

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

Me: Good morning, Souad. It's been a long time. How are you?

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

Me: I am fine, too. Thanks.

Me: I was talking to your husband the other day and he mentioned that he usually has a healthy breakfast every day except for the weekends. Is that the same for the entire family?

Souad: For me, yes. I usually have the same breakfast as my husband, but the children don't.

Me: Really? What do they usually have for breakfast?

Souad: Amel doesn't eat well at breakfast. She only has a cup of milk with chocolate and sometimes she adds some breakfast cereals to her milk. And Yacine always wants to satisfy his craving for tasty foods like jam, doughnuts and croissants.

Me: Ok. That doesn't seem as healthy as their father's breakfast. How about the other meals of the day? What do you usually have for lunch and dinner?

Souad: Well, you know. As a working wife, I don't always have time to cook hard meals. We usually have a simple dish of salad, pasta or spaghetti and sometimes rice with chicken or just a dish of French fries with beef steak or chicken breast.

Me: Yeah! I know that you are quite busy, but how about on your days off? Do you eat the same?



Souad: No, of course! On my days off, I try to cook some healthy vegetables like eggplants or cauliflower for my family. Also, once a week, we have a dish of seafood. In that case, I love to add soup as an appetizer.

Me: How about beans and legumes like peas and lentils? Don't you cook any?

Souad: No, unfortunately, the children dislike all beans and legumes. And I don't like forcing them to eat what they don't love.

Me: How about dessert? What do you usually have for lunch and dinner?

Souad: We usually have sodas with fruits as dessert. On the weekends, I sometimes take the chance to make a delicious cake or pie to enjoy it after dinner.

Me: That sounds delicious. Thank you so much, Souad for sharing all this us.

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

PART II: HOME PRACTICE

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

1/ Mounir and Souad have a healthy breakfast all the week.



2/ Amel and Yacine have as healthy breakfast as their parents'.



3/ Amel has a toast with boiled eggs and cheese along with a fruit salad. F



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



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



6/ They have a dish of cooked vegetables from time to time.



7/ The children dislike bean and legumes. That why Souad never cooks them.



8/ Souad never makes cakes or pies for the family.



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

