



LESSON 4.1

AMERICAN ENGLISH

GRAMMAR AND VOCABULARY

FOOD AND MEALS





Lección 4.1 - La comida y las comidas

Lesson 4.1 – Food and Meals

Bienvenidos a nuestra lección sobre alimentos y comidas favoritas. Aprenderemos a hablar sobre lo que nos gusta comer y a expresar nuestras preferencias en inglés.

Welcome to our lesson about food and favorite meals. We will learn to talk about what we like to eat and express our preferences in English.

Exploraremos diferentes tipos de comidas y practicaremos expresiones útiles para conversaciones cotidianas.

We will explore different types of food and practice useful expressions for everyday conversations.

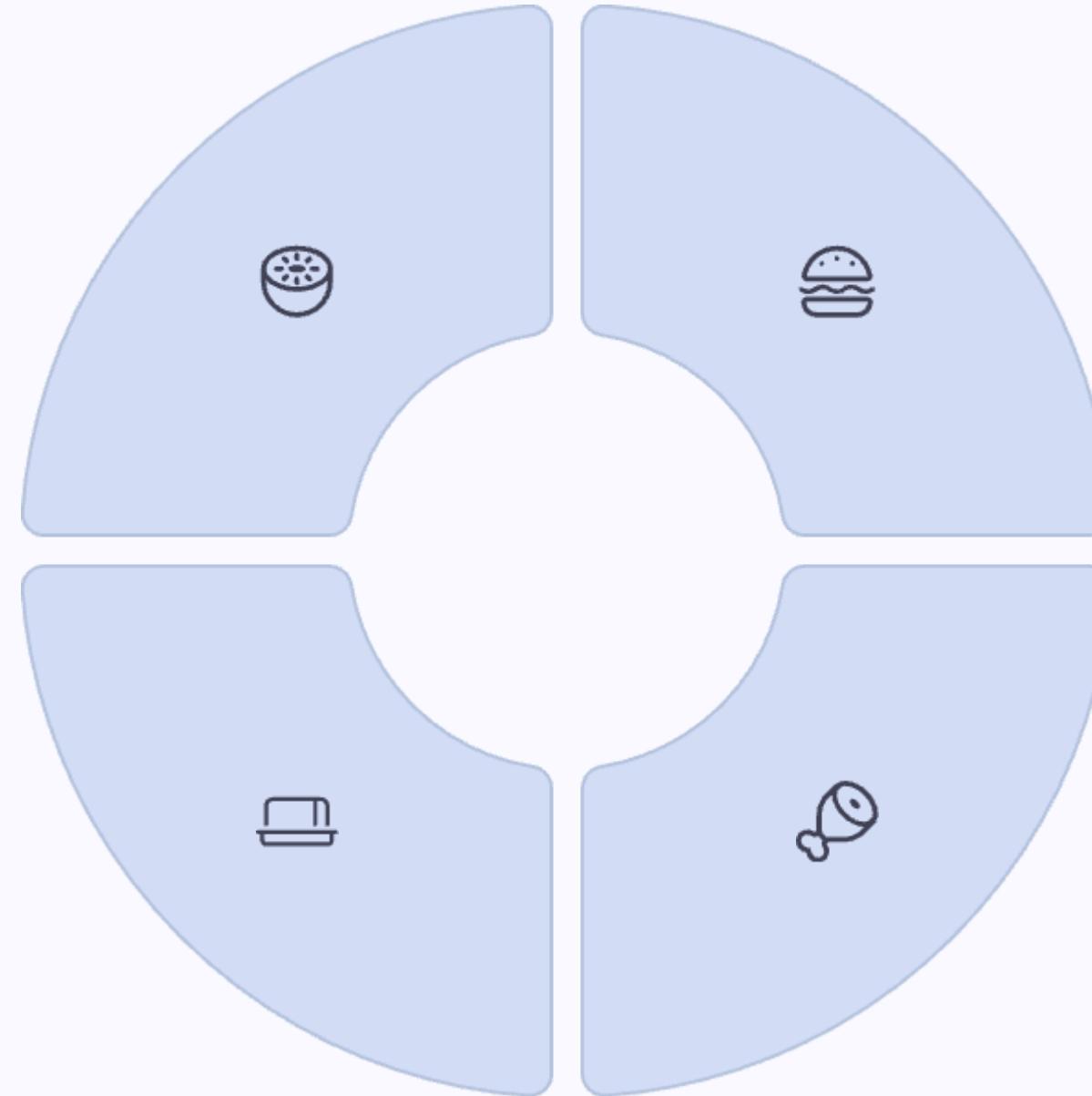
Vocabulario: Tipos de alimentos

Frutas

Apple (manzana), banana (plátano), orange (naranja), strawberry (fresa), grape (uva), pineapple (piña)

Lácteos

Cheese (queso), milk (leche), yogurt (yogur), butter (mantequilla), cream (crema), ice cream (helado)



Verduras

Carrot (zanahoria), tomato (tomate), lettuce (lechuga), onion (cebolla), potato (papa), bell pepper (pimiento)

Carnes

Chicken (pollo), beef (res), fish (pescado), pork (cerdo), lamb (cordero), turkey (pavo)

Expresiones clave: I like, I eat

I like (Me gusta)

Usamos "I like" para expresar preferencias y gustos.

- I like pizza.
- I like fresh fruit.

I eat (Yo como)

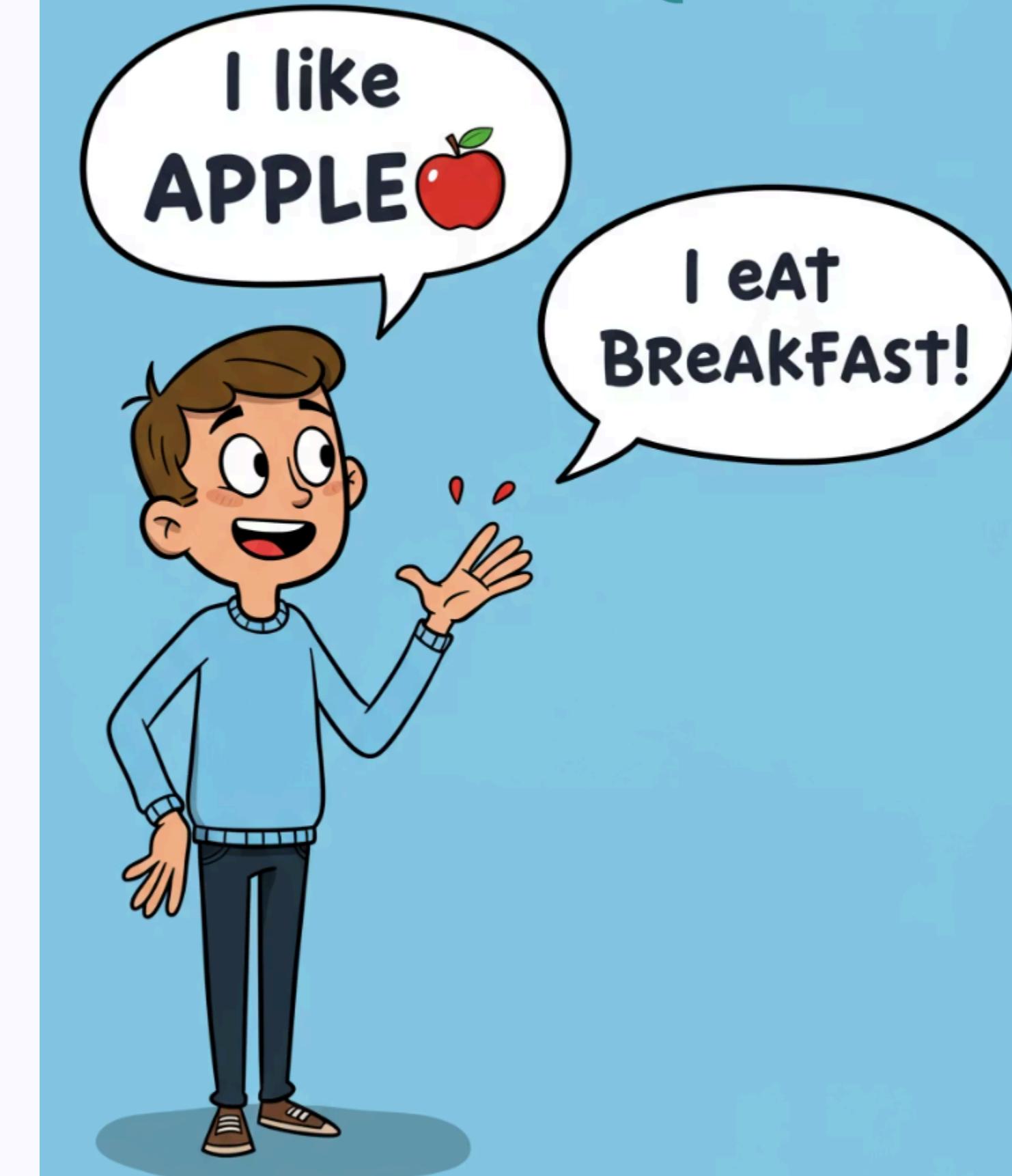
Usamos "I eat" para hablar de lo que comemos.

- I eat breakfast at 8 AM.
- I eat vegetables every day.

Estructura básica

Sujeto + verbo + complemento

- I like tacos.
- I eat rice for lunch.



Mis comidas favoritas



Tacos

I like spicy tacos with chicken and fresh vegetables. I eat tacos on weekends with my family. My favorite toppings are guacamole and pico de gallo. They are delicious with lime juice.



Pizza

I like cheese pizza with mushrooms and pepperoni. I eat pizza with my friends on Friday nights. Italian style pizza is my favorite because of the thin crust. I also enjoy making homemade pizza.



Ensalada

I like fresh salad with tomatoes, cucumbers and avocado. I eat salad for lunch almost every day. Mixed green salads with a light vinaigrette dressing are healthy and refreshing. I sometimes add grilled chicken to make it more filling.



Sopa

I like hot soup with vegetables and chicken. I eat soup when it's cold or when I feel sick. Homemade chicken noodle soup is comforting and nutritious. My grandmother taught me how to make traditional vegetable soup.

Práctica con menús reales

Desayuno (Breakfast)	Almuerzo (Lunch)	Cena (Dinner)
Eggs and toast	Sandwich	Grilled chicken
Pancakes	Salad	Pasta
Cereal with milk	Soup	Fish with rice
Oatmeal	Burger and fries	Steak with vegetables
Fruit smoothie	Wrap	Pizza

Practica diciendo: "For breakfast, I like pancakes" o "For dinner, I eat pasta".

Otras expresiones útiles:

- "Usually, I eat cereal with milk for breakfast."
- "For lunch, I prefer salad because it's healthy."
- "At dinner time, I enjoy eating grilled chicken with my family."

¡Intenta crear tus propias frases con los alimentos del menú!

Diálogos en la mesa

Pregunta

What do you like to eat?

¿Qué te gusta comer?

Respuesta

I like pasta.

Me gusta la pasta.

Pregunta

What do you eat for breakfast?

¿Qué comes para el desayuno?

Respuesta

I eat cereal with milk.

Como cereal con leche.

Pregunta

Do you eat vegetables?

¿Comes verduras?

Respuesta

Yes, I eat vegetables every day.

Sí, como verduras todos los días.

Platos internacionales



Paella (España)

I like paella with seafood. Es un plato tradicional con arroz, azafrán y mariscos. Paella is usually shared with family and friends during celebrations.



Pasta (Italia)

I like pasta with tomato sauce. La pasta italiana tiene muchas variedades como espagueti, penne y lasaña. In Italy, pasta is usually served as a first course before the main dish.



Sushi (Japón)

I eat sushi for dinner sometimes. Me encanta el sushi con salmón y aguacate. Japanese cuisine is famous for its fresh ingredients and beautiful presentation.



Curry (India)

I eat curry with rice. El curry puede ser picante o suave según tus preferencias. Indian cuisine uses many aromatic spices that give the dishes unique flavors and colors.





Conversaciones prácticas

Saludar

Good morning/afternoon.

Buenos días/tardes.

Pedir el menú

Can I see the menu, please?

¿Puedo ver el menú, por favor?

Ordenar

I'd like the chicken salad, please.

Me gustaría la ensalada de pollo, por favor.

Pedir la cuenta

Can I have the check, please?

¿Me puede traer la cuenta, por favor?



THANK YOU

