

# High School Beginner ESL - Session 5

Hello Student!

This session will help you practice:

- Food and restaurant conversations
- Ordering and expressing preferences
- Word stress in English
- Expressing different emotions
- Similar-sounding words
- Reading a short story

## Section 1: Conversation Practice

How to do this:

1. Read each conversation phrase
2. Practice saying it clearly and naturally
3. Try using hand gestures or facial expressions

### Ordering Food

Example: "I'd like a cheeseburger and fries, please." 🍔

Try saying it like:

- "Can I get a pizza with pepperoni?"
- "I'll have the chicken salad, please."

Your Practice: \_\_\_\_\_

Tutor's tip: \_\_\_\_\_

### Expressing Food Preferences

Example: "I love spicy food, but I don't like seafood." 🌶️

Try saying it like:

- "My favorite dish is pasta with tomato sauce."
- "I can't eat peanuts because I'm allergic."

Your Practice: \_\_\_\_\_

Tutor's tip: \_\_\_\_\_

## At a Restaurant

Example: "Could we have a table for four, please?" 🍴

Try saying it like:

- "Is there a vegetarian option on the menu?"
- "May I have the check, please?"

Your Practice: \_\_\_\_\_

Tutor's tip: \_\_\_\_\_

## Talking About Cooking

Example: "I know how to make pancakes." 🥞

Try saying it like:

- "My mom taught me how to cook rice."
- "What ingredients do we need for this recipe?"

Your Practice: \_\_\_\_\_

Tutor's tip: \_\_\_\_\_

## Inviting Someone to Eat

Example: "Would you like to have lunch with me tomorrow?" 🍱

Try saying it like:

- "Let's go to that new café after class."
- "Do you want to grab some coffee later?"

Your Practice: \_\_\_\_\_

Tutor's tip: \_\_\_\_\_

## Section 2: Pitch & Intonation Practice

How to do this:

1. Read each sentence out loud
2. Try the different voice patterns (up, down, flat)
3. Check the one that sounds most natural

Would you like dessert?

Voice pattern: ☐ Rising  ☐ Falling  ☐ Flat →

Usually said with: Rising tone (voice goes up at the end for yes/no questions)

Your Answer: \_\_\_\_\_

Tutor's tip: \_\_\_\_\_

I'm allergic to nuts.

Voice pattern: ☐ Rising  ☐ Falling  ☐ Flat →

Usually said with: Falling tone (voice goes down at the end for statements)

Your Answer: \_\_\_\_\_

Tutor's tip: \_\_\_\_\_

This soup is delicious!

Voice pattern: ☐ Rising  ☐ Falling  ☐ Flat →

Usually said with: Rise-Fall (up on "This" then down on "delicious")

Your Answer: \_\_\_\_\_

Tutor's tip: \_\_\_\_\_

How much is the total?

Voice pattern: ☐ Rising  ☐ Falling  ☐ Flat →

Usually said with: Rising tone (voice goes up at the end for information questions)

Your Answer: \_\_\_\_\_

Tutor's tip: \_\_\_\_\_

I'd like mine well-done.

Voice pattern: ☐ Rising  ☐ Falling  ☐ Flat →

Usually said with: Falling tone (voice goes down at the end for statements)

Your Answer: \_\_\_\_\_

Tutor's tip: \_\_\_\_\_

## Section 3: Word Stress Practice

How to do this:

1. The CAPITAL letters show the stressed syllable
2. Say that part LOUDER and slightly longer

### 3. Practice each word several times

restaurant

Say it like: RES-tau-rant (stress on first syllable)

Try it in a sentence: "Let's eat at that RES-tau-rant."

Your Practice: \_\_\_\_\_

Tutor's tip: \_\_\_\_\_

delicious

Say it like: de-LI-cious (stress on middle syllable)

Try it in a sentence: "The pizza is de-LI-cious."

Your Practice: \_\_\_\_\_

Tutor's tip: \_\_\_\_\_

vegetable

Say it like: VE-ge-ta-ble (stress on first syllable)

Try it in a sentence: "I need to eat more VE-ge-ta-bles."

Your Practice: \_\_\_\_\_

Tutor's tip: \_\_\_\_\_

ingredient

Say it like: in-GRE-di-ent (stress on second syllable)

Try it in a sentence: "What's the main in-GRE-di-ent in this sauce?"

Your Practice: \_\_\_\_\_

Tutor's tip: \_\_\_\_\_

chocolate

Say it like: CHO-co-late (stress on first syllable)

Try it in a sentence: "I love hot CHO-co-late in winter."

Your Practice: \_\_\_\_\_

Tutor's tip: \_\_\_\_\_

## Section 4: How Do You Say It?

How to do this:

1. Read each sentence with the feeling shown
2. Pay attention to your tone of voice and face
3. Practice showing the emotion clearly

This is the best pizza I've ever had! 😊

(Express: Delighted - speak with enthusiasm)

Voice: Higher pitch, emphasis on "best"

Face: Big smile, wide eyes

Your Practice: \_\_\_\_\_

Tutor's tip: \_\_\_\_\_

I accidentally put too much salt in the soup. 😞

(Express: Disappointed - speak with regret)

Voice: Lower pitch, slower pace

Face: Slight frown, drooped shoulders

Your Practice: \_\_\_\_\_

Tutor's tip: \_\_\_\_\_

Do you have any vegetarian options? 🥗

(Express: Inquiring politely - speak clearly)

Voice: Gentle, rising at the end

Face: Attentive expression, slight head tilt

Your Practice: \_\_\_\_\_

Tutor's tip: \_\_\_\_\_

Be careful, the plate is very hot! ⚠️

(Express: Warning - speak with urgency)

Voice: Slightly louder, emphasis on "hot"

Face: Serious expression, raised eyebrows

Your Practice: \_\_\_\_\_

Tutor's tip: \_\_\_\_\_

I'm so hungry I could eat a horse! 🐎

(Express: Humorous exaggeration - speak playfully)

Voice: Animated, emphasis on "so" and "horse"

Face: Exaggerated expression, smiling

Your Practice: \_\_\_\_\_

Tutor's tip: \_\_\_\_\_

## Section 5: Minimal Pairs



How to do this:

1. Listen carefully to your tutor say each pair
2. Try saying both words and feel the difference

3. Circle the word you hear when your tutor tests you

rice vs. ice

(Different beginning sounds: "r" vs. no sound)



Say both:  rice (tongue curled back) -  ice (starts with vowel)

Your Answer: \_\_\_\_\_

Tutor's tip: \_\_\_\_\_

meat vs. meal

(Different ending sounds: "t" vs. "l")



Say both:  meat (tongue touches roof) -  meal (tongue touches behind teeth)

Your Answer: \_\_\_\_\_

Tutor's tip: \_\_\_\_\_

spoon vs. soon

(Different beginning sounds: "sp" vs. "s")

Say both:  spoon (lips form "p") -  soon (no lip movement)

Your Answer: \_\_\_\_\_

Tutor's tip: \_\_\_\_\_

chip vs. cheap

(Different vowel sounds: short "i" vs. long "ea")


Say both:  chip (short, quick sound) -  cheap (longer sound)

Your Answer: \_\_\_\_\_

Tutor's tip: \_\_\_\_\_

salt vs. sauce

(Different ending sounds: "lt" vs. "s")

Say both:  salt (tongue touches roof) -  sauce (air flows)

Your Answer: \_\_\_\_\_


Tutor's tip: \_\_\_\_\_

## Section 6: Reading Practice: Dinner with Friends


How to do this:


1. First listen to your tutor read
2. Then read out loud, sentence by sentence
3. Pay attention to periods (.) and commas (,)


Last night, I went to a restaurant with my friends. It was a Mexican restaurant downtown. 

When we arrived, the host greeted us. "Table for four?" he asked. 

"Yes, please," I replied. "Could we sit by the window?" 

We looked at the menu and decided what to order. I love spicy food, so I chose chicken tacos. 






"How spicy do you want it?" the server asked. "Medium or hot?" 

"Medium, please," I said. "And can I get a lemonade too?" 

The food came quickly and everything was delicious! We talked and laughed while we ate.  

At the end, we split the bill four ways. It was a fun evening with good food and great friends. 

Reading Tips:

- Pause at commas (,) 
- Stop at periods (.) 
- Sound excited at exclamation points (!) 
- Make your voice go up for questions (?) 
- Use different voices for dialogue (" ") 

Tutor's tip: \_\_\_\_\_

## Wrap-Up: What Did You Learn Today?

New Words I Learned:

- 1.
- 2.
- 3.
- 4.
- 5.

Words or Sounds to Practice Next Time:

- 1.
- 2.
- 3.
- 4.
- 5.

My Favorite Part of Today's Session:

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