

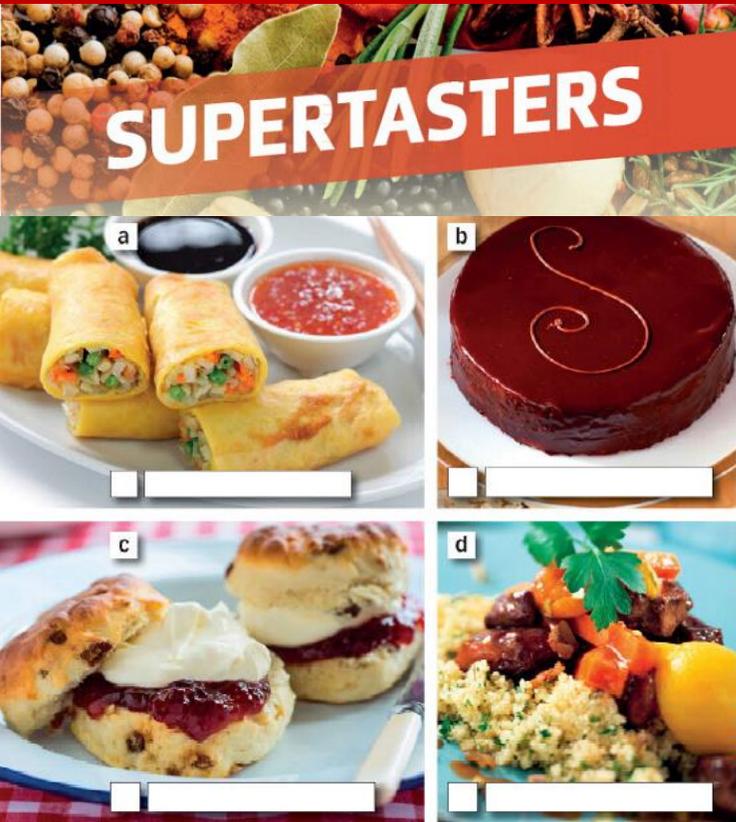
# Unit 10

## Lesson 1

### Session 1

# A question of taste

**-ing** to describe National Dish



F.R.I.E.N.D.S

این جلسه باید خلاصه ی  
Episode 38 – The Prom Video گفته شود

A blurred photograph of a lecture hall. In the foreground, the silhouettes of an audience are visible, with many people clapping their hands. In the background, a lecturer stands on a stage with arms outstretched. A large white rectangular box is overlaid on the left side of the image, containing the text "Lecture Time".

**Lecture Time**



▶ VOX POPS VIDEO 10

**A Question  
of Taste**

**Uses of -ing  
to describe National Dish**

**Canned  
Dreams**

**Passive  
to talk about Food**

**Unit 10  
Food**

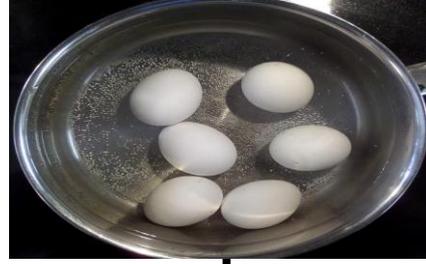
**Vocab  
skill development**

**words in More than 1 meaning  
Reference words in texts**

**Speaking - Writing**

**Explain deal with Problems  
Write Review of Restaurant**

**Koreatown**

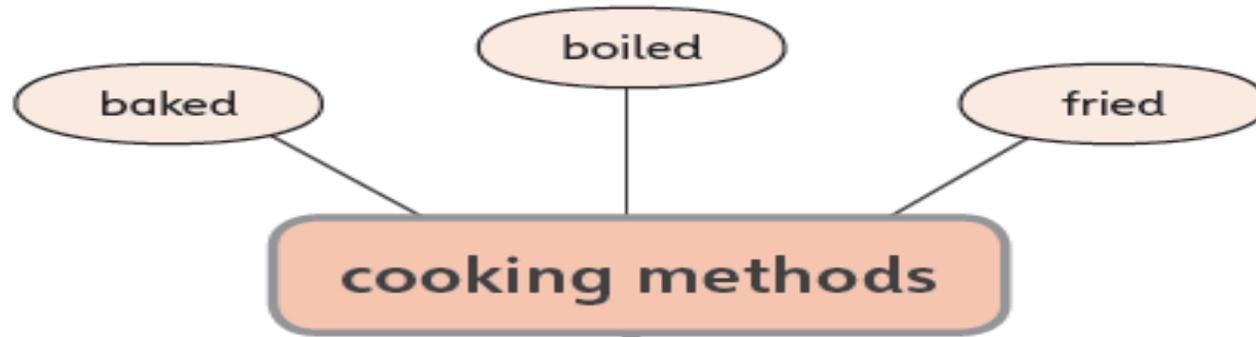


cooking methods

Food 1

food containers





**PRONUNCIATION** words with shortened vowels

Some words have vowels which are not pronounced. For example, *chocolate* is pronounced 'chocolat' /tʃɒklət/. It looks as if it has three syllables, but it is pronounced with two syllables.



it's often served **with**..

it's often served **as**..

it's made with..

It has \_\_\_ in it

it's a kind, sort of..

describing food

You can eat it

Food 2

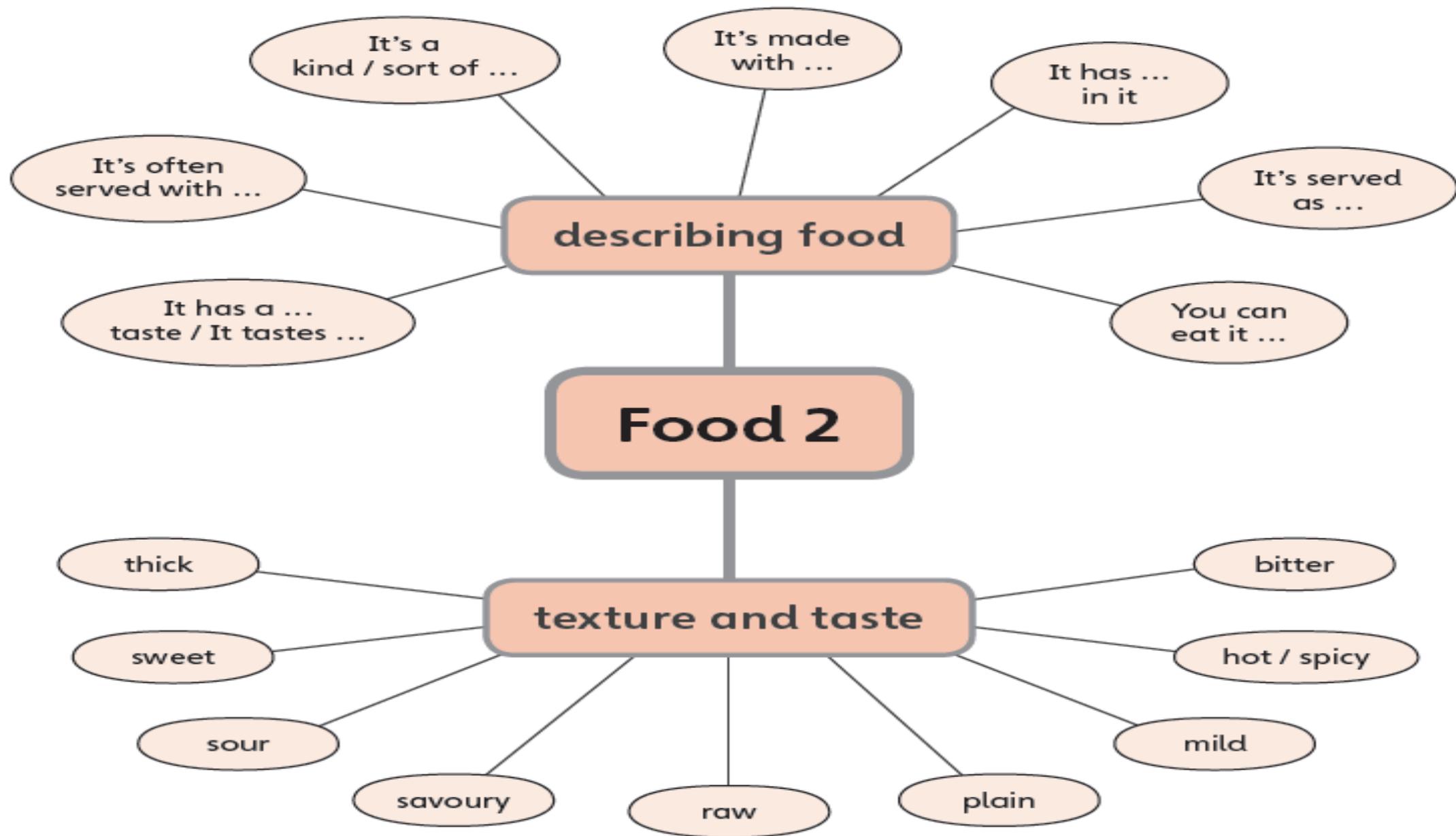
Flavour

how food and drink tastes

texture and taste

mild





# Write words from box in correct column in table



Dessert	Fried
Hot/spicy	Lamb
Raw	Sauce
Sour	Spices
think	Baked
Plain	Herbs
Snack	Mild
Sweet	Savoury
Bitter	Stew
Honey	

Type of dish	Ingredient
Texture, taste	<u>How</u> it is cooked, eaten

Do you enjoy **home cooked food** or **eating in a café/restaurant** ?

Navigate

Are you good at **cooking** ?

What's your **favourite** meal ?

# 1 min Meditation



Listen to 3 people describing a dish from their country  
1. Match photos a - d to speakers, country the food comes from.  
2. How do they describe their dish? Listen and Take note please

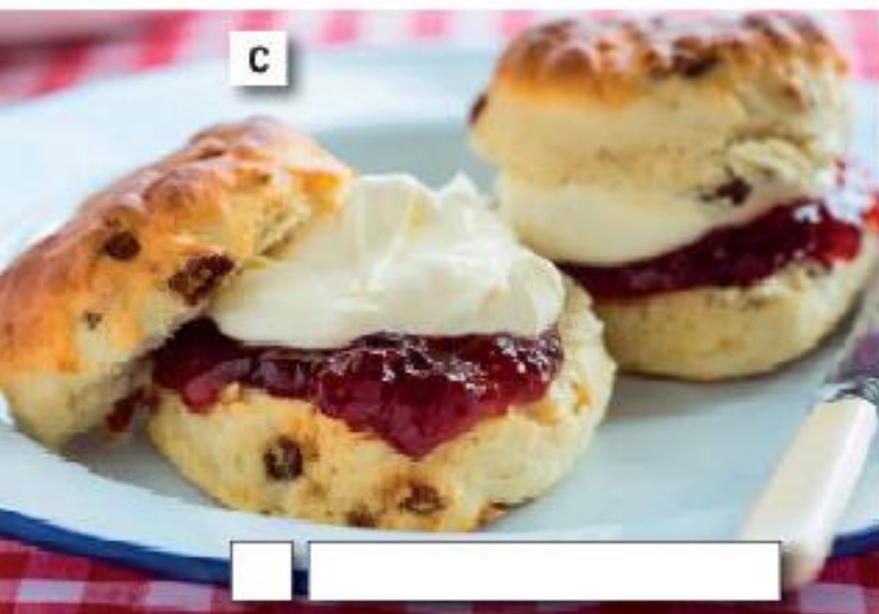


Vegetable spring rolls

scones

tagine

Sacher Torte



Speaker 1

Speaker 2



Speaker 3



**Rest Time**

1. What do you think a **supertaster** is?
2. Do you think it is a **good** or **bad** thing to be?
3. what makes some people **better at tasting** than others?
4. what **percentage** of the population has a very good sense of taste?
5. why do some supertasters **dislike drinking coffee**? 
6. how can being a **supertaster** be **good for your health**?
7. Do you think you are a **non-taster**, a **medium taster** or a **supertaster**? **Give reasons.**

look at title about people who taste things differently bcz they have more taste buds than average. What are **Positive** and **negative** aspects of being a supertaster ?

# SUPERTASTERS

When you taste a dish, are you good at recognizing the different flavours? Can you tell which ingredients are in a sauce, or which spices are in a curry? If so, you might be a 'supertaster'.

According to scientists, people taste food differently: it depends on the number of taste buds on your tongue. If you have a large number of taste buds, things taste stronger. People who can taste things very well are called supertasters. Taste researchers divide people into three groups:

- **Non-tasters** (about 25%)
- **Medium tasters** (about 50%)
- **Supertasters** (about 25%)

Many professional chefs are supertasters. Also, supertasting is more common in women than in men, and more common in Asia, Africa and South America than other countries.

However, being a supertaster is not all good news.

Supertasters often find common foods too bitter, sweet or spicy. So, for example, coffee, some alcoholic drinks and dark green vegetables like spinach can taste too bitter; cake and ice cream can be too sweet, and chilli peppers too hot.

Recent research has shown that supertasting brings some health benefits. Supertasters can be slimmer than non-tasters because they don't like eating very sweet food. Also, smoking is less common in supertasters because of the strong taste of tobacco. On the other hand, there are downsides to being a supertaster as you may avoid eating certain healthy vegetables and fruit.

You can find out if you are a supertaster by looking in the mirror and counting the number of bumps on your tongue.

## Uses of the **-ing** form

Noun, suj, obj, like,dislike

1. **Keeping fit** is good for your body and mind.
2. He likes **keeping fit**.
3. **Dancing** is my favourite way of relaxing.
4. My favourite way of relaxing is **dancing**.

use **-ing** form of a verb as a noun

**Running** is my favourite sport.  
I like **running**.

use **-ing** form as subject or object of a sentence

He always **avoids** **taking** his car into the city centre.

use **-ing** form as **object** after certain verbs

She **loves** / **can't stand** **singing** in concerts.

use **-ing** form as **object** : after verbs for likes and dislikes

I'm thinking **of** **going** to Europe for my next holiday.

There are downsides **to** **being** a supertaster.

I look forward **to** **seeing** you again soon.

use **-ing** form as **object** after: **prepositions** in certain sentence structures

# Common verbs that are followed by *-ing* form.

Complete sentences with an *-ing* form so they are true for you.

1. When I am in my English class I **prefer** ...
2. I can't **imagine** ...
3. I don't think I could ever **give up** ...
4. When I was 5, I **started/stopped** ...
5. Sometimes I **practise** ...

# Put verbs into **Simple Present** or **-ing** form.

1. \_\_\_\_\_ (write) a weekly menu \_\_\_\_\_ (help) you shop more carefully.
2. \_\_\_\_\_ (eat) too much of one kind of food \_\_\_\_\_ (not be) good for you.
3. One of the main problems \_\_\_\_\_ (be) \_\_\_\_\_ (eat) out every day.
4. \_\_\_\_\_ you \_\_\_\_\_ (mind) \_\_\_\_\_ (wait) for us?

# Complete questionnaire with **-ing** from of verbs in box

<b>Become</b>	<b>cook</b>	<b>Eat 3</b>	<b>Know</b>	<b>share</b>
<b>Spend</b>	<b>Take</b>	<b>Talk</b>	<b>watch</b>	

## Are you a foodie?

- 1 Do you prefer \_\_\_\_\_ home-cooked food or café/restaurant food?
- 2 Are you good at \_\_\_\_\_?
- 3 Is there any food that you avoid \_\_\_\_\_ because it's unhealthy?
- 4 Would you be happy to try a new dish without \_\_\_\_\_ what was in it?
- 5 Is \_\_\_\_\_ photos of your food in restaurants and \_\_\_\_\_ them with friends strange, or normal?
- 6 When your food arrives at the table, do you stop \_\_\_\_\_ and concentrate on \_\_\_\_\_ it?
- 7 Do you enjoy \_\_\_\_\_ cookery programmes on TV?
- 8 Have you ever considered \_\_\_\_\_ a vegetarian?
- 9 Is \_\_\_\_\_ a lot of money on a meal wrong, when millions of people don't have enough to eat?



# Task AT HOME

Take turn to describe a **national dish** or a **dish you like**. Try to use word in box



<b>Dessert</b>	<b>Fried</b>
<b>Hot/spicy</b>	<b>Lamb</b>
<b>Raw</b>	<b>Sauce</b>
<b>Sour</b>	<b>Spices</b>
<b>think</b>	<b>Baked</b>
<b>Plain</b>	<b>Herbs</b>
<b>Snack</b>	<b>Mild</b>
<b>Sweet</b>	<b>Savoury</b>
<b>Bitter</b>	<b>Stew</b>
<b>Honey</b>	



## A Question of Taste

Uses of -ing  
to describe National Dish

من این مهارت رو کسب کردم کہ ...

**Summary**

# It's Music Time

