**ENGLISH I**

**TOPIC 2**

**WHAT MAKES FOOD TASTE GOOD?**

**LEARNING OUTCOMES**

By the end of this topic, you should be able to:

1. predict the content of a paragraph or reading text
2. use the techniques of skimming and scanning in finding the information
3. write a descriptive paragraph
4. **READING**

**Here are some words from reading text. Cross out the word that is different from the bold word.**

1. People who **consume** too many calories typically gain weight.
2. take in
3. waste
4. eat
5. The foods we eat often during childhood can **influence** the foods we prefer as adults.
6. make
7. affect
8. help determine
9. The **concept** behind organic food is that farmers should grow fruits, vegetables, and grains without harmful chemicals.
10. idea
11. part
12. belief
13. Normandy, a northern **region** of France, is home to many famous cheeses.
14. area
15. place
16. direction
17. Italian **cuisine** is known for its rich, fresh sauces and its pasta dishes.
18. history
19. cooking
20. food
21. I had a very healthy dinner last night. I ate meat, vegetables, some fruit, and just a small **portion** of dessert.
22. amount
23. kind
24. quantity
25. The **practice** of eating with one’s hand is considered rude in some cultures but polite in others.
26. action
27. advantage
28. custom
29. A unique **property** of water is that it takes up more space when it is ice than when it is a liquid.
30. quality
31. characteristic
32. size
33. One **principle** of vegetarian diets is that eating fruits, grains, and vegetables is healthier for you than eating a meat-based diet.
34. basic rule
35. decision
36. belief
37. Various cultures use different **methods** for preparing foods.
38. problems
39. ways
40. processes

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| **READING SKILL** | **PREVIEWING A TEXT** |

**Previewing** means looking through a text quickly to find the topic and main ideas before you read the whole text. Previewing gives you a general understanding of the reading first, which will help you when you read the whole text from beginning to end. When you preview, the goal is to predict what the text is going to talk about.

Previewing usually includes these steps:

1. reading the title and subtitles
2. looking at the photographs and pictures
3. reading the first and last paragraphs

After you preview a text, you should be able to ansewr these questions:

1. What is the topic of the reading?
2. What ideas are discussed in the reading?
3. **Look at the following reading text. Follow these steps as you preview the text.**

**Step 1:** Read the title and subtitles

1. What is the title of the reading?
2. There are four headings within the reading. What are they?

**Step 2:** Look at the pictures.

Look at the photo and pictures. What are they of?

**Step 3:** Read the first and last paragraph.

Read the first and last paragraphs quickly. Underline the topic sentence of each paragraph.

1. **What is the topic of the reading?**
2. **What ideas are discussed in the reading?**

**Read the article**

This is an article from an online food magazine that discusses how culture can affect people’s food choices. Look back at your answers to the questions above.

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| **Finding Balance in Food** | |
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| **Food, Balance, and Culture** | |
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| 1 | Nutritionists around the world often speak about the importance of a balanced diet. A balanced diet usually means eating more fruits, vegetables, and grains and **consuming** fewer foods high in fat, sugar, and cholesterol. When comparing the food habits of different cultures, however, the definition of a “balanced diet” might also be seen differently. A person’s culture can **influence** the way he tries to find balance in the foods he consumes. Cultures might view balance differently according to the way a dish tastes, or how a meal is prepared and served. Looking at the **concept** of a balanced diet through the eyes of two different cultures makes it clear that the definition can differ greatly. |
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| **France: Balancing Geography and Portions** | |
| 2 | For the French, balance does not only come from the use of different kinds of ingredients; enjoying the tastes of the country’s many **regions**; can also make their diet feel balanced. France is divided into 22 regions. Each region has its own local **cuisine** and food traditions, or what the French call *terroir.* The French embrace all 22 regions and the cuisine produced in each. French cafes, restaurants, and food advertisements often refer to the different regions, and to the fact that French people find pleasure in eating foods from different parts of the country in a search for the balance. |
| 3 | One can also see balance in the way the French serve their food. A traditional French meal can have from three to seven different courses. It might include an appetizer, a main plate, a side plate, a cheese plate, a salad, and a dessert, which makes it a well-balanced dining experience. Each dish is eaten and enjoyed separately, and **portions** are small. This **practice** has even affected the menus of fast-food chains. Many French people dislike the traditional fast-food meal because it is too simple and quick, so fast-food restaurants in France have changed their menus. Some now include an appetizer, a main dish, a dessert, and a coffee to offer diners the balance they want. |
| **China: Balancing Yin and Yang** | |
| 4 | Like French cuisine, traditional Chinese cooking also tries to find balance, but in a different way. In China, the concepts of *yin* and *yang* influence the way food is traditionally prepared and eaten by the Chinese. Yin and yang simbolise balance and harmony between opposing forces. According to traditional beliefs, some foods, like carrots, water, and tofu, have yin **properties** because they are “cool” foods, which decrease body heat. In contrast, yang foods, such as chicken, eggs, and mushrooms, are “warm” foods, which increase body heat. The **principles** of yin and yang can apply to cooking **methods** as well. Water-based cooking like boiling and steaming has yin qualities. Frying and roasting are yang methods. |
| 5 | The challenge in traditional Chinese cooking is to prepare and eat meals that balance yin and yang qualities. The Chinese believe that achieving this kind of balance can result in improved health. For instance, dishes like beef with broccoli and sweet and sour chicken are considered healthy because they have a balance of foods, colours, flavours, and textures. They believe diseases result when there is too much ying or yang in the human body. To the Chinese, food acts as medicine. A person with heartburn, might have too much yang because she is eating too much spicy food. As a result, a doctor might tell her to drink iced tea, a source of yin to balance the yang force. |
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| **Different Cultures, Shared Desire** | |
| 6 | France and China have very different cultures, and people in each culture have their own ideas of what constitutes a balanced meal, whether it is tastes, menus, ingredients, eating habits, or nutritional benefits. What connects the two, however, is a shared desire to find some kind of balance. A look at their food preferences also suggests that culture and food are not separate from each other. They are closely related, and their connection can be observed around the world in very different and fascinating ways. |

**MAIN IDEAS**

**Circle the answer to each question.**

1. What is the main purpose of the article?
   1. to compare how two cultures find balance in food
   2. to explain why the French do not like fast food
   3. to describe the concepts of *yin* and *yang*
2. What is the main idea of paragraph 2?
   1. Each of 22 regions in France has its won terroir.
   2. In France, balance comes from eating foods from different regions.
   3. The French find pleasure in eating at different kinds of restaurants.
3. What is the main ide of Paragraph 3?
   1. Many French people do not like to eat at fast-food restaurants.
   2. The French balance their meals by serving many small courses.
   3. Some fast-food restaurants in France offer three-course meals.
4. What is the main idea of Paragraph 4?
   1. Yin and yang help create balance in Chinese cooking.
   2. Yang foods are believed to increase body heat.
   3. Carrots and water are yin foods because they are cool.
5. What is the main idea of Paragraph 5?
   1. Preparing balanced meals is a challenge.
   2. Too much yang can cause heartburn.
   3. Meals that balance yin and yang can improve health.

**DETAILS**

**Read the statements. Write T (true) of F (false). Then correct each false statement to make it true.**

1. \_\_\_\_\_ *Terroir* means local food and traditions.
2. \_\_\_\_\_ There are no fast-food restaurants in France.
3. \_\_\_\_\_ French meals always have seven courses.
4. \_\_\_\_\_ The French prefer to eat small portions of food.
5. \_\_\_\_\_ Eggs and mushroom are considered *yin* foods.
6. \_\_\_\_\_ Frying and roasting are considered *yang* cooking methods.
7. **WRITING SKILL**

**Using descriptive adjectives**

Adjectives are words that describe nouns (*people, places, things,* and *ideas).*

Writers use a lot of adjectives in order to make their descriptions both interesting and clear. They describe what they *see, hear, smell. Taste, touch* and *feel.* They paint a picture with words so that readers can easily imagine or “see” what they are describing. Using **descriptive adjectives**in your writing will make it more interesting for the readers.

* Non-descriptive : I ate a meal at a restaurant downtown.
* Descriptive : I ate **delicious, savory,** meal at a **cosy French** restaurant downtown.

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| **Read the paragraph and answer the questions.**  **MY MOTHER’S YORKSHIRE PUDDING**  Whenever I think of my mother’s cooking. I always remember her delicious Yorkshire puddings. Although I grew up in the United States, my mother often cooked dishes from her home country of England. She has always been an excellent cook, and one of her best recipes is called Yorkshire pudding, which is a traditional English pastry. It is a simple dish made with eggs, flour, and milk. My mother’s Yorkshire puddings taste so good because they are light, crisp, and slightly sweet. She serves them with delivious warm gravy, but I prefer them sweet with strawberry jam. They are very special because she only serves them on holidays. My sister and I always fight for the last one because they are so delicious. I have had many other people’s Yorkshire puddings, but my mother’s have always tasted better. Not only hers are homemade, but they also have special taste that always makes me think of her. They also make me remember my British ancestry and my mother’s history. They help me connect to my past and to my family. Yorkshire pudding is such a simple and common English food, but it will always be special to me because of my mother. |

1. Underline the topic sentence.
2. Underline the concluding sentence.
3. How does Yorkshire pudding taste? Find the sentence that describes the taste.
4. Write the adjectives the writer uses to describe Yorkshire pudding. You can look at the paragraph to help you.
5. **GRAMMAR**

**USE AND PLACEMENT OF ADJECTIVES**

**Adjectives** are words that describe nouns (*people, place, things,* and *ideas*) and are always singular. When two or more adjectives are used before a noun, they usually follow the order given in the chart below.

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| Opinion/quality | Size | Age | Shape | Colour | Origin | Material | Kind/Purpose |
| beautiful | big | old | round | yellow | Chinese | glass | serving |
| expensive | small | new | square | green | French | leather | running |

Rosario lives in a **big, old** house in the country.

We ate dinner at the **new French** restaurant in our neighbourhood.

Ming gave Ella and Mike a **beautiful glass serving** dish as a wedding gift.

Eduardo bought a pair of **expensive leather running** shoes.

We do not usually use more than three adjectives before a noun. We use two or three adjectives and then add additional descriptive phrases after the noun.

Lela wore a **beautiful green silk skirt** from India.

* 1. **Write each adjective in the correct column of the chart.**

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| Korean  oval  little  pretty  funny  lovely  glass  tasty  wool  modern  interesting | rectangular  triangular  common  cotton  friendly  ugly  plastic  cheap  Brazilian  Fashionable  Uncomfortable | orange  unusual  metal  antique  silk  wedding  traditional  dancing  Omani  hiking  wonderful | American  Teenage  huge  medical  nice  elderly  writing  racing  ceramic  ancient  elegant |

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| OPINION/  QUALITY | SIZE | AGE | SHAPE | COLOUR | ORIGIN | MATERIAL | KIND/  PURPOSE |
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| Unit Assignment | Write a descriptive paragraph |

In this assignment, you are going to write a descriptive paragraph about your favourite dish.

**PLAN AND WRITE**

**Think about your favourite dish. Use the questions below to help brainstorm ideas about your topic.**

1. What is the name of the dish?
2. How would you describe the dish? What taste(s) and ingredients does it have?
3. Does this dish have personal or cultural importance to you? Why?
4. Who usually makes this dish for you? Is it easy or difficult to make? Why?
5. How does the dish make you feel?

**END OF TOPIC 2**