**Form 7. Dishes. Eating Habits.**

**Aims:** 1. To enrich pupils’ vocabulary on the topic.

2. To encourage pupils’ creative skills and responsibility.

3. To develop listening, reading, writing comprehension skills, critical thinking.

4. To develop the pupils’ mind.

5. To cultivate in pupils an interest in learning English, eating habits in different countries.

**Equipment:** multimedia projector, presentation, cards, computers.

**Procedure**

1. **Introduction**

**Greeting**

**T:** Good morning, children! I’m glad to see you! How are you today? I hope you are fine. Let`s see. Look at our screen and choose a picture (a smiley face, emoji) that corresponds the best to your mood (according to your mood, feeling) and continue the sentence: «I am ….. because….. ». For example: I am happy because I have a lesson with you. Are you ready? Who wants to start? Thank you.

I am happy that you are fine. I hope that you’ll do your best today. At the end of our lesson we`ll check if our emotions are the same.

Now, look at each other, give each other a nice smile and let’s start our lesson. During our previous lessons we learnt words and expressions, connected with our topic «Food», got acquainted with the pearls of folk wisdom, concerning cooking and eating, made up dialogues, talked about British and Ukrainian dishes. Today we are going on our work, we’ll make a virtual «travel» to some countries, learn more about the peculiarities of some national cuisines and eating habits in different countries (talk about eating habits in different countries). That’s why the topic of our today’s lesson is «Dishes. Eating Habits».

**Warming up**

**T:** First of all, we’ll refresh our vocabulary on our topic and recall the words.

Let`s begin with the game «Name 5».

- name five red fruits; (strawberry, raspberry, cherry, wild cherry, pomegranate, red apples, red grape)

- name five yellow or orange fruits; (lemons, oranges, tangerines, peaches, mangos, nectarines, apricots)

- name five green vegetables; (cucumbers, cabbage, green onion (leeks), peas, spinach, broccoli)

- name five products made of milk; (cheese, yoghurt, cottage cheese, butter, sour cream, cream, ice-cream)

- name five ways of cooking; (boiling, baking, frying, roasting, stewing, grilling)

**T:** Read and find the odd word. Explain your choice.

- Cheese, milk, sausage, youghurt, butter

- Fruit, juice, tea, lemonade, coffee

- Pizza, spaghetti, omelette, napkin, porridge

- Knife, oil, spoon, folk, plate (cooking appliances)

**T:** Look at our word cloud. We have hidden words related to our topic (dishes). You have to find the words and explain them in English (give the definition of the word). Let’s start!

Omelette, pizza, soup, sandwich, pasta, French fries, hot dog, milkshake, salad

**T:** Can you tell us what you like and what you don`t like?

**P:** I like very much…. but I don`t like…..

1. **Main Part of the Lesson**

**Vocabulary Practice**

**T:** O.K. We recollected necessary key words. And now let’s return to the pearls of wisdom. We know that they contain experience of many generations, give valuable advice in different life situations. And the topic «Food» is very rich in proverbs and sayings, which are connected with people’s attitude to eating habits.

1. First of all, let’s look at the beginnings and the endings of some proverbs and match them correctly. Find the Ukrainian equivalents:

|  |  |
| --- | --- |
| Appetite comes | his own broth. |
| Every cook praises | dinner like a queen, supper like a pauper. |
| An apple a day | no supper. |
| Forbidden fruit | with eating. |
| No song, | keeps the doctor away. |
| Breakfast like a king, | is sweet. |
| When life throws you lemons, | quick at work . |
| Quick at meat, | make lemonade. |

*Appetite comes with eating.*

Апетит приходить під час їжі. Апетит з їдою прибуває.

*An apple a day keeps the doctor away.*

По яблуку в день – і обійдешся без лікаря

*Hunger is the best sauce in the world.*

Голод найліпший кухар. Голодному все смакує.  Голодне їсть і холодне.

Голодному кожна страва смачна.

*Every cook praises his own broth.*

Усяк кулик до свого болота звик. Наше тільки й добре. Людям як повітка, а мені як квітка.

*Forbidden fruit is sweet.*

Заказані яблука найбільше смакують. Заборонена грушка солодка

*Breakfast like a king, dinner like a queen, supper like a pauper.*

Сніданок з'їж сам, обід розділи з товаришем, вечерю віддай ворогові.

*No song, no supper.*

Хто не працює, той не їсть. Під лежачий камінь і вода не тече.

*Quick at meat, quick at work.*

Хто добре їсть, той добре робить.

Хто їсть з охотою, той не мерзне за роботою.

*When life throws you lemons, make lemonade.*

1. **T *:*** And now a bit of humour. You can see unusual pictures. Try to guess the proverbs, connected with them.

**Relaxation**

**T:**Let’s relax! Stand up! Your task is: do as the boy does (відео).

**Speaking**

**T.:** As you remember, our main purpose at today’s lesson is travelling to some countries and get some information about eating habits in different countries.

Do you like travel? How often do you travel?

What countries did you visit? Did you visit any national café or restaurant? What dishes did you have to chance to try?

Did you like them?

Did you try to cook them at home?

What cuisine do you prefer? Why? Can you cook any dish from any country?

**Reading**

**Pre-reading activity**

**T:** I suggest visiting some more countries and go toBrazil, the Philippines and Finland.

Do you know where are these countries situated?

**P:** Brazil is situated in Latin America.

The Philippines is in [Southeast Asia](https://en.wikipedia.org/wiki/Southeast_Asia).

Finland is situated in [Northern Europe](https://en.wikipedia.org/wiki/Northern_Europe).

**T:** What is Brazil famous for?

**P:** Brazil is the country of carnivals, football and samba, it is also famous for its amazing nature, amazing waterfalls, and, of course, unique cuisine.

The Philippines is famous for its beautiful landscapes, gorgeous beaches, breathtaking waterfalls.

Finland is famous for its beautiful nature, lakes and mountains. In Finland there is Santa Claus residence (the village where Santa Claus lives) and where he has its workshop).

**T:** So, meet bright Brazil, sunny Philippines and snowy (winter) Finland.

The first task is working with the text. Open the task «Eating Habits in Different Countries». Our text is divided in some parts. Read them to yourselves. Put the parts of the text into the correct order (let`s restore the text). Who is the first, put your hand.

**Eating Habits in Different Countries**

Tastes differ. It’s true when we speak about table manners and eating habits in different countries. For example, in Britain, you mustn’t lift your soup plate to your mouth. In Japan, however, lifting your plate to your mouse is a traditional way of drinking soup. We know a lot about Great Britain, the USA, Canada and other English-speaking countries. Read more about eating habits in other lands.

Meet bright Brazil, sunny Philippines and snowy Finland!

Whether at home or in a restaurant, Brazilians like eating with their friends and family. They never eat lunch at the office and they have dinner very late – at about ten o’clock at night.

Brazilians like small cups of strong coffee, at any time of the day. They don’t eat in the street or on the bus, and their never eat with their hands. They always use a knife and fork to eat, even for pizza or sandwiches.

The Philippines is not less exotic country than Brazil and has its own eating traditions. Many Filipinos have three meals a day with two snacks in between. Rice is a part of every meal – they even make desserts with rice and coconut milk. Filipinos like eating soup, meat, vegetables and a lot of different sauces.

Families usually eat together and they like to invite people to eat with them. Filipinos eat with a fork and a spoon, or with their hands. It’s polite to leave a little food on the plate at the end of a meal.

The food of Finland is a big surprise. There are a lot of different Finnish dishes, such as smoked fish and hot soups, but fast food such as pizza and sausages are also very popular. In the streets there are stallswhich sell sausages, Finland’s favourite food.

During the week, most Finnish families don’t usually have dinner together. Sometimes at the weekends they eat with their friends. They cook meals together, or each person makes and brings a part of the meal.

**While-reading activity**

**T:** Let`s read the text aloud in the correct order. Read using the method «Insert». Let`s remember. We put «V», if we know the information, «+» if we don`t know the information, «-» if we had a different information on this, «?» if we don`t understand the information and we need clarification. Let`s start.

**Post-reading activity**

**T:** What signs do you have? What information did you know?

What information is new for you?

About what did you have a different opinion (view)?

What information don`t you understand or requires the clarification?

**T:** Now let’s check how you understood the information and let`s do some tasks. The first task is so-called **«Knoword»**. It`s connected with the vocabulary.

**Find the words in the text that mean**

**1**.It is a place where you can [eat](https://www.collinsdictionary.com/dictionary/english/eat) a meal cooked by others and [pay](https://www.collinsdictionary.com/dictionary/english/pay) for it. In this place your food is usually served to you at your [table](https://www.collinsdictionary.com/dictionary/english/table) by a [waiter](https://www.collinsdictionary.com/dictionary/english/waiter) or [waitress](https://www.collinsdictionary.com/dictionary/english/waitress). It is also a place where people go to enjoy the time and to eat a meal. (**Brazil) Restaurant**

**2.** It is a dish of Italian origin, consisting of a usually round base of wheat-based dough topped with tomatoes, cheese, and often various other ingredients baked at a high temperature traditionally in a wood-fired oven. (**Brazil, Finland) Pizza**

**3.** Itis a portion of food, smaller than a regular meal, generally eaten between meals. (**The Philippines) Snack**

**4.** It is something sweet, such as a cake, a pie or a [pudding](https://www.collinsdictionary.com/dictionary/english/pudding), that you [eat](https://www.collinsdictionary.com/dictionary/english/eat) at the end of a meal. (**The Philippines) Dessert**

**5.** It is a liquid (broth) or thick, creamy food that's usually hot and savory. It is made by cooking vegetables, beans, meat, or fish (or a combination of these) in water for a long time. If you have a sore throat, your grandma might make you a nice bowl of it. (**The Philippines, Finland) Soup**

**6.** It is a [thick](https://www.collinsdictionary.com/dictionary/english/thick) liquid which is [served](https://www.collinsdictionary.com/dictionary/english/serve) with other food. **(The Philippines) Sauce**

**7.** It is [hot](https://www.collinsdictionary.com/dictionary/english/hot) food, such as [hamburgers](https://www.collinsdictionary.com/dictionary/english/hamburger), [chips](https://www.collinsdictionary.com/dictionary/english/chip) or milkshakes, prepared and served quickly after you order it in particular types of restaurants. **(Finland) Fast food**

**8.** It is also called supper – is the third meal of the day. It's the main meal when the families often try to have together at the end of the day. (It is a meal taken at [midday](https://www.collinsdictionary.com/dictionary/english/midday), esp when it is the main meal of the day.) It is a [formal](https://www.collinsdictionary.com/dictionary/english/formal) evening meal, as of a [club](https://www.collinsdictionary.com/dictionary/english/club), society, etc.; it is a public [banquet](https://www.collinsdictionary.com/dictionary/english/banquet) in [honour](https://www.collinsdictionary.com/dictionary/english/honour" \o "Definition of honour) of someone or something

(**Brazil, Finland) Dinner**

**9.**It is a large [table](https://www.collinsdictionary.com/dictionary/english/table) on which you put goods that you [want](https://www.collinsdictionary.com/dictionary/english/want) to sell, or information that you want to give people. **(Finland) Stall**

**T:** Our next task is called **“Name the country”.**

**In which country do they**

1) drink lots of coffee? **Brazil**

2) like sausages? **Finland**

3) eat rice with every meal? **The Philippines**

4) not eat in the street? **Brazil**

5) like eating soup, meat, vegetables and a lot of different sauces? **The Philippines**

6) sometimes eat with their hands? **The Philippines**

7) never eat with their hands? **Brazil**

8) eat with their friends and cook dishes together sometimes at the weekends? **Finland**

9) have two snacks between meals? **The Philippines**

10) leave a little food on the plate? **The Philippines**

11) eat even sandwich with a fork? **Brazil**

12) have dinner at ten o’clock at night? **Brazil**

**T:** Let`s verify. Now let`s do a test. The first task is so-called **“True-false quiz”**

You have to read the statements and tick True or False.

**“True-false quiz”**

1. Brazilians prefer eating with their friends and relatives. **True**
2. The people of Brazil like to eat lunch at their working place. **False**
3. They have dinner almost at night. **True**
4. Brazilians like big cups of strong coffee. **False**
5. They drink coffee during all day. **True**
6. Brazilians always eat with a knife and a fork, even pizza or sandwiches. **True**
7. They like to eat everywhere. **False**
8. Many Filipinos eat five times a day. **True**
9. A part of every meal in the Philippines is buckwheat. **False**
10. It isn’t polite to leave a little food on the plate at the end of a meal in the Philippines. **False**
11. Finns’ favourite food is sausages. **True**
12. In Finland people like to prepare meal together at the weekends. **True**

**T:** The second task is **“Opposites”.** You have to find the antonyms for the underlined words in the text.

Early (late)

large (small)

same, similar (different)

impolite (polite)

to buy (to sell)

unpopular (popular)

unloved (favourite)

weekdays (weekend)

**T:** Let`s check your answers. What do you usually have for breakfast? Do you know what dishes people from other countries prepare for breakfast? Let`s go on our travelling, visiting some more countries and see what people prefer for breakfast in these countries.

Game **“Food for Breakfast”**.

***Ukrainian breakfast***: porridge (sometimes with milk), boiled or fried eggs, meat dishes, pancakes with different fillings, and sometimes soup.

A full ***English breakfast***:beans, sausages, bacon, eggs, mushrooms, tomatoes, toast, tea or coffee.

A quick ***Spanish breakfast***: omelette, small sandwiches in baguettes with ham, toasts with jam (sweet) or toasts with tomato (salty), churros or cupcakes (magdalenas), olives, coffee in different variations or orange juice.

***Finish breakfast***: rye bread sandwiches, smoked salmon, oat porridge with fruits and nuts, yogurt or quark with berries and coffee.

***Brazilian breakfast***: coffee (really strong one or milk with) or juice and freshly baked bread with butter or jam, ham, cheese, fresh fruit, cheese rolls and sweet or savory couscous made from steamed cornmeal.

***A breakfast in Denmark***: rye bread, cheese, salami, ham, pate, honey, jam and sometimes even thin “plates” of chocolate.

A traditional ***Filipino breakfast***: mangoes, rice, eggs, meat or fish, small bread rolls, fresh white cheese, coffee.

A famous ***American*** ***breakfast***:home made thick pancakes with syrup and blueberries, topped off with a few rashers of bacon, toasted English muffin or some type of ham or bacon and a poached egg.

***French*** ***breakfast***:baguette or cracker, croissant, jam or butter, tea or coffee, juice and pastries.

**Speaking**

**T:** And now, dear pupils, think and answer. What breakfast do you prefer? Choose one and give your arguments.

1. **Summarizing**

Well, we have travelled a lot today. Now, let’s summarise the results of our lesson. Did you like the lesson? What new have you learnt? To my mind, the lesson was good. We practiced and improved our skills in reading, listening, and speaking. You worked very well. And you did a lot of tasks. Choose a smiley face. Let`s see if your emotions and feelings are the same as at the beginning of our lesson.

**Homework**

At home you have to do a task. Find and write the information about eating habits in the country that you like.