Unit 4 Food

ACADEMIC SKILLS PLUS

Biology: The food vegan people eat

Listening skills: Listening for facts and opinions

Speaking skills: Making generalisations

1 SPEAKING

a What's the difference between the food in groups 1 and 2?

Group 1

cheese

steak

egg

yoghurt

fish

Group 2

mushrooms

juice

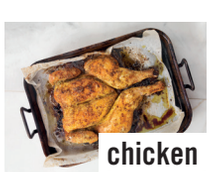
cereal

grapes

salad

b Add these foods to group 1 or 2.

seeds


chicken

nuts

honey

Think of one more food for each group and add.

c Talk about the kind of food you eat. Do you enjoy it? Why / Why not?

1 all food 2 vegetarian food 3 vegan food

2 LISTENING

a Do you agree with these ideas? Why / Why not?

1 Vegans help the environment.
2 Vegan food is nice to eat.
3 Vegans save animals.
4 Vegan food is expensive.

b 4.1 Listen to Enrico talk about vegans. Does he talk about all the ideas in 2a?

STUDY SKILLS: USING WHAT YOU KNOW TO HELP YOU UNDERSTAND

1 In 2a you talked about the ideas in the listening. How does this help you to understand?

2 What can you do if you don't know a lot about the topic of a presentation? Choose more than one answer.

a ☐ read about it before the presentation
b ☐ ask questions in the middle of the presentation
c ☐ ask other students about it before the presentation
d ☐ study vocabulary linked to the topic

c 4.1 Listen again. Are the sentences true (T) or false (F)?

1 Every person who is vegan helps save about 20 animals a year.
2 Making meat products means we use a large amount of water and energy.
3 Vegans often have health problems because they don't get some vitamins.
4 It doesn't cost a lot of money to be a vegan.
5 Everyone thinks that vegan food isn't good to eat.

d **CRITICAL THINKING**
IDENTIFYING FACTS AND OPINIONS

Read the notes from Enrico's presentation. Which are facts and which are opinions?

~~1 Vegans eat no animal products~~
2 Vegans want to save animals, get healthy & save the planet
~~3 Being a vegan isn't healthy – not enough vitamins~~
4 Expensive to be a vegan
5 Vegans save about 20 animals / year
6 Meat eating is expensive
7 Vegan food is usually delicious
8 9,500 litres of water per half kilo of meat
9 Vitamin B12 in cereals

Facts	Opinions
1 Vegans eat no animal products	3 Being a vegan isn't healthy – not enough vitamins

e **Skills focus** Speaker's opinion

1 What is Enrico's opinion of veganism?
a He thinks it's a good thing.
b He's not sure if it's a good thing.

2 How does he show his opinion?
a He tells listeners what his opinion is.
b He talks about facts that agree with his opinion.

3 PRONUNCIATION Sound and spelling /iː/

a 4.2 Listen to the pronunciation of the underlined vowels in the words from the presentation. Which two words have a different pronunciation?

vegan eat cheese seeds beef
need healthy meat cereal reason

b Which rule is correct?

1 All words with *ee* and *ea* we pronounce /iː/.
2 Many words with *ee* and *ea* we pronounce /iː/.

c 4.2 Listen and repeat. Practise the words in pairs.

4 LANGUAGE FOCUS Generalisations

a 4.3 Listen to the sentences from the presentation. Write one or two words in each gap.

1 _____ vegans say they want to save animals.
2 _____ vegans also want to save the planet.
3 Vegans _____ say they want to get healthy.
4 But _____ people think that being vegan isn't healthy.
5 They _____ say vegans don't get important vitamins.
6 _____ people think it's expensive to be a vegan.
7 But vegan food is _____ delicious and very good to eat.

b Choose the correct word in *italics*.

1 The information in the examples is *always / usually* true.
2 The information is true for *everyone / most people*.
3 Information in research reports is *sometimes / usually* true.

c Order sentences 1, 2, 4 and 6 from 4a according to quantity.

all ⟷ *no one*

Order sentences 3, 5 and 7 according to frequency.

always ⟷ *never*

d Choose the words in *italics* that you think are true.

Most / Many / Some / A few people in my country take vitamin pills. They think they need extra vitamins to be healthy. They *usually / often / sometimes* take two or three pills a day. But *most / many / some / a few* doctors think vitamin pills don't help and people need to eat healthy food like fruit and vegetables and nuts. *Most / Many / Some / A few* vitamin pills are expensive, but people are *usually / often / sometimes* happy to pay extra for them.

e Cover the text and tell your partner what you think about vitamins. Do you have the same opinion? Why / Why not?

5 SPEAKING

a Choose one of these topics to talk about.

- fast food
- the typical diet in your country
- vegetarians
- a special food you know about

b Make notes about the topic. Include facts you know and opinions. What is your opinion?

c In pairs, tell each other about your topic. As you listen to your partner, write down the facts and opinions you hear. Discuss each student's topic and give your opinion.