

## 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?

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



**Source:**

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



Vietnam: 1800 6885  
Thailand: 021 054 346  
Indo: +622 129 223 068  
Technical support



Use headphones



No speaker

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

1. **Delectable (adj)** /dɪˈlektəbl/

---

2. **Texture (n)** /ˈtekstʃər/

---

3. **Flash-freeze (v)** /flæʃ-friːz/

---

4. **Blanch (v)** /blæntʃ/

---

5. **Veggie (n)** /ˈvedʒi/

---

6. **Inevitably (adv)** /ɪnˈevɪtəbli/

---

**Make a sentence using that word.**

**Example:** *They are strict **veggies**.*



Vietnam: 1800 6885  
Thailand: 021 054 346  
Indo: +622 129 223 068  
Technical support



Use headphones



No speaker

# Wear Your Words

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.**



Vietnam: 1800 6885  
Thailand: 021 054 346  
Indo: +622 129 223 068  
Technical support



Use headphones



No speaker

**Structure:**

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

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

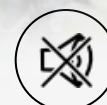
**Make a sentence using the given structure.**



Vietnam: 1800 6885  
Thailand: 021 054 346  
Indo: +622 129 223 068  
Technical support



Use headphones



No speaker



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

## Suggestions:

### Fresh Fruits and Vegetables

- Getting 10-20 times more fiber in your diet without really trying
- Consume a lot less sugar and salt
- Fresh vegetables spoil faster
- Fresh vegetables can be more expensive
- Low in calories

### Canned or Frozen Produce

- Nutrient losses would not occur during shipping, on the grocer's shelf, or in your home.
- Convenient
- Easy to use
- In most cases, cheaper than fresh
- Many frozen fruit products contain refined sugar for added sweetness



Vietnam: 1800 6885  
Thailand: 021 054 346  
Indo: +622 129 223 068  
Technical support



Use headphones



No speaker

# Assessment Form

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!**



Vietnam: 1800 6885  
Thailand: 021 054 346  
Indo: +622 129 223 068  
Technical support



Use headphones



No speaker

- ✓ 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



Vietnam: 1800 6885  
Thailand: 021 054 346  
Indo: +622 129 223 068  
Technical support



Use headphones






No speaker



# Homework

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 (It doesn't apply to all students)</a></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>
<div><p><b>Rất hài lòng</b></p><p>★★★★★</p><p>Nhấn vào ngôi sao để đánh giá</p><p>Tôi hài lòng nhất</p><div><div><p>Giảng viên</p></div><div><p>Chất lượng kĩ thuật</p></div><div><p>Học liệu</p></div></div></div> <td><ul style="list-style-type: none"><li>✓ Please don't forget to rate our lesson today</li></ul></td>	<ul style="list-style-type: none"><li>✓ Please don't forget to rate our lesson today</li></ul>



Vietnam: 1800 6885  
Thailand: 021 054 346  
Indo: +622 129 223 068  
Technical support



Use headphones



No speaker