

LET'S PRACTICE: (CONVERSATION WITH "IMANE")

Me: Good morning, Imane. How are you?

Imane: Good morning, sir Baba. I am good. Thank you. And you?

Me: I am fine, too. Thanks.

Me: Well! May I ask you some questions concerning your family diet, Imane?

Imane: Yeah! Sure. I have no problem with that.

Me: Ok. Let's start with breakfast. What do you usually have for breakfast?

Imane: Breakfast is very important for us. We usually have a toast with cheese and boiled eggs along with a dish of fruit salad. My husband and I have milk and coffee and the children have milk with breakfast cereals.

Me: Ok. That's will keep you healthy and energetic for the entire day. How about the other meals of the day? What do you usually have for lunch and dinner?

Imane: I am a housewife. And I enjoy making delicious and healthy meals for my family all the time. We have cooked vegetables and legumes with a piece of meat or chicken most of the time. Once a week we have a dish of seafood with a healthy soup.

Me: Ok! How about grains? Don't you think there are an indispensable part of our diet?

Imane: Yes, we usually eat everything with whole grain bread. Also, from time to time, we eat brown rice with breast chicken. Sometimes, we even break the routine with a dish of whole wheat pasta or whole wheat spaghetti.



Me: Alright! That sounds really healthy. What do you usually have for desserts then?

Imane: We only have fruits or fruit salad for desserts. No sodas no cakes or pies. However, sometimes, Ahmed makes us delicious home-made smoothies as an alternative.

Me: That very healthy, Imane. Good for you and your family. But I want to know how the children usually react. Don't they want to satisfy their craving for tasty food such Pizza and hamburgers or a dish of French fries may be?

Imane: The children are used to eat my healthy meals. They love to eat everything. However, they are allowed to satisfy their craving once in a while.

Me: That sounds perfect. Thank you so much, Imane for sharing all this us.

Imane: It's always my pleasure. Thank you, sir Baba.

PART II: HOME PRACTICE

Task 01: Read / Listen to the conversation and say whether the following statements are True or False. (Correct the false ones)

1/ Imane's family have a healthy breakfast all the week.



2/ Siham and Sohaib have **as** healthy breakfast **as** their parents'.



3/ they have a toast with boiled eggs and cheese along with a fruit salad.



4/ Imane is a working wife. She doesn't make healthy meals all the time.



5/ They have a dish of seafood twice a week along with soup.



6/ They have a dish of cooked vegetables most of the time.



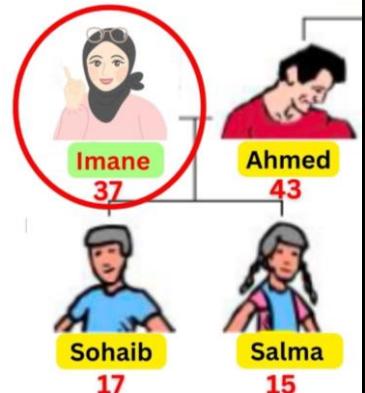
7/ The children dislike beans and legumes.



8/ Imane's family don't eat grains.



9/ Imane never makes cakes or pies for the family.



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10/ All members of this family follow a healthy diet.

Task 02: Complete the following dialogue according to your personal situation.

Me: Good morning, (your name). How are you?

You: Good morning, sir Baba. I am good. Thank you. And you?

Me: I am fine, too. Thanks.

Me: Well! May I ask you some questions concerning your diet?

You: Yeah! Sure. I have no problem with that.

Me: Ok. Let's start with breakfast. What do you usually have for breakfast?

You:

Me: Ok. How about the other meals of the day? What do you usually have for lunch and dinner?

You: ...

...and the following day, I am off to the airport to catch my flight back to the States.

Me: Alright! What do you usually have for desserts then?

You :

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Me: That sounds perfect. Thank you so much, (your name) for sharing all this us.

Souad: It's always my pleasure. Thank you, sir Baba.