

English Listening I 6

Part 2 Advice Show: Healthy Eating

Before You Listen

1 Prelisting Questions In the United States, people learn that they should eat food from the four major food groups: grains (wheat, corn, rice, etc.), fruits and vegetables, dairy (milk, cheese, yogurt, etc.), and protein (meat, fish, beans, nuts, eggs, etc.). Before you listen, answer these questions with a partner.



1. Talk about the photo. Are these young men "healthy" eaters?
2. Do you eat like these young men? For example, do you like "junk food"? If yes, what is your favorite type? If not, what kinds of food do you like to eat?
3. Do you ever eat canned or frozen food? Why or why not? If you *do* eat such foods, what are some examples?
4. Have you ever changed your eating habits (what, how much, or when you eat)? Explain how, and why, you changed.

2 Previewing Vocabulary You will hear the underlined words below on a radio advice show. Listen to the underlined words. Then write the letter of the correct definition beside each sentence.

CD 1, Track 45

Sentences	Definitions
1. <u>G</u> Milk is a good <u>source</u> of calcium.	a. weakening, rotting
2. <u>E</u> We can get most <u>vitamins and minerals</u> from food. We don't have to take pills.	b. a unit for measuring the energy value of food
3. <u>H</u> If you start to <u>gain</u> weight, you are probably eating more food than your body needs.	c. to reduce or have less of (something)
4. <u>F</u> If you <u>skip</u> breakfast, you'll be really hungry by lunchtime.	d. a food substance that comes from plants and that we need for digestion
5. <u>A</u> Dentists try to teach children good brushing and eating habits so they won't get tooth <u>decay</u> .	e. helpful elements in many foods that are used by our bodies to grow and stay healthy
6. <u>C</u> The doctor told John to <u>cut down on</u> coffee, to help him sleep better.	f. not to do or have something
7. <u>B</u> A piece of bread has about 75 <u>calories</u> .	g. a place where something comes from
8. <u>D</u> Fiber helps food move through our	h. to increase

مصدر Source

الفيتامينات والمعادن Vitamins and minerals

كسب Gain

تخطى Skip

تضائل Decay

خفض Cut down on

السعرات الحرارية Calories



6 Using Vocabulary Discuss the following questions with a partner. Use the underlined vocabulary in your answers.

1. Which meal are you least likely to skip, and which meal are you most likely to skip? Why?
2. Bodybuilders, football players, and other athletes often try to gain weight and strength. What specific types of food would you suggest for these people to eat?
3. What do you eat or drink that you know may be bad for your teeth? Would you consider stopping? Would you cut down on these things? How do you try to avoid tooth decay?
4. Do you ever think about the number of calories in certain foods you eat? Do you read food labels? Why, or why not?
5. Which of your favorite foods do you think are the best sources of vitamins and minerals?
6. What kinds of foods do you eat to get fiber in your diet?

Talk It Over



7 Comparing Eating Habits "Eating habits" are your eating customs. They include when, where, and what you eat. Take notes in the chart below. Then use the chart to talk about differences between your eating habits at home and the way you eat when you travel somewhere.

	When I'm at Home	When I Travel
1. what you eat for breakfast, lunch, and dinner	I eat rice for breakfast.	I eat cereal for breakfast.
2. the time and size of meals and snacks	I sometimes eat nuts or chips.	I often have snacks
3. the price of food	It costs nothing.	It may be expensive
4. restaurants	I never go to restaurants	I usually eat at restaurants.
5. table manners	I can be casual about manners.	I must observe good manners

هنا في الجدول تجيب على الأسئلة فالسؤال الأول ماذا اكلت على الطور وعلى الغداء وعلى العشاء عندما تكون في البيت وعندما تكون مسافر

ماهو الوقت وحجم الوجبه ؟عندما تكون بالبيت او بالسفر ... ماهوالسعر ؟ عندما تكون في البيت وفي السفر ؟

Listen

CD 1, Track 46



3 Listening for Main Ideas Listen to advice from a radio show called, "Eating Right!" As you listen, answer this question:

What are some important things you can do to eat right?

CD 1, Track 47



4 Taking Notes on Specific Information Listen again. This time, complete the chart with Bob and Pam's advice. Try to catch as many details as you can.

Things You Should Eat	Reasons	Examples
vegetables	fiber, vitamins, minerals	carrots,
fruits	" "	apple, banana
whole grains	" "	brown rice, whole wheat
Things You Shouldn't Eat or Drink	Reasons	Examples
sugar	weight gain, tooth decay, disease	sugary drinks, cookies, cakes
fat	weight gain, heart disease, cancer	cheeseburger, fries (French), chips
salt	" "	" "
coffee	nervous, no sleep	

After You Listen

5 Summarizing Ideas

1. Compare notes with a partner. Together, summarize in complete sentences the advice you heard. Include reasons and examples. Tell your partner if you have tried any of these ideas for healthy eating.

Example

You should eat a carrot for a snack because it's a vegetable that has . . .

2. With your class, make a list on the board of additional dos and don'ts about healthy eating. Tell the class which ones you have tried and if they worked well.

هنا تكتب في الجدول الاشياء التي ذكرت في المقطع الصوتي مثلا ذكر اولاً الخضروات أسبابها الفيتامينات ويحتوي على المعادن مثال الجزر وهكذا

1. What kind of food does each place serve?
2. Who serves the food in each place?
3. Which one is probably the most expensive? The cheapest?
4. When would you choose to eat in each kind of place?
5. Which of these kinds of places have you tried?
6. What are some other types of places to eat?

TOEFL® iBT

CD 1, Track 48

Focus on Testing

Using Context Clues

Many tests such as the TOEFL® iBT measure your academic listening and speaking abilities. This activity, and others in the book, will develop your social and academic communication abilities, and provide a foundation for success on a variety of standardized tests. You will hear four conversations about places to eat.

1. Listen to the beginning of each conversation.
2. Listen to the question for each conversation. Stop the recording and choose the best answer to each question.
3. In the **Clues** column, write the words that helped you choose your answer.
4. Listen to the last part of each conversation to hear the correct answer.

Answers	Clues
1. ☐ A coffee shop ☐ B cafeteria ☒ C nice restaurant	would you like? menus specials
2. ☐ A fast-food place ☒ B diner ☐ C expensive restaurant	counter or table coffee
3. ☒ A cafeteria ☐ B coffeehouse ☐ C fast-food place	over there looks great pay at cashier
4. ☐ A nice restaurant ☐ B cafeteria ☒ C fast-food place	to go burritos / cokes / nachos

من المقطع المسموع عليك ان تنتبه للمعلومات المذكورة ثم تحدد الاختيار الصحيح كما هو في المثال الأول المعلومات المذكورة شخص يسأل ماذا تحب

وقائمة طعام وخصوصية فهو اذا يتحدث عن مطعم جيد

الفرق بين المطعم والكافتيريا والمقهى ومطاعم الوجبات السريعة

المطعم فيه قائمة طعام ونادل وخدمه ممتازة لكنه يستغرق وقت

الكفتيريا لا يوجد نادل بل أنت تذهب لتطلب ما تريد والأكل يعد بسرعة

المقهى يقدم وجبات خفيفة والقهوة وتذهب للطلب عند المحاسب

مطاعم الوجبات السريعة يمكنك الطلب وأنت في سيارتك أو في المنزل والأكل يكون ذو أسعار عالية

Part 3

Strategies for Better Listening and Speaking

3/14

Getting Meaning from Context

1 Prelistening Questions Look at the photos. Each one shows a different kind of eating place. Before you listen, answer the questions on page 53 with a partner.



▲ A restaurant



▲ A cafeteria



▲ A fast food restaurant



▲ A diner

١ - مطعم

٢ - كافيتيريا (بوفيه)

٣ - مطاعم الأكلات السريعة مثل كنتاكي وغيرها

٤ - حافلة للطعام أو مقهى

Part 4

Real-World Tasks: Recipes and Regional Foods

3/17

Recipes

CD 1, Track 50



1 Previewing Vocabulary The following words are used in cooking. Before you listen, write the definitions of the words.

ingredients: substances needed for a kind of food
 serve: bring to customer
 beat: hit hard
 melt: change from solid to liquid
 dip: put into a liquid for a short time
 fry: heat in oil

CD 1, Track 51



2 Taking Notes on a Recipe Tom is teaching Kenji how to cook French toast. Listen to the recipe and take notes in the spaces.

Ingredients:

1 cup / milk
2 eggs
1/2 tsp. salt
1 tbsp. butter



Culture Note

Cooking Measurements

The measurements used in cooking in the U.S. are different from the measurements used in other countries.

For example:

U.S.

a teaspoon
 a tablespoon
 a cup

Other Countries

= 5 ml (milliliters)
 = 15 ml
 = 240 ml

بيضتان - نصف ملعقة ملح - ملعقة من الزبدة

هنا مكونات لطبق الخبز فرنسي : كوب حليب

Steps:

1. Beat eggs, milk and salt with fork
 2. Melt butter in frying pan
 3. Dip 8 slices of bread into mixture

4. Fry bread in melted butter till golden brown
 5. Serve on warm plate with butter, syrup or jam

الطريقة: امزج البيضه في المقلاة مع الحليب والملح - ذوب الزبدة قم اغمس قطع الخبز بمزيج الحليب والبيض وضعه في المقلاة حتى يتحمر ثم ضع عليه الزبدة او السكر او المربي

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3 Explaining a Recipe Now, with a partner, use your notes to take turns explaining how to make French toast.

4 Sharing Recipes Teach the class a simple recipe for a dish that you know how to cook.

1. First, list the ingredients.
2. Then, describe each step (you may even try to demonstrate). As you speak, the class should take notes on the ingredients and steps.
3. Then, choose one or two people to retell the recipe using their notes.

Regional Foods

5 Prelistening Questions Before you listen, talk about "foreign" foods with a partner.




▲ Sushi

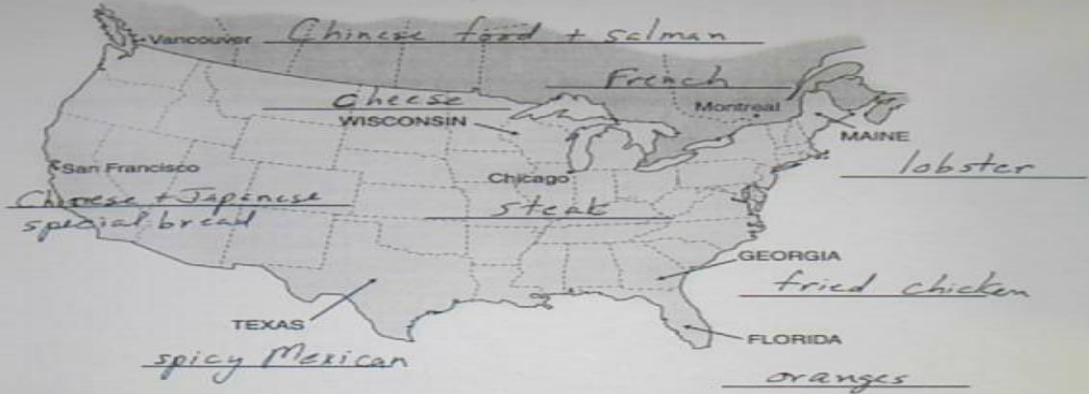
▲ Enchiladas with rice and beans

1. Do you know of any regions or places famous for special kinds of food? Give examples, and try to describe those foods.
2. Can you name some "foreign" foods and the countries they come from? Which foreign dishes have you tasted? What is your favorite?
3. Have you tried any North American food? What have you tried?

هنا كما نشاهد بعض الأطعمة الشائعة في بعض المناطق فمثلا السوشي الأكلة الشائعة في اليابان ونحن في المملكة العربية السعودية لدينا بعض الأطعمة الشائعة مثل الكبسة والهريسة

3/2

6 Regional Foods Paula, is a chef. Her friends plan to drive around the United States and Canada. She tells them about foods that are popular in different regions. Look at the map of the United States and Canada. As you hear the name of each food, write it on the map in the place where it is popular.



Discuss these questions with a partner.

1. Have you visited any of the cities or states mentioned by Paula? Did you eat any of the foods mentioned?
2. Which of the foods that Paula mentions would you like to try?

هنا أسماء بعض الأطعمة في بعض الدول كم منطقة شيكاغو الطعام المشهور لديهم هو الستيك (قطعة لحم أو دجاج تكون مشوية غالبا