

COMMUNICATION

I'm allergic to that!

LEVEL

Elementary (A2)

NUMBER

EN_A2_2022X

LANGUAGE

English



Learning outcomes

- I can give my food preferences and any special dietary requirements that I have.
- I can talk about allergies and intolerances.





Vocabulary

vegetarian



Vegetarians do not eat meat.

vegan



Vegans do not eat any animal products.



Vocabulary

meat-eater



A person who eats meat is a **meat-eater**.

organic



Organic food is grown without chemicals.

fair-trade



Fair-trade food helps the people who grow the food.



Read the sentences



Lots of people only buy **fair-trade** coffee.

Vegans do not eat eggs.





Read the sentences



Vegetarians do not eat fish.

Organic food is often more expensive than other food.



Meat-eaters usually eat different kinds of meat.

Are these bananas **fair-trade** or not?





True or false?

		True	False
1	Meat-eaters only eat meat.	<input type="checkbox"/>	<input type="checkbox"/>
2	Vegetarians never eat meat.	<input type="checkbox"/>	<input type="checkbox"/>
3	Vegans do not drink cow's milk.	<input type="checkbox"/>	<input type="checkbox"/>
4	Organic food is worse for the environment.	<input type="checkbox"/>	<input type="checkbox"/>
5	Fair-trade food helps the workers who grow it.	<input type="checkbox"/>	<input type="checkbox"/>



Discuss

With a partner **in breakout rooms** or **together as a class**.

Are you vegan or vegetarian?



If not, is anyone in your family?

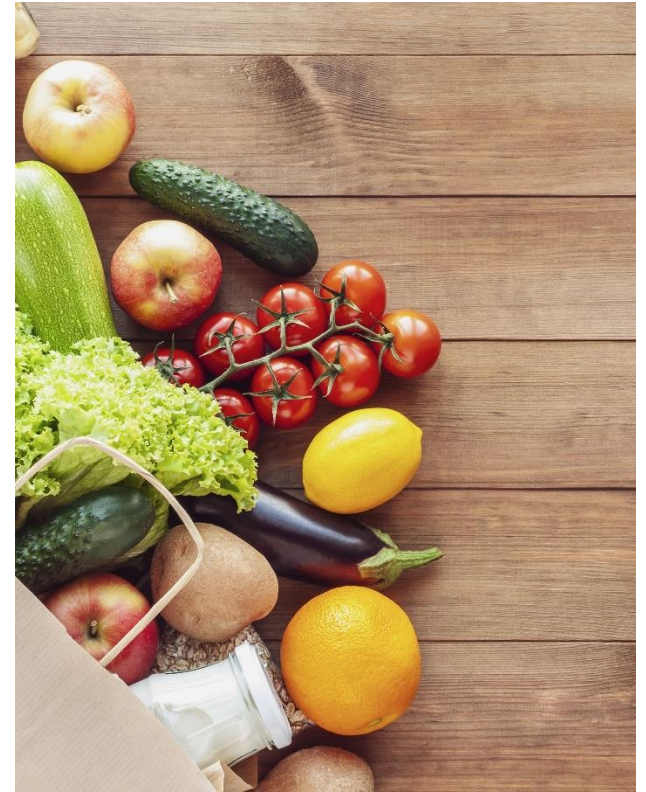
If you are, how easy is it where you live?



What about you?

**How often do you
buy organic or
fair-trade food?**

**Is it important for you to know
where your food comes from?**



”

a preference



Do you have a **preference** for meat or seafood?



Vocabulary

to choose not to



I **choose not to** drink alcohol. I only have soft drinks.

soya



Soya milk is made from soya beans.



Vocabulary

allergic to



I'm **allergic to** nuts. So please
don't give me any!

shellfish



Prawns and mussels are
shellfish.



Read the sentences



Is your partner **allergic to** anything?

No, he's not. But he **chooses not to** eat meat.





Read the sentences



Does the fish soup contain **shellfish**?

Tofu is made from **soya**.



I have a **preference** for brown bread. Do you?

No, I'm not **allergic to** anything. Don't worry!





Fill in the gaps

allergic

meat

shellfish

preferences



I just want to check. Is your partner
_____ to anything?

Alright. Does she have any specific
_____?

Sounds good. And you can't eat
_____, right?



vegetarian

organic

soya

meat-eater

No, she's not. She is _____ though,
so no meat, please.

She eats quite a lot of _____. So
maybe something with tofu?

That's right! So no clams, mussels or
anything like that for me.

Choose a classmate

1. **Invite** them to your dinner party this weekend.
2. **Ask** them about their food preferences and allergies.



Hey! Would you like to join our dinner party on Saturday?

I would love to!



- I'm allergic to...
- I choose not to eat...
- I'm not allergic to anything!
- I have a preference for....



Speaking

Do you or anyone you know have a *severe* allergy to anything?



How easy is it for them to go to a restaurant?



Severe means serious or dangerous!



Vocabulary

intolerant



Intolerant means not able to eat something without becoming ill.

lactose



Lactose is a sugar found in milk.



Vocabulary

gluten



Gluten is found in wheat-flour.

coeliac



People who have **coeliac** disease cannot eat gluten.



Read the sentences



I have **coeliac** disease, so I can only eat **gluten**-free products.

My partner is **lactose intolerant**.





Match the sentences

1 People with coeliac disease...

2 Why did Jane stop drinking cow's milk?

3 I can't eat gluten,...

4 I have a preference for...

5 Why can't you eat nuts?

a Because she is lactose intolerant.

b red over white wine.

c Because I'm allergic to them!

d get very sick if they eat gluten.

e so I don't eat pasta made from wheat.



Who cannot eat...?

Complete the sentences below.

1



2



3



4



5



A person with coeliac disease cannot eat or drink numbers...

A lactose intolerant person cannot eat or drink numbers...



You're throwing a dinner party

What main course will you make for each person? **Discuss** together as a class.



Sarah,
vegetarian

Tom,
lactose intolerant

Barbara
gluten free and vegan

Pierre
allergic to nuts and shellfish



End of the lesson

Idiom

to not be one's cup of tea

Meaning: not what somebody likes or is interested in

Example: I'm not sure about that restaurant. The food's **not my cup of tea!**



Additional practice



Complete the dialogue

lactose **allergic**
vegetarian **coeliac**



Tina's coming over for dinner tomorrow. I know she's _____, so what should I cook for us?

And her partner Andy is _____ intolerant, so no milk or cheese either.

What about steak? It's tastier than fish and no one is _____.



allergic **gluten**
shellfish **meat**

Well, nothing with _____, so no pasta or bread.

How about prawns? Oh no, that won't work. Mark is _____ to _____.

You're right. That sounds like a plan!



Do you prefer...?

- 1. **Practise** asking a classmate about their preferences.
- 2. **Create** your own pairs for the last three boxes.

Do you prefer meat or seafood?

meat or seafood

fruit or vegetables

sweet or salty

I prefer seafood. I don't eat a lot of meat.

rice or pasta

tea or coffee

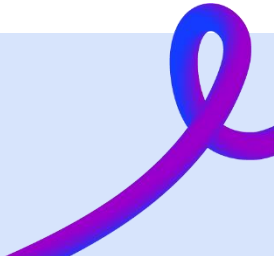
beer or wine

Me neither. I love eating fresh fish!

?

?

?

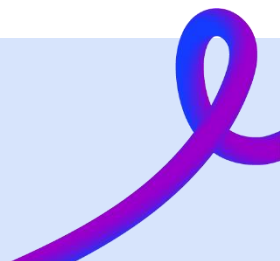
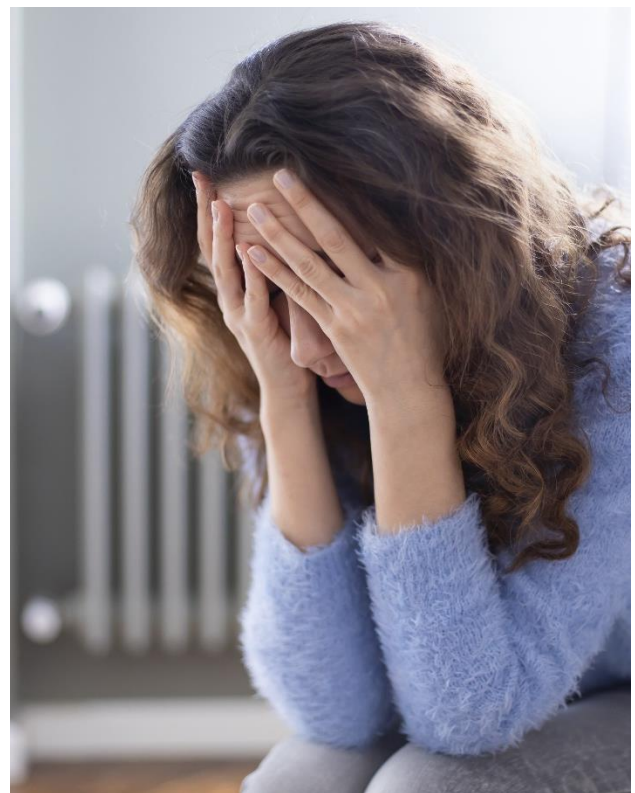




Discuss

**What is one food
you would *hate*
to be allergic to?**

Share your ideas!





Answer key

P. 8: 1. F, 2. T, 3. T, 4. F, 5. T

P. 16: 1. allergic
2. vegetarian
3. preferences
4. soya
5. shellfish

P. 22: 1. d, 2. a, 3. e, 4. b, 5. c

P. 23: A coeliac cannot eat numbers 1, 2 or 4
A lactose intolerant person cannot eat numbers 1, 2, 3 or 5.

P. 28: 1. coeliac
2. gluten
3. lactose
4. allergic, shellfish
5. vegetarian



Summary

Dietary requirements and preferences

- *vegetarian; vegan; meat-eater*
- *organic; fair-trade; preference; to choose not to*

Allergies and intolerances

- *soya; allergic to; shellfish; intolerant;*
- *lactose; gluten; coeliac*



Vocabulary

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