

Look at your OPD page 66. Discuss these questions with your class.

What items do you see in the refrigerator? What items are in your refrigerator at home?
The woman has bought rice, pasta and bread. Which of these do you eat more of?
The woman has two coupons. What are the coupons for? Do you save coupons?
Do you make a list before you go to the store or do you walk up and down the aisle and pick up things you see?

Look at your OPD pg 68

Which of the fruits in the pictures are unfamiliar to you? Which fruits do people not eat in your country? What are your favorite fruits? How many times a day do you eat fruit?
Raisins, prunes, figs and dates are all dried fruit. Do you eat much dried fruit or do you prefer fresh fruit?
Do you like drinks made with fruit? Do you enjoy smoothies?

Which of these statements do you agree with? (After discussing these statements, ask the students to compare papers and find someone who they agree with the most. They can move around the room to do this.)

1. I can't start the day without a big cup of hot steaming coffee.
2. I usually skip breakfast because I'm in a hurry.
3. I always peel my apple before eating it.
4. As a child, I loved to eat vegetables.
5. I am a vegetarian. I don't eat meat.
6. I usually eat alone.
7. I must have bread with every meal.
8. I would rather eat out than cook my own dinner.
9. I love hot, spicy dishes.
10. I take lots of vitamins and supplements.
11. I don't worry about counting calories. I just eat what I like.
12. I know fast food is bad for me, but I eat a lot of it anyway.
13. I have a hard time knowing what to order at a restaurant.
14. I prefer to eat several small meals rather than three big ones.
15. In my country, most people eat their biggest meal at night.
16. I don't understand American meal etiquette. (Teachers-explain the meaning of etiquette.)

Idioms: There are many idioms related to eating. Students read an item to the group and lead a discussion of the questions.

1. There are several ways to begin eating. You can say, "Let's eat." or borrow from the French and say, "Bon Appetit". A very informal way is to say, "Dig in". If you want to encourage people to finish their food, you might say, "Eat up!". What do you say in your country to encourage people to start eating? Does your mother encourage everyone to eat more and more food? Is it considered rude to leave unfinished food on your plate?

2. Amount: If you “eat like a bird”, you eat very small portions. Another way to say this is, “light eater”. EX: Daniella is a light eater. If you “eat like a horse”, you are a heavy eater. Teenage boys usually eat like a horse. We say, “You are eating me out of house and home!” This is a joking way to say that they are costing you a lot of money in food expenses. If you are a “picky eater”, there are many foods you won’t eat. Sometimes children are picky eaters. Which of these idioms describe you?
3. If you are really hungry, you might say, “I’m starving!” If you have had enough food, you say, “I’m full”. Or you might say, “I’m stuffed.” Or “I couldn’t eat another bite.”
4. Sometimes children “fill up on” candy or junk food before dinner. You might say, “Don’t fill up on chips before dinner.” Do you warn your family not to eat a lot of snacks before meal time? Sometimes language learners confuse “full” and “fill”. Full is an adjective that describes your hunger state. EX: I ate a big meal. I’m really full. Fill is used as a verb. EX: Bill is growing so fast we can’t fill him up. OR My children fill up on popcorn in the afternoon then don’t want their dinner.
5. If you’re really thirsty, you might say, “I’m dying of thirst”, or “I’m as dry as a bone.” If you get something to drink, you “quench your thirst”. If you work outside on a hot day you, “work up a thirst”. If you crave a particular drink, you “thirst for” something. EX: I am thirsting for a big glass of iced tea with lemon and mint. Is there a particular drink that you “thirst for” when you are hot and tired?
6. If you “eat out”, you eat somewhere other than your home, like a restaurant or cafe. If you “picnic”, you prepare food and take it outside to eat. Do you often picnic? What kinds of food would you take on a picnic?
7. If you eat at a place where you walk to the counter and order your food, you “place your order”. If a waiter or waitress comes to your table, they “take your order”. If you place an order for fast food, they might ask, “For here or to go?” If it’s a “to go” order you will take it with you to eat somewhere else. You can say, “I’ll have a hamburger and fries to go, please.” Do you get food to go very often? Do you visit restaurants often?
8. If you “set the table”, you put the dishes at each person’s place. If you “clear the table” you take them off. Who sets and clears the table at your house? Did your mother teach you the proper way to set a table? Do you use fancy dishes when you set the table or is it OK to have mis-matched dishes?
9. You can ask for more by saying, “May I have seconds?” Is it ever rude to ask for seconds?
10. Sometimes there are foods that you don’t care for when you first try them. But later, you eat them repeatedly, and begin to like them. We say you “acquire a taste” for foods. For example, my husband didn’t like tomatoes when we first married. But I love tomatoes and use them in my recipes a lot. Over time, he acquired a taste for tomatoes. Do you have any “acquired tastes” (things you didn’t like at first but do now)?