

FUMC ESL High Beginning Lesson—Fruit, Vegetables and Meat

Look at the fruits and vegetables on page 68 and 69 of the OPD.

1. Pronounce each of the fruit and vegetables.
2. Which fruits and vegetables do you like? EX: I like bananas, apples and grapes.
3. Which do you eat every week? EX: I eat oranges and pears every week.
4. Which are your favorites? (A favorite is one you like more than any other.) EX: My favorite fruit is cherries. My favorite vegetable is carrots.
5. Are there any fruits or vegetables you never eat? EX: I never eat raisins. I don't like raisins.

Look at OPD page 70 and 71

1. Pronounce the meat and poultry items. Pronounce the seafood items.
2. Put these vocabulary words in the correct category in the table below.

<i>sausage</i>	<i>liver</i>	<i>steak</i>	<i>roast</i>	<i>ham</i>	<i>lamb chops</i>	<i>bacon</i>	<i>oysters</i>
<i>drumsticks</i>	<i>turkey</i>	<i>duck</i>	<i>chicken</i>	<i>ground beef</i>	<i>veal cutlets</i>	<i>leg of lamb</i>	<i>cod</i>
<i>catfish</i>	<i>trout</i>	<i>salmon</i>	<i>tuna</i>	<i>lobster</i>	<i>crab</i>	<i>shrimp</i>	<i>halibut</i>

BEEF	PORK	LAMB	POULTRY	SEAFOOD

1. Raw means it is not cooked. We do not eat raw meat.
2. A vegetarian is a person who doesn't eat meat. Do you eat meat? Are you a vegetarian?
3. Boneless means no bones. You can buy chicken breasts boneless or with bones. All drumsticks, thighs and wings have bones.
4. Ground meat means the meat has been chopped into very small pieces. Do you buy ground meat? How do you cook it?
5. Skinless chicken is chicken with no skin. Do you cook chicken with skin or without skin?
6. Do you eat beef, pork, lamb, seafood and poultry? EX: I eat beef, but not pork.
7. Do you eat chicken? Which part of the chicken do you like? EX: I like skinless chicken breasts. OR I like beef, but not chicken.

8. Bread is a grain. Do you prefer white bread or whole wheat bread? Do you eat rye bread? Do you make your own bread? EX: I like whole wheat bread. I don't like white bread. I make wheat bread. OR I don't make bread. I buy bread.
9. A deli has meat for sandwiches. A sandwich is meat, cheese and vegetables between bread. Do you eat sandwiches? What is your favorite sandwich? EX: I love sandwiches. My favorite sandwich is bacon, tomato and lettuce (BLT).



10. Do you eat seafood? What is your favorite seafood? EX: My favorite seafood is shrimp. I love salmon and lobster, too.
11. What meat do you buy every week? EX: I buy chicken, fish and beef every week. I don't buy lamb.
12. Do you eat meat every meal (breakfast, lunch, dinner)? EX: I don't eat meat for breakfast. I eat meat for lunch and dinner.

Comparing: Compare things by using MORE THAN or LESS THAN. EX: I like chicken more than lamb. OR I like poultry less than beef. Make a sentence with "more than" and "less than". Read your sentences to the class.

I like _____ more than _____.

I like _____ less than _____.

Tamara cooks fish pie:



Tamara decides to cook fish pie. She goes to the grocery store. She buys some frozen fish and one dozen fresh shrimp. She thaws the frozen fish, then chops it into small pieces. She peels and washes the shrimp. She chops the shrimp. She also chops pieces of onion and minces two cloves of garlic. She boils some potatoes and mashes them with butter and milk. She mixes milk with stock and puts it on the fire. When the stock is hot, she adds the fish and shrimp for a few minutes. Then she takes out the fish pieces. She cooks the onions and garlic in a pan. Then she adds flour. Then Tamara adds the fish stock to the onion and garlic mix. She stirs as it cooks. Finally she adds the fish and cooks for 3 minutes. She spoons the fish into an oven-proof dish. She covers with the mashed potatoes,

sprinkles with cheese and bakes it in the oven. Now she has a beautiful fish pie.

- 1-How many shrimp are in a dozen?
- 2-Does Tamara buy fresh fish and fresh shrimp?
- 3-What does Tamara peel?
- 4-Tamara _____ the potatoes and _____ them with butter and milk.
- 5-Tamara spoons the fish mix into an _____ pan.
- 6-What does Tamara cover the fish mixture with?
- 7-What does she sprinkle on top?