

## ARE FROZEN FRUITS AND VEGETABLES AS NUTRITIOUS AS FRESH?

In 30 seconds, answer the following questions:

1. Have you ever tried canned or frozen produce?
2. Do you prefer fresh or frozen fruits and vegetables? Why?

# Speak Up

TOPICA NATIVE

Watch the video, then answer the given question in 60 seconds:

**In what way are frozen fruits and vegetables better than fresh fruits and vegetables?**

Video

VS.

FRESH FROZEN

00:09 / 01:38

Source:  
<http://www.dailymotion.com/video/x42bfay>



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# Wear Your Words

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Listen and repeat. Then, choose a word to define.

1. **Delectable (adj)** /dɪ'lektəbl/

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2. **Texture (n)** /'tekstʃər/

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3. **Flash-freeze (v)** /flæʃ-fri:z/

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4. **Blanch (v)** /blæntʃ/

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5. **Veggie (n)** /'vedʒi/

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6. **Inevitably (adv)** /ɪn'evɪtəbli/

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**Make a sentence using that word.**

*Example: They are strict veggies.*



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# Wear Your Words

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Explanation of two useful idioms:



## Food for thought

an idea that makes you think seriously and carefully



## The apple of somebody's eye

a person or thing that is loved more than any other



### Examples:

- *The program certainly provides plenty of **food for thought**.*
- *She is **the apple of her father's eye**.*

Make a sentence using one of the given idioms.



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**Structure:**

**It comes as no surprise that S + V.**

**Example: It comes as no surprise that** vegetables are great for our health.

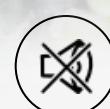
**Make a sentence using the given structure.**



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**Pair Work:** In 180 seconds, discuss with your partner the differences between fresh and frozen produce.

## Suggestions:

Fresh Fruits and Vegetables	Canned or Frozen Produce
<ul style="list-style-type: none"><li>- Getting 10-20 times more fiber in your diet without really trying</li><li>- Consume a lot less sugar and salt</li><li>- Fresh vegetables spoil faster</li><li>- Fresh vegetables can be more expensive</li><li>- Low in calories</li></ul>	<ul style="list-style-type: none"><li>- Nutrient losses would not occur during shipping, on the grocer's shelf, or in your home.</li><li>- Convenient</li><li>- Easy to use</li><li>- In most cases, cheaper than fresh</li><li>- Many frozen fruit products contain refined sugar for added sweetness</li></ul>



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# Assessment Form

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Here are some comments on your performance.

Student	Pronunciation	Vocabulary	Grammar
1.			
2.			
3.			
4.			
5.			
6.			

Feel free to ask if you have any questions!



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- ✓ Vocabulary related to fresh and frozen fruits and vegetables
- ✓ **Two idioms:**
  - Food for thought**
  - The apple of somebody's eye**
- ✓ **Structure:**
  - It comes as no surprise that S + V.**
- ✓ Discussion about the difference between fresh and frozen produce



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# Homework

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Complete your mission and find more in related lessons.

<b>Your mission</b>	<ul style="list-style-type: none"><li>✓ Take note of what you need to improve (Vocabulary, Grammar and Pronunciation)</li><li>✓ Practice the related lessons in the course browser <a href="#">here</a> (<u>It doesn't apply to all students</u>)</li><li>✓ Take those lessons</li></ul>
<b>Recommendations</b>	<ul style="list-style-type: none"><li>✓ <a href="#">9-food &amp; groceries- quiz (#0040)</a></li><li>✓ <a href="#">9-food &amp; groceries- vocabulary (#0037)</a></li></ul>
<p>Rất hài lòng</p>  <p>Nhấn vào ngôi sao để đánh giá</p> <p>Tôi hài lòng nhất</p>  <b>Giảng viên</b>  <b>Chất lượng kỹ thuật</b>  <b>Học liệu</b>	<ul style="list-style-type: none"><li>✓ Please don't forget to rate our lesson today</li></ul>



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