



Colegio Sagrado Corazón de Jesús

Erasmus + Project : 2014-1-ES01-KA101-002752

ACTIVITY TITLE: English Food

AIM OF THE ACTIVITY: Improve vocabulary about food; special focus on English food. Practice speaking and listening comprehension. Improve writing skills.

ESTIMATED DURATION: 60 minutes session

MATERIALS NEEDED: Video projector and enough copies of the attached documents for students.

ATTACHED DOCUMENTS: Some Traditional English Food sheet / Food In Britain Sheet.

SUGGESTED LEVEL: A2/low B1 level activity. Ages suggested: 11 to 14.

PROCEDURE

1.- INTRODUCTION (5-8 minutes aprox)

Teacher writes the following statement in the blackboard: English food is the best in the world. Students discuss the sentence orally and explain if they agree or disagree and why?

2.- HOW MUCH DO YOU KNOW ABOUT ENGLISH FOOD? (10-15 minutes)

* Teacher asks students about English food; they have to give names of different traditional British dishes and their ingredients.

* After that, teacher hands students the "**Some Traditional English Food Sheet**". Students read out loud, and teacher pays special attention to pronunciation, making students repeat if necessary at the end of each definition.

3.- FOOD IN BRITAIN SHEET (25 mins)

Teacher may decide if he wants to use both videos or just one of them since both are quite similar. Students watch the video twice stopping when he thinks there's something relevant or worth commenting. Then students answer the questions. It is up to the teacher decision if questions should be answered orally or on an extra sheet of paper, it depends on the skill he wants to work on the session. If orally; students may gather in pairs and exchange answers. If they write the answers, they may get together in pair and exchange papers and correct each other. At the end, the teacher gives the correct answer to the questions. Links to the videos are printed on the sheet. It is highly recommended to download the videos from YouTube instead of working on streaming to avoid possible connection problems.

4.- A BALANCED DIET (10 min)

Teacher explains the vocabulary. Then students compare the pictures and discuss the importance of a balanced diet in pairs.

SOME TRADITIONAL ENGLISH FOOD



ENGLISH BREAKFAST:

Eggs, bacon; sausages, fried bread; mushrooms; baked beans.



BLACK PUDDING:

Black sausage made from dry pigs blood and fat.



FISH AND CHIPS:

Fish (usually cod or haddock) deep fried in flour batter with chips dressed with malt vinegar.



BANGERS AND MASH:

Sausages and mashed potatoes. Bangers are sausages in England.



YORKSHIRE PUDDING:

Part of a main course. It's made from flour, eggs and milk and baked in the oven. Usually eaten with gravy.



YORKSHIRE PUDDING:

Made with minced lamb or beef and vegetables; topped with mashed potatoes.



SUNDAY ROAST:

Roast beef; mashed or baked potatoes; vegetables, Yorkshire pudding and gravy.



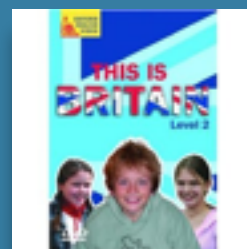
MUFFINS:

Piece of bakery; usually bigger than a cupcake. Sometimes it may contain different kind of berries or chocolate chips.

FOOD IN BRITAIN

THIS IS BRITAIN: FOOD

<https://www.youtube.com/watch?v=aKblilKwJwg>



Watch the video and answer these questions:

- 1.- Are your breakfast, lunch or dinner different from the ones in England? Can you explain the difference?
- 2.- Compare your meal times with the ones in Great Britain.
- 3.- What did they choose for dinner on Friday night in the video?
- 4.- Do you know all the different ingredients included in the shopping list? Is your shopping list similar to the one in the video?
- 5.- What are apple crumble and custard? Can you explain traditional desserts in your country?

WINDOW BRITAIN: FOOD

<https://www.youtube.com/watch?v=aKblilKwJwg>



Watch the video and answer these questions:

- 1.- Do you get milk delivered to your house in the morning?
- 2.- What does the usual English breakfast have? And the traditional?
- 3.- How long is the lunch break in England? Is it the same in your country?
- 4.- How do you prepare convenience food? Do you think it's healthy?
- 5.- When do English people have their main meal? What's the usual time for that?
- 6.- How many different types of food can you eat in London? Which are the most popular?
- 7.- What's your favourite food? Is there anything you don't like?
- 8.- What do you think of British food?

THE IMPORTANCE OF A BALANCED DIET



GLOSSARY

Proteins
Carbohydrates (Carbs)
Fats
Fiber
Vitamins
Dairy