

Part 2

Advice Show: Healthy Eating

Before You Listen



1 Prelistening 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.

CD 1, Track 45



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.

Sentences

1. G Milk is a good source of calcium.
2. E We can get most vitamins and minerals from food. We don't have to take pills.
3. H If you start to gain weight, you are probably eating more food than your body needs.
4. F If you skip breakfast, you'll be really hungry by lunchtime.
5. A Dentists try to teach children good brushing and eating habits so they won't get tooth decay.
6. C The doctor told John to cut down on coffee, to help him sleep better.
7. B A piece of bread has about 75 calories.
8. D Fiber helps food move through our

Definitions

- a. weakening, rotting
- b. a unit for measuring the energy value of food
- c. to reduce or have less of (something)
- d. a food substance that comes from plants and that we need for digestion
- e. helpful elements in many foods that are used by our bodies to grow and stay healthy
- f. not to do or have something
- g. a place where something comes from
- h. to increase



6 Using Vocabulary Discuss the following questions with a partner. Use the underlined vocabulary in your answers. 3/11

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

Listen



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?



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.

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. <input type="radio"/> A coffee shop <input type="radio"/> B cafeteria <input checked="" type="radio"/> C nice restaurant	would you like? menus specials
2. <input type="radio"/> A fast-food place <input checked="" type="radio"/> B diner <input type="radio"/> C expensive restaurant	counter or table coffee
3. <input checked="" type="radio"/> A cafeteria <input type="radio"/> B coffeehouse <input type="radio"/> C fast-food place	over there looks great pay at cashier
4. <input type="radio"/> A nice restaurant <input type="radio"/> B cafeteria <input checked="" type="radio"/> C fast-food place	to go burritos / cokes / nachos

Part 3**Strategies for Better Listening and Speaking****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

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Now use the model above to role-play ordering dinner. Sit with a partner. One of you is the server. The other is a customer. Follow the instructions in the boxes below.

Server's Instructions

Start by asking the customer, "May I take your order?"

Then take the customer's order for a main course, soup or salad, side dishes, dessert, and a drink.

Customer's Instructions

Order the following items from the menu:

- | | |
|---------------|---------|
| a main course | dessert |
| soup or salad | a drink |
| a side dish | |

Ask questions about each course.

For example, "What kind of juice do you have?" "Is the shrimp fresh?"

DINNER MENU

SOUPS

Soup of the day	\$3.75
Chicken Soup	3.50
Homemade Chili	3.75

SALADS

American Chef	\$7.25
Garden greens with turkey and cheese	
Golden Gate	7.75
Fresh pineapple stuffed with almond chicken salad	
Tutti-Frutti	7.75
Fresh fruits served with cottage cheese	

SIDE ORDERS

French Fries	\$3.50
Mushrooms	
Covered in cheese sauce	4.25
Mixed Vegetables	
Steamed or stir-fried	4.25

HOUSE SPECIALTIES

All entrees served with your choice of rice, cottage cheese, tossed salad, choice of potato, roll and butter

Ribeye Steak	\$15.75
Grilled to order	
Whole Chicken	14.75
Broiled, baked, or fried	
Sesame Tofu	13.95
Sautéed with snow peas and scallions	
Fantail Shrimp	17.95
Broiled with butter and lemon, or deep fried	

DESSERTS

Apple pie	\$4.75
Plenty of cinnamon and a scoop of ice cream	
Ice Cream	3.75
Or your choice of low-fat yogurt	

BEVERAGES

Fresh juices	\$2.50
Cola & Diet Cola	1.20
Milk	1.50

Part 4

Real-World Tasks: Recipes and Regional Foods

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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



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



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

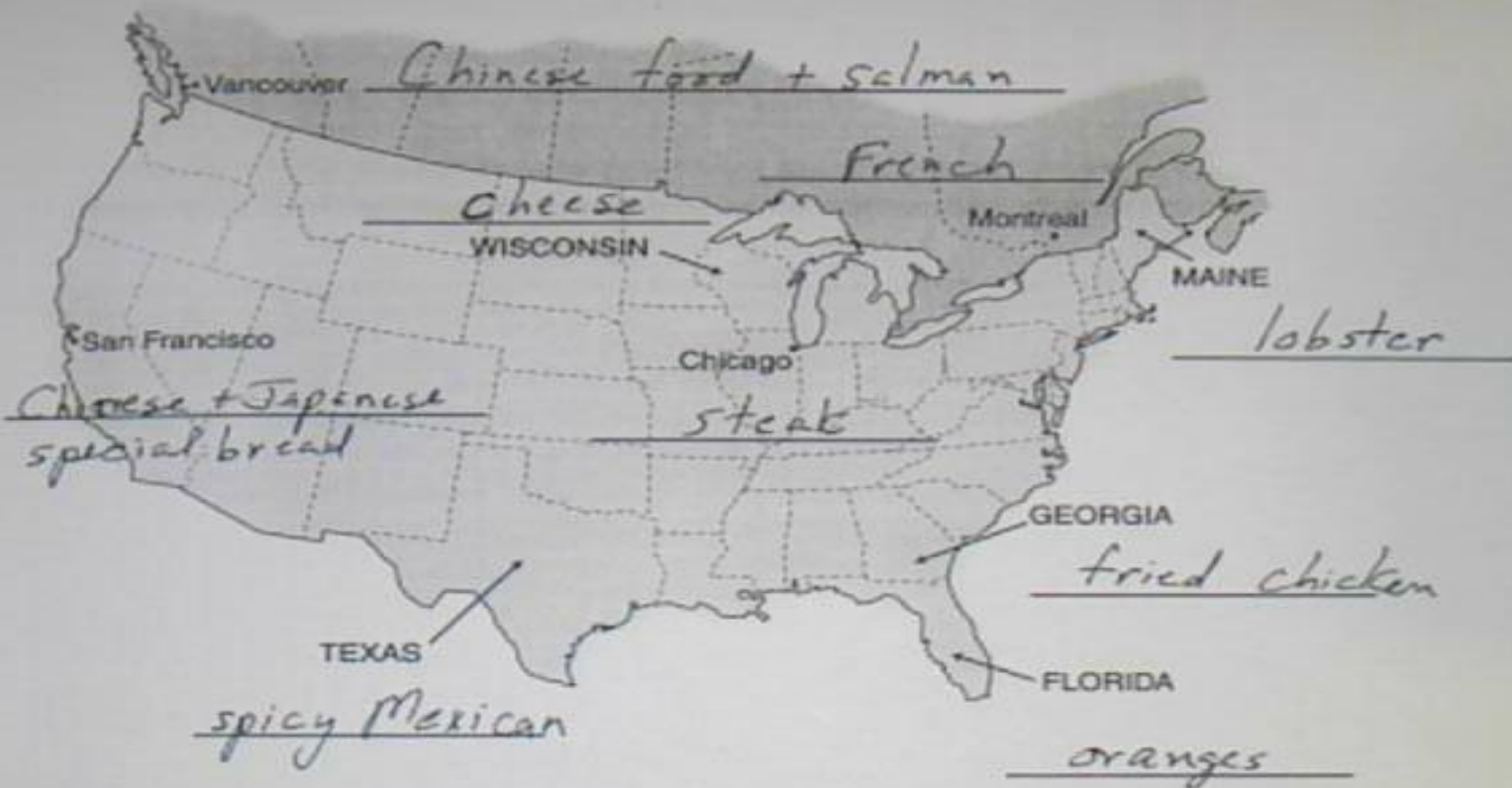


▲ Enchiladas with rice and beans

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?



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?