

FUMC ESL 10-15-2018 Advanced Lesson

Vocabulary: Read and discuss these vocabulary words from the article before you read the article.

shudder: shake, shiver, tremble, quiver EX: I shudder to think about the future of our oceans with all the plastic we dump in them. EX: The elevator shuddered and came to a halt.

shutter: hinged panels fixed on the sides of windows that can be closed to protect the windows during a storm or to provide privacy. EX: We closed and latched the shutters when we heard of the hurricane's high winds. The building has been shuttered and abandoned for years.

stamp: postage stamp, a stamp on your passport, date or time stamp, to lift up your foot and put it down hard. Stamp can be both a noun and a verb. EX: The time stamp showed he didn't leave work until 6 PM. When you show your ticket at the concert, they will stamp your hand so you can come and go. The audience applauded and stamped their feet.

A **stamp of approval** is an acceptance of something. EX: The school board gave it's stamp of approval to the new history texts.

code: rule, law or regulation. code of conduct, dress code, moral code EX: The school's dress code prohibits shorts. He has a strong moral code. OR a system of symbols used in writing to keep something secret EX: The Germans coded all their messages during WWII. We cracked the code and were able to read their messages.

vernacular: the language spoken by the ordinary people in a place

Read the article below and discuss the underlined words.

NO ARTIFICIAL INGREDIENTS

We're often told we need to eat closer to nature, so the thought of **artificial, chemically processed** ingredients in our foods can cause **shudders**. But the "no artificial ingredients" **stamp** on food labels is often just a **marketing term** and it's not **code** for "healthy", warns nutrition and wellbeing specialist Melanie McGrice. "Just because it doesn't have any artificial ingredients, doesn't mean it's necessarily healthy," she told Coach. Ultimately, sugar, salt and fat are "natural" – and we know they can do plenty of damage to our waistlines, and **subsequently** our **broader** health. **Conversely**, just because ingredients are artificial doesn't always mean they are bad. In fact the food industry says that **additives** often make food healthier by preserving its shelf life or preventing food poisoning.

But some ingredients do cause **allergic reactions** and there have been **links** found between **preservatives** used in wine and dried fruit causing **asthma**. There is also a **potential link** between artificial sweeteners and cancer or **premature** birth in pregnant women. Artificial colors, particularly yellows and reds mixed with some preservatives, can cause **hyperactivity** in some children.

The best way to know if a product is right for you is to look at the nutrition information **panel** and the ingredients list. Most **processed** foods will have additives of some **variety** and the more processed the food, the more additives it will have. The easiest way to avoid them is to **bypass** most packaged foods with the exception of frozen fruit and vegetables.

Discuss:

1. Are you concerned about the safety of the food we buy in the grocery store? Do you read labels before you buy? Are there particular ingredients you try to avoid, such as trans-fats or chemical preservatives? Do you believe the food industry when they say additives make food healthier?
2. Do you use artificial sweeteners in your coffee or tea? Why or why not?
3. GMO means genetically modified organism. In other words, the actual genes of the plant have been manipulated to make the fruit sweeter or larger. In some cases, plants are genetically modified to make the fruit hold up to shipping. Many European countries ban the growing or sale of GMO foods. The United States does not. Does your country? How do you feel about GMO foods.
4. What kind of processed foods do you usually buy?
5. The U.S. exports foods, but also imports a lot of fish, nuts and even fruits and vegetables. You sometimes have to look hard to find fruits and vegetables grown in the U.S.. Is there any reason we should buy American grown products?
6. A very large proportion of the fish sold in the U.S., especially if it is farmed fish, comes from China. It is frozen and shipped, then thawed here. If you don't ask the butcher, you can be fooled into thinking you are buying fresh fish. What kinds of fish do you frequently buy? Do you think it's safe to buy farmed fish as opposed to wild caught?

CODE SWITCHING

When my mom is on the phone, I can always tell if she is talking to one of her friends, or one of her professional **acquaintances** or a **client**. With friends and family, she is loud, laughs a lot and often uses **fragments** of sentences and black "**vernacular**". When speaking to her fellow professionals, she uses standard English grammar, speaks quieter and injects little outward emotion into her speech. This use of both black vernacular English and standard English is called **code switching**. It is not, as was once thought, a difference between "**broken**" **English** and standard English. Black vernacular English is a creole form of English. It is a **dialect** just like British English and American English are. It has its own grammar and consistent rules of **usage**. For example, the "to be" verb is sometimes left out of sentences. Instead of "he is working" we say "he workin". If you think this is unusual for a language, you should talk to speakers of Russian, Arabic and Mandarin. Increasingly we are recognizing that most black Americans are bilingual. We speak two different languages.

Discuss:

1. Talk about the dialects in your language. Is there social **stigma** attached to the use of a particular dialect? Are you able to speak different dialects of your language? Are there dialects of your language that you have a hard time understanding?
2. Do you have a hard time understanding different dialects of English?
3. English has adopted many words from other languages. EX: saute and chaperone from French, cookie from Dutch, safari from Arabic, loot from Hindi, karaoke from Japan. What words does your first language take from English?
4. Are you familiar with the term "Spanglish". This is a language used by Spanish speaking Americans which uses a mixture of Spanish and English terms. Do you know anyone who speaks Spanglish? Can you understand it? I had a friend who was of Mexican ancestry but was born and raised in the U.S.. She speaks Spanglish. When she visits her cousins in Mexico, they make fun of her use of Spanglish. Have you ever experienced this?