

Supplementary Material
Intermediate 2

UNIT 1

Activity 1

A balanced diet

Dairy	Seafood	Nuts & Legumes	Vegetables	Fruits	Whole grain

BANANAS, YOGURT, CORN, CLAMS, WHOLE BREAD, GRAPES, APPLES, PEANUTS, BROWN RICE, ONIONS, PEAS, CHEESE, CARROTS, LEMONS, LETTUCE, BEANS, MILK, SHRIMP, ORANGE, BROCCOLI

Take a look at the pyramid: What other food items can you see?



Activity 2

Questionnaire

- ❖ Is Joy on a diet?
- ❖ What does she want to eat right now?
- ❖ Does Rita accept Joy's offer at the very beginning? Why?/Why not?
- ❖ Did Rita use to watch her weight? What about now?

Activity 3

Diets

- Have you ever been on a diet?
- Are you on a diet now?
- What foods don't /didn't you eat?
- How long did you stay on the diet? / How long have you been on a diet?
- Was it successful? / Has it been successful so far?
- Make a list of the foods you can eat if a) you are trying to lose weight b) if you are trying to gain weight.
- In addition to changing eating habits, what else can a person do to lose weight and to gain weight?



Useful language:

If you are trying to..., you should...

You should also...

UNIT 1

Activity 4

Find the rule

► Take a look at the following sentence and answer the questions:

I used to have a lot of coffee. But I have been cutting back.

► Take a look at the following sentence and answer the questions:

I used to have a lot of coffee. But I have been cutting back.

- Did she drink a lot of coffee in the past or now?
- What part of the sentence shows that drinking coffee was a past habit?
- How does the form “used to” change in negative and interrogative sentences?

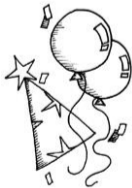

When I was a kid I didn't use to like mangoes. But now I'm a big mango eater.

What did you use to eat for breakfast when you were on a diet?

◆ In questions and negative statements “used to” becomes

Activity 5

Delicious, isn't it?

A	B
<p>You are at the end of the year office dinner buffet with some co- workers. There's plenty of food on the table. You are a big eater and you believe everything that is offered is delicious.</p> <p><u>Useful language:</u> Have you tried the...? It's ... I am ...What about you? Are you ... big.../...lover/addict? I couldn't... Definitely.</p> 	<p>You are at the end of the year office dinner buffet with some co- workers. There's plenty of food on the table but you don't like most of the things that are offered, and on top of it all, you are trying to lose weight.</p> <p><u>Useful language:</u> No, thanks. I can't stand... I'm not much of... I don't care for... I used to ...but... Are you ... big.../...lover/addict?</p> 

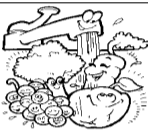

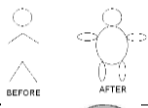





UNIT 1
Activity 7

Likes and Dislikes

- I don't feel well after eating or drinking this.
- My religion doesn't allow me to eat it.
- I don't like this.
- I'm not eating this .
- I want to be thinner.
- I get a bad reaction when I eat this.


Activity 8



Find someone who ...

...is a vegetarian.		Name:
...is avoiding fatty products.		Name:
...is trying to gain weight.		Name:
...is trying to lose weight.		Name:
...doesn't care for fish or seafood.		Name:
...says that garlic doesn't agree with him/her.		Name:
...who is allergic to strawberries.		Name:
...who has never been on a diet.		Name:

UNIT 1

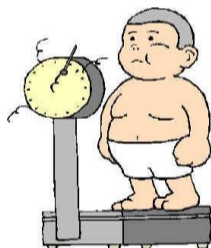
Activity 10

It looks delicious, but ...

Host	Guest
<p>You have invited your new business partner for dinner. You don't know him so well. You want to make a good impression. Offer him the different dishes you have prepared and try to make him feel comfortable.</p> <p><u>Useful language:</u></p> <p>Why don't you ...? Help yourself, please. Don't you ...? I'm sorry, I didn't know... Aren't you going to try...? Don't worry about it. Oh, I see.</p> 	<p>Your new business partner has invited you to have dinner at his/her house. You don't know him very well and you want to make a good impression, but there are certain foods that you don't like. Make an excuse to decline the food you don't like without being rude.</p> <p><u>Useful language:</u></p> <p>This food looks ... Thanks. But I'll pass on... Actually, I'm avoiding/ allergic to/ a vegetarian/ on a diet ...doesn't agree...</p> 

Activity 11

Delicious, isn't it?



- Do the French eat mostly low-fat foods?
- What is the secret of the French?
- What are some problems with American eating habits?
- What is the bad news for the French?

Activity 12

Answer these questions

a. What would you like to change about your appearance or physical features?

b. What do you do to improve your appearance? Does it work?

Or what have you done to improve your appearance? Do you like the result?

c. What would you never try to do to improve your appearance? Why not?

**Supplementary Material
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UNIT 1
WRITING

On a separate piece of paper, write a first draft of your letter to Dr. Weiss. Use your answers to the questions.

PEER FEEDBACK CHECKLIST
Yes No

1. Is the letter interesting?

If it isn't, suggest ways to make it interesting.

2. Is it clear?

If it isn't, point out the parts that are not clear and suggest ways to make them clearer.

3. Did your partner use the new vocabulary correctly?

If he/she didn't, underline the sentences that use the new vocabulary incorrectly.

4. Are there any misspelled words or incorrect punctuation?

If there are, circle the misspelled words and the incorrect punctuation

Activity 13

You look so different!

A	B
<p>You are walking along the street when you run into an old friend of yours you haven't seen for some time. He/she has changed noticeably: he/she is much thinner and in very good shape. Ask him/her about the change and invite him/her to have dinner at your house.</p> <p><u>Useful language:</u> You've changed... What have you ...? How long have you ...? What did you use to ...? Would you like to ...?</p> 	<p>You are walking along the street when you run into an old friend of yours you haven't seen for some time. Since you have changed noticeably: you are much thinner and in very good shape, he/she will ask you about the change. Talk about your change in life style.</p> <p><u>Useful language:</u> I have...for... I used to ...but now... I haven't ... for... Sure. Great idea!</p> 

**Supplementary Material
Intermediate 2**

UNIT 1

Activity 14 A

SPOT THE DIFFERENCE

Student A



*Is there...?
Are there...?
How much...?
How many...?
There aren't many.../ There isn't much.../
There are a lot of...*

Activity 14 A

Student B




SPOT THE DIFFERENCE

*Is there...?
Are there...?
How much...?
How many...?
There aren't many.../ There isn't much.../
There are a lot of...*

**Supplementary Material
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UNIT 1
Activity 14 B

Why don't you come over?

You have invited a friend you haven't seen in some time to have dinner at your house tonight. He/she has changed his/her eating habits so you would like to cook according to her/his new eating habits. Think of the food you would like to serve, open the refrigerator and discuss with your husband/wife the items of food that you have got and the ones you will have to buy.

Wife	Husband
Let's...he/she is crazy about... Do we have...? Is there...? Are there...? He/she can't stand... What about...? We don't have... Do we need...?	We have a lot of...but we don't have... No, there isn't/aren't ... Doesn't he/she eat...? We could prepare ... I can pick up...on my way to the office. <div style="text-align: right; margin-top: 10px;">  </div>



Activity 15

Let's play!

SWEET	SPICY	SALTY	SOUR	CHEWY	CRUNCHY	SOFT	HARD

Activity 16

At a restaurant

Customer	Waiter/waitress
Select one of the dishes from the buffet and ask the waiter questions about it. <u>Useful language:</u> The ... sounds/looks good. What's in it? Well, I am allergic.../not crazy.../avoiding... Doesn't it have...? Isn't it too...? I am a...lover. OK, I'll have ... <div style="text-align: center; margin-top: 20px;">  </div>	Answer the questions the customer asks about the food he/she wants to order. Help him/her decide what to order, taking into account his/her preferences. <u>Useful language:</u> Are you ready to order? It has... Why don't you have...? Do you want some...with your...? Don't you like...? Don't you want to try...? Well, then you could have... ...tastes... ...is/are really ... <div style="text-align: right; margin-top: 20px;">  </div>

**Supplementary Material
Intermediate 2****UNIT 1****Activity 17***Let's write*

You are a “connoisseur” in charge of the section “New Restaurants” in a gourmet magazine. Yesterday you visited INTERNATIONAL BUFFET. Write a brief article for the magazine. Rank the following items (location, atmosphere, service, menu, price) with 1, 2, 3, 4 or 5 stars; give a brief opinion on each, and include a description of the dish/dishes you ate.



Location
Atmosphere
Design



Service
Menu
Price
