

Unit 3, Lesson 3: At the supermarket

1. Vocabulary

Produce		Meats, Poultry, and Seafoods		Rice, Pasta, & Grains	
apple avocado 酪梨 bamboo shoot banana cantaloupe 哈 密瓜 broccoli 青花 菜 cauliflower 花 椰菜	beet 甜菜 cabbage corn cucumber carrot lettuce oranges pineapple tomatoes Jalapeño 墨西 哥辣	bacon chicken ground beef ham steaks pepperoni 義 式臘腸 sausages turkey pork chops	eel 鰻魚 mackerel 鯖魚 squid shrimp tuna salmon	bread brown rice pasta rice spaghetti noodles couscous 古斯米 millet 小米 tortilla 墨西哥薄餅	
Canned Goods		Dairy / Frozen Foods		Condiments & Baking Needs	
honey jam olives salsa kimchi		butter cheese ice cream milk yogurt		olive oil pepper salt soy sauce sugar	vegetable oil flour cake mix curry wasabi
Units					
carton(s) bottle(s)	box(es) can(s)	jar(s) gallon(s)	pound(s) loaf (loaves)	bag(s) package(s)	

2. Conversation

A TV show invited you to a dish design competition. Your first task is to select ingredients from a supermarket (the foods in the Vocabulary list above) to create three fusion cuisine meals: breakfast, lunch, and dinner.

A. Strategizing 制定戰略

TV host: Do you have a dish already in mind?

You: I am considering to combine cuisines from _____ (region 1) and

_____ (region 2).

TV host: Why?

You: I like foods from _____ (region 1) because _____ (is / are)
_____. I also like foods from _____ (region 2)
because _____ (is / are) _____.

TV host: Have you cooked fusion dishes before?

You: When I was _____, I _____.

TV host: Tell me more.

You: _____.

TV host: Good luck. You can enter the supermarket now.

B. At the supermarket

TV host: You are starting in the produce aisle. What are you picking?

You: I want to choose _____. I would prefer to choose
_____, but _____.

TV host: Do you want to try _____?

You: _____, but _____.

TV host: How about _____?

You: I think I want _____, and then I may try
_____ from the meat aisle.

TV host: Here we are in the meat aisle. Do you like ground beef?

You: I like it, but _____.

TV host: Are you getting fish?

You: _____ or _____.

TV host: We are entering the rice and pasta aisle. What do you think?

You: _____.

TV host: Do you prefer rice or pasta? Why?

You: _____.

TV host: See all the canned goods. Pick one thing that you like.

You: I am going to try _____. This is good for
_____.

TV host: Look at these. Do you want some milk? Why or why not?

You: _____.

TV host: The secret sauce of any good dishes is found in the condiments. What is your magic
sauce? Why?

You: I am getting _____ because _____.

C. Present your shopping list.

Unit 3, Lesson 4: A healthy diet

1. Vocabulary

Breakfast	Lunch	Dinner
cereal and milk	green salad and fruit juice	spaghetti with meatballs, and ice cream
coffee	sausage, beans, rice, and water	cheese, bread, green salad, and fruit
fruit, cereal, milk, and toast	pepperoni pizza and milk	fried chicken and a baked potato
toast and coffee	soup, bread, fruit, and yogurt	turkey, potatoes, green salad, and water
doughnut (donut) and coffee	hamburger, fries, and soda	pepperoni pizza and beer

2. Conversation

Pick one breakfast, one lunch, and one dinner meal from the list above. Your challenge is to turn these meals into fusion cuisines, using the ingredients that you selected before. Your meals need to be nutritionally balanced. Your friends and family are waiting for the show to start.

A. First thoughts

TV host: Were you surprised by the challenge?

You: I _____ (like / do not like) it, but _____.

TV host: Can you make donuts Asian style? How?

You: _____

TV host: Can you make a fusion style pepperoni pizza? How?

You: _____, and _____.

TV host: Is _____ (curry / wasabi / olive oil) useful for you? How can you use it to make a fusion dish?

You: _____.

TV host: What do you normally like to eat for breakfast, lunch, and dinner?

You: For breakfast, I _____.

For lunch, I _____.

For dinner, I _____.

TV host: Thank you. Are you ready to create your fusion dishes?

B. Create your fusion dishes.

TV host: Are you working on breakfast?

You: Yes. I am thinking mixing _____ and _____. This
is going to _____.

TV host: That's a strange combination. Why did you make this choice?

You: _____.

TV host: How is this dish nutritionally balanced?

You: _____.

TV host: What are you planning for lunch? What meal item did you choose?

You: _____.

TV host: What ingredients are you using?

You: _____.

TV host: What is the reason for making the choice?

You: _____.

TV host: How do you make this dish healthy?

You: It's not easy, but _____.

TV host: What's for dinner?

You: _____?

TV host: Why did you choose this item?

You: _____.

TV host: What ingredients are you using? Why?

You: _____.

TV host: How are you seasoning the dish?

You: _____.

TV host: I can't wait to taste all your dishes. Good luck.

C. Present your fusion meals.

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3. Homework

Translate the English words below into Chinese.

English	Chinese	English	Chinese	English	Chinese
recipe		mixture		garlic	
ingredients		approximately		peel	
jars		fry		boil	
pound		until		whip	
pepper		medium heat		whisk	
pasta		meatballs		blender	
according to		simmer		drain	
chopped		serve		pour	
bowl		mashed		tortilla	
shape		margarine		grease	