



FOOD



1. Spark up

CAKES

In their oldest forms, cakes were modifications of bread, but cakes now cover a wide range of preparations that can be simple or elaborate, and that share features with other desserts such as pastries, meringues, custards, and pies.

CUPCAKES

A cupcake (fairy cake or patty cake) is a small cake designed to serve one person, which may be baked in a small thin paper or aluminum cup. As with larger cakes, frosting and other cake decorations such as fruit and candy may be applied.

PIES

A pie is a baked dish which is usually made of a pastry dough casing that contains a filling of various sweet or savoury ingredients. Sweet pies may be filled with fruit (as in an apple pie), nuts (pecan pie), brown sugar (sugar pie) or sweetened vegetables (rhubarb pie). Savoury pies may be filled with meat (as in a steak pie or a Jamaican patty), eggs and cheese (quiche) or a mixture of meat and vegetables (pot pie).



2. Language exposure

Organic food

- Organic food is very popular these days. It can also be very expensive. Some organic food costs twice as much as non-organic food. Parents of young children, and even some pet owners, will pay high prices for organic food if they think it's healthier. But many others think organic food is just a waste of money.
- There is one main difference between organic and non-organic food. Organic farms do not use agricultural chemicals such as pesticides that stop insects from damaging crops. In many countries foods that claim to be organic must have special labels that guarantee they're grown organically.
- Some people think organic also means "locally grown", and originally this was true. But over time organic farming has become big business, with many organic foods now being grown by large agricultural companies that sell their products far from where they're grown. Processed food made with organic ingredients has also become more popular. At first, only small companies produced these products. But as demand overtook supply, big food companies that had been selling non-organic products for many years also began selling organic products. Small organic food companies found it difficult to compete with these big companies, and many didn't stay in business much longer.



Organic food

- **Is organic food safer and more nutritious? This is an important part of the debate. Many farmers and consumers believe it is. They think agricultural chemicals can cause serious illnesses like cancer, but there isn't much evidence proving this is true. However recent studies have shown that eating organically-grown produce reduces your chances of developing heart disease. Many doctors think it's more important to stop dangerous bacteria from contaminating foods. These bacteria can contaminate both organic and non-organic fruit and vegetables, and doctors recommend washing produce carefully before eating it. Meat, fish and chicken can also become contaminated, so washing your hands before handling these foods is also very important. Many doctors also believe we should reduce the amount of sugar in our diets, and there is a lot of evidence to support this idea. They recommend carefully checking the list of ingredients on processed food and drinks for all the words that really mean sugar, like glucose, sucrose and fructose. And they remind us that the aim of most big food companies is to make lots of money, even if they damage our health while doing so. This means processed foods that are called "organic" can also be very unhealthy if they contain lots of sugar.**
- **Most people agree that naturally grown food tastes better. Is tastier food worth the extra money? That's a matter of opinion. Whether organic food is healthier or not is still not clear, so more research is needed. However, consumers of organic food often say "better safe than sorry" when it comes to what we eat.**



3. VOCABULARY

| Vocabulary | Spelling | Meaning |
|------------------------|----------------------------|----------------------------|
| Organic (a) | /ɔ: 'gæ n.ɪ k/ | Hữu cơ |
| Non-organic (a) | /, nɒ n ɔ: 'gæ n.ɪ k/ | Không hữu cơ |
| Expensive (a) | /ɪ k 'spen. sɪ v/ | Đắt đỏ |
| Healthy (a) | /'hel. θi/ | Tốt cho sức khỏe |
| Waste of money | /weɪ st ə v 'mʌ n.i/ | Tổn kém |
| Agriculture (n) | /'æ g. rɪ. kʌ l.tʃ ə/ | Nông nghiệp |
| Guarantee (v) | /'gæ r. ə n 'ti: / | Bảo đảm |
| Locally grown | /'ləʊ. kəl. i grəʊ n/ | Trồng tại địa phương |
| Ingredient (n) | /'ɪ n 'gri: .di. ə nt/ | Nguyên liệu |
| Produce (v/n) | /'prə dʒu: s/ | Sản xuất/ sản phẩm |
| Demand (v/n) | /'di 'mɑ: nd/ | Yêu cầu |
| Nutritious (a) | /'nu: 'triʃ. ə s/ | Có dinh dưỡng |
| Consumer (n) | /'kən 'sju: .mər/ | Người tiêu dùng |
| Evidence (n) | /'ev.ɪ.dəns/ | Bằng chứng |
| Bacteria (n) | /'bæk 'tɪə.ri.ə/ | Vi khuẩn |
| Contaminate (v) | /'kən 'tæ m.ɪ.neɪ t/ | Làm ô nhiễm |
| Processed food | /'prəʊ.ses.t fu:d/ | Thức ăn chế biến sẵn |
| Better safe than sorry | /'bet.ər seɪ f ðæn 'sɒr.i/ | Phòng bệnh hơn chữa bệnh |
| Stay in business | /'steɪ ɪ n 'bɪ z.nɪ s/ | Đứng vững trong thị trường |
| Supply (n) | /'sə 'plɑɪ/ | Nguồn cung cấp |



4. Discussion

PART 1

Eating habits

1. What do you like to eat?
2. What do you usually eat for breakfast/ lunch/ dinner? Why?
3. Do you have any food allergies?
4. Do you prefer homecooked meals or eating in a restaurant?

Cooking

1. Would you say that you are a good cook? Why/ Why not?
2. How often do you cook?
3. Would you like to be able to do so more often?
4. What dish do you most enjoy cooking? Why so?

PART 2

Describe a dish that you like.

You should explain

its ingredients

how is it prepared

how is it eaten

PART 3

1. Do you think people in your country generally knowledgeable about healthy and unhealthy foods?
2. What can be done to make young people eat healthier food?
3. Do you think that the food available in supermarkets is getting better or worse?
4. Do you think that people's attitude to chemicals in food is changing?
5. Should fast-food companies be allowed to advertise to children?
6. What are the benefits of eating a balanced diet?