5. Lunch in England is usually eaten around midnight.
a. True. b. **False.**

6. English people traditionally eat fish and chips on Mondays.
a. True. b. **False.**

7. Dinner is the main meal in England, it is known as tea in some parts of the country.
a. **True.** b. False.

8. It is common for English people to eat pasta or curry for dinner.
a. **True.** b. False.

9.
a. True. b. **False.**



4 QUESTION TIME: FOOD AND MEALS

Task: Discuss the topic of today's class by answering the following questions.

1. How many meals do you eat each day?
2. What is your favourite meal of the day?
3. Is it common to eat cereal in your country? What is your favourite type of cereal?
4. What do you like to put on your toast? Butter or jam?
5. Do you drink tea or coffee in the morning? Do you put sugar or milk in your coffee?
6. What do you like to put in a sandwich?
7. Would you like to try fish and chips?
8. What time do people usually eat dinner in your country?
9. What are some traditional foods eaten at dinner in your country?
10. What do you like for dessert?



5 FOOD AND MEALS: SPAIN

Task 1: Read the following text about what Spanish people eat.

In Spain, people typically have three meals a day –breakfast in the morning, lunch around midday, and dinner in the evening.

For breakfast, many Spanish people enjoy a light meal. Some have pan con tomate, which is bread with tomato spread, or a croissant. They also have a cup of coffee or orange juice. During weekends, they might have a larger breakfast with scrambled eggs or a Spanish omelette with potatoes.

In Spain, lunch is the main meal of the day. Some Spaniards bring sandwiches filled with ham or cheese to work or school. Others prefer a hearty meal like paella, a rice dish with seafood or meat. Gazpacho, a cold tomato soup, is also popular, especially in the warmer months.

Dinner is the final meal of the day. Spaniards often start with tapas, small dishes like olives, cheese, or meats. For the main course, they might have grilled fish or meat with salad or spicy potatoes.

Spaniards enjoy a variety of sweet treats. One popular choice is flan, a creamy custard. Churros, fried dough pastries, are also a favourite, especially when dipped in chocolate sauce. These sweet treats provide a delicious end to a meal.



6 ARTICLE: COMPREHENSION

Task 1: Read the article, then choose the correct answer to the questions.

1. What is typically considered the main meal of the day in Spain?
 - a. Breakfast.
 - b. **Lunch.**
 - c. Dinner.
2. Which breakfast option is mentioned as a common choice among Spanish people?
 - a. **Pan con tomate.**
 - b. Cereal.
 - c. Fish and chips.
3. What is a popular lunch dish in Spain?
 - a. Pizza.
 - b. Sushi.
 - c. **Paella.**
4. What is gazpacho?
 - a. A hot tomato soup.
 - b. **A cold tomato soup.**
 - c. A rice dish.
5. What are tapas?
 - a. **Small appetiser dishes.**
 - b. Large main dishes.
 - c. Desserts.
6. Which typical sweet treat enjoyed by Spaniards is mentioned in the text?
 - a. Apple pie.
 - b. Cakes.
 - c. **Flan.**
7. When are churros typically eaten?
 - a. For breakfast.
 - b. **For dessert.**
 - c. For dinner.
8. What is often done with churros?
 - a. **Dipped in chocolate sauce.**
 - b. Dipped in ketchup.
 - c. Served with salsa.



7 QUESTION TIME: PART 2

Task: Discuss the text and the topic by answering the questions.

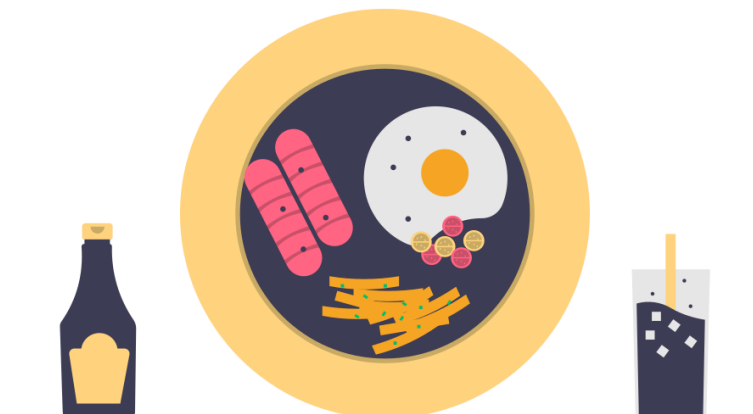
- a. What time do you eat breakfast in the morning?
- b. What do you usually eat for breakfast?
- c. Do you want to try a Spanish omelette?
- d. What time do you usually eat lunch?
- e. In your country, is lunch the main meal of the day?
- f. What do you usually eat for lunch?
- g. What are the traditional lunchtime foods in your country?
- h. What is paella? Do you want to try it?
- i. What is gazpacho? Do you want to try it?
- j. Describe your perfect dinner.

8 GRAMMAR: IS THIS SENTENCE CORRECT?

Task 1: Decide if the following sentences are correct or incorrect.

Correct any sentences that you think are incorrect, then share them with the class.

1. I always **drink** a cup of coffee for breakfast.
2. She likes to eat soup with **a** spoon.
3. We **eat** pizza for lunch every Friday.
4. I drink a glass of milk before going to bed.
5. They have fish and chips **for** dinner every night.
6. He **has** an apple as a snack.
7. My favourite fruit **is** an apple.
8. I **don't** like coffee in the morning.
9. We **eat** eggs and toast for breakfast every day.
10. Do you want to eat a sandwich **for** lunch?



9 GAME: THIS OR THAT

Task 1: Let's end the lesson with a fun game. Read the instructions below, then start!

Instructions: Decide which of the options you prefer, and say why!



1. Go to a restaurant

OR



... cook at home?



2. Eat seafood

OR



... or meat?



3. Drink coffee

OR



... drink tea?



4. Food from England

OR



... food from Spain?



5. Eat soup

OR



... eat salad?



6. Eat alone

OR



... eat with your family?



10 NAME GAME

Task 1: You will be given a topic and have 30 seconds to name as many things related to that topic as you can. Have fun!

For example, if the topic is "fruit," you could say: apple, banana, orange, mango, etc.

a. Foods eaten at dinner.

b. Hot foods.

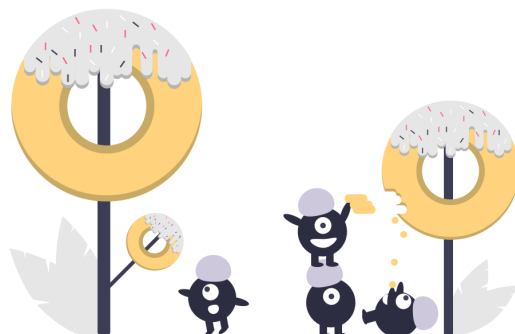
c. Cold foods.

d. Desserts

e. Drinks.

f. Vegetables.

g. Fast Foods restaurants.



2 FRENCH FOOD CULTURE

Task 1: Read the following text about French food culture.

In France, meals are an important part of daily life. Typically, French people have three meals a day – breakfast, lunch, and dinner.

For breakfast, many French people enjoy a simple but delightful meal. Some might have croissants or pain au chocolat, which are buttery pastries. Others might opt for a slice of baguette with butter and jam. Of course, many people choose to have a cup of coffee too.

Lunch is a significant meal in France, usually taken around midday. It often consists of multiple courses, starting with an appetiser such as a salad or soup. The main course could be a variety of dishes like quiche, a savoury tart filled with cheese and vegetables, or a sandwich made with baguette bread and different fillings like ham and cheese.

Dinner in France is also a special time for families to gather and enjoy meals together. It typically includes a main course like roast chicken or beef, served with vegetables or potatoes. Of course, no French meal is complete without a piece of cheese, served before or after the main course, along with a delicious baguette.

French cuisine is also famous for its delectable desserts. One beloved treat is crème brûlée, a creamy custard topped with a layer of caramelised sugar.

Overall, meals in France are a delightful experience, where food is enjoyed with good company. Whether it's a simple breakfast, a leisurely lunch, or a delicious dinner, French cuisine is loved by everyone.

Task 2: On a separate piece of paper, write answers to the following questions.

- What do French people usually eat for breakfast? Do you like it?
- What do you think about what French people eat for lunch?
- Would you like to add a cheese course to your country's food culture?
- What do French people usually eat for dessert? Would you like to try it?
- Write a short text about the food culture in your culture. (200 words).

