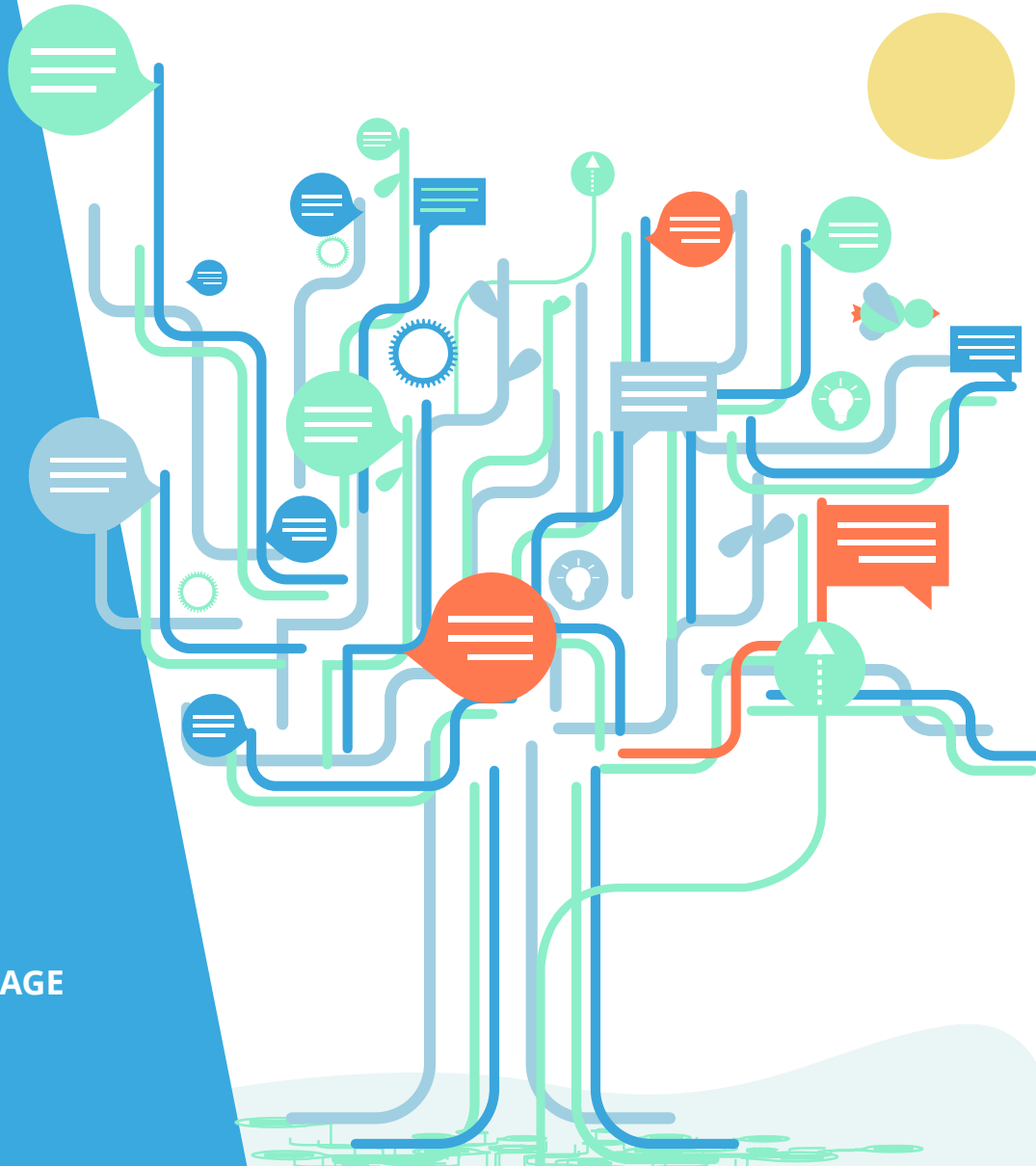


What do you prefer?

COMMUNICATION

LEVEL	NUMBER	LANGUAGE
Beginner	A2_2016X_EN	English





Goals

- Can discuss my food preferences and any special dietary requirements that I have.
- Can talk about any allergies and intolerances that I have.







What do you prefer?

- Everyone has **preferences** when it comes to food, and some people also have food **intolerances**. In this lesson you will practise talking about your own food preferences.



I **prefer** fruit to vegetables, but I'm **allergic** to strawberries, so I can't eat them.



Useful vocabulary

prefer

some

nuts

many



better

than

sweeter

lots



Words in context



I **prefer** milk chocolate to dark because it is **sweeter**.

Fruit is healthier **than** a burger.





Words in context



Nuts are a healthy snack.

Some people **prefer** wine to beer.



Lots of people think British chocolate is **better than** American chocolate.

Many people in Britain **prefer** tea to coffee.



vegetarian



Vegetarians do not eat meat.

vegan



Vegans do not eat any animal products.

meat-eater



A person who eats meat is a **meat-eater**.

organic



Organic food does not have chemicals in it.

ethical



Ethical food is produced in the best way for people and the environment.



Words in context



Lots of people prefer **ethical** coffee.

Vegans do not eat eggs.





Words in context



Vegetarians do not eat fish.

Organic food is often more expensive than other food.



Meat-eaters usually eat all different kinds of meat.

Fair trade chocolate is **ethical**.





True or false?

TRUE

FALSE

1. Meat-eaters eat only vegetables.

2. Vegetarians never eat meat.

3. Vegans do not drink cow's milk.

4. Ethical food is bad for the environment.

5. Organic food is often expensive.



Match the beginnings and the endings

1. Vegetarians choose...

a. animals or plants not raised or grown with chemicals.

2. Organic products can be...

b. not to eat any animal products.

3. Meat-eaters...

c. are made in a way that is good for people and the environment.

4. Ethical products...

d. not to eat meat or fish.

5. Vegans choose...

e. eat beef, chicken and pork.



Is it easy being a vegetarian?

Are you a vegetarian or vegan? Do you know any vegetarians or vegans? Do you think it's easy to be a vegetarian or vegan? What might be difficult?



family

restaurants

parties

preference



If you have a **preference** for something, you like it better than the alternatives.

abstain



If you **abstain** from something, you do not eat it or do it.

soya



Soya milk is made from soya beans.

allergy



If you have an **allergy** to something, it can make you feel ill.

shellfish



Prawns and mussels are **shellfish**.



Words in context



Some people have an **allergy** to nuts.

People can be allergic to **shellfish**.





Words in context



People who cannot have cow's milk can drink **soya** milk.

Soya beans are used to make tofu.



I have a **preference** for dark chocolate.

Pregnant women should **abstain** from drinking alcohol.





Fill in the gaps



preference

Why is Helen _____
from alcohol?

shellfish

Why? Does she have an
_____ to cow's milk?

soya

But she is allergic to prawns
and lobster, right? I mean to
all _____.

vegetarian

Oh yeah, she also doesn't eat
anything produced with
chemicals. Everything has to
be _____.

Because she is pregnant! She
also doesn't drink cow's milk.
She drinks only
_____ milk.

No. She has a _____
for soya milk. She thinks it
tastes better.

Yes, she's allergic to shellfish.
She is also not eating meat
anymore. She is
_____.

allergy

organic

abstaining



Match the beginnings and endings

1. When we are driving,...

a. nuts.

2. Many people have an allergy...

b. we must abstain from alcohol.

3. Some people have a preference...

c. for white bread over brown.

4. People who are...

d. vegan can eat products made from soya.

5. Lots of people are allergic to...

e. to shellfish.



The perfect family meal

Imagine you won a competition for a meal for all your family at a fantastic restaurant. Tell the restaurant about your family's food preferences and allergies so that they can make the perfect meal for you!



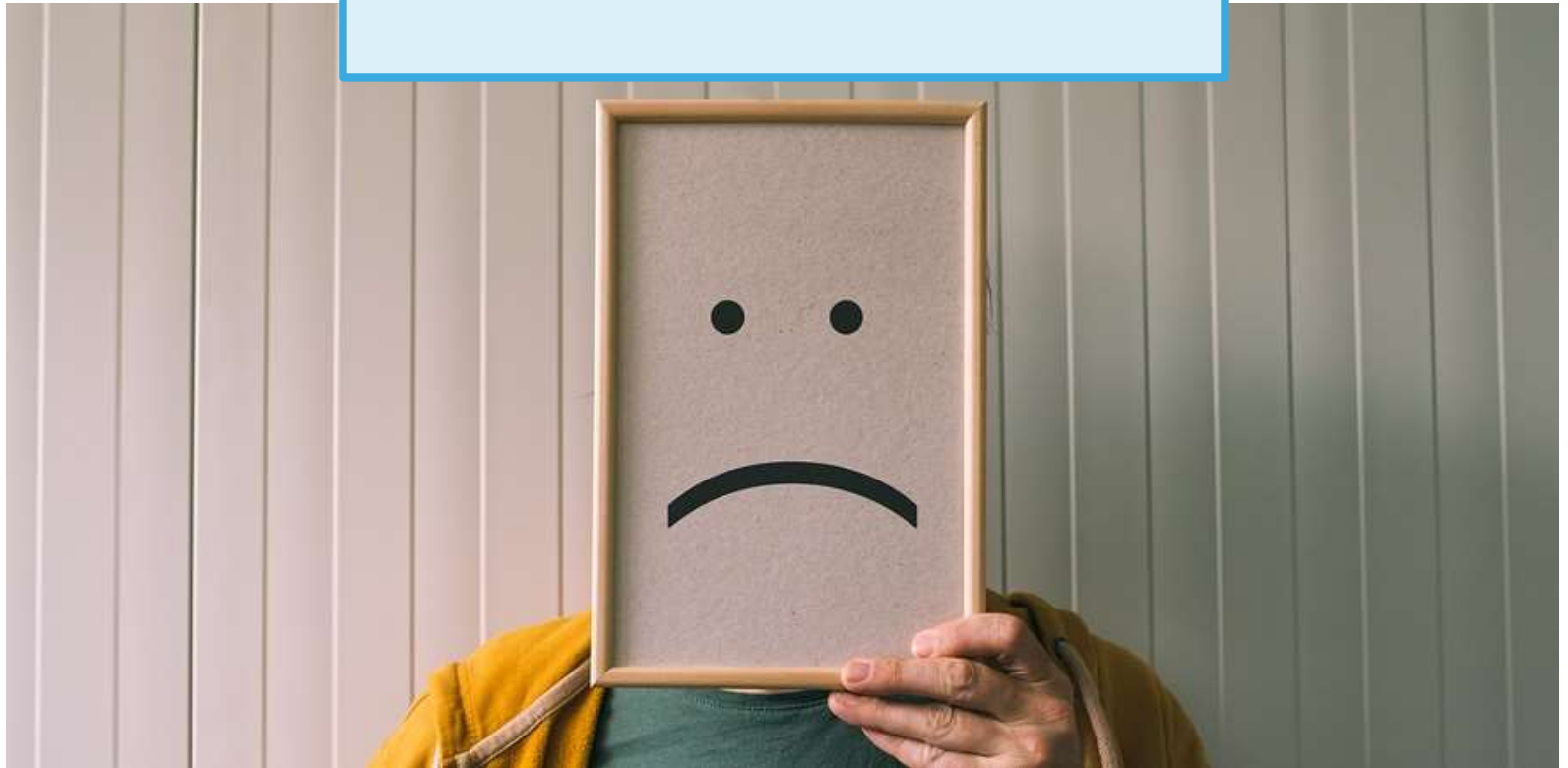
preferences

allergies

vegan

vegetarian

intolerant



If you are **intolerant** to something, you cannot eat it.

tolerate



If you can **tolerate** something, you can eat it.

lactose



Lactose is in dairy products. How many dairy products can you see in the picture?

gluten



Gluten is in bread.

coeliac



People who have **coeliac** disease cannot eat gluten.



Words in context



There are lots of **gluten-free** foods that people with **coeliac** disease can eat.

If you can't **tolerate lactose**, you can drink soya milk.





Words in context



Many people are **intolerant** to **gluten**.

Gluten is in pasta.



Lactose is in cheese.

People with **coeliac** disease must have a **gluten-free** diet.





Match the beginnings and the endings

1. People with coeliac disease...

a. Because she is lactose intolerant.

2. Why did Jane stop drinking cow's milk?

b. it is healthier.

3. I can't tolerate gluten,...

c. Because I have an allergy.

4. I have a preference for red wine because...

d. get very sick if they eat gluten.

5. Why can't you eat nuts?

e. so I don't eat pasta or bread.



Fill in the blanks



Jane is coming to dinner, and she has _____ disease. What should I cook?

OK. And Andy is _____ intolerant, so I can't use milk or cheese in any dish either.

What about steak? It's better than fish anyway, and no one is _____ - everyone eats meat.

Well, nothing with _____, so no pasta or bread.

How about prawns? Oh no, that won't work. Mark has an allergy to _____.

Great idea. Just don't serve wine because Helen is _____ from alcohol while she is pregnant.



Tell your teacher

Are you allergic or intolerant to anything? Do you follow a special diet?



lactose

gluten

vegan

vegetarian

tolerate

intolerant

coeliac

shellfish

abstain



Guess your teacher's preferences

dark chocolate
milk chocolate

Your teacher has thought of 5 pairs of food. They have a preference for one thing in each pair. When they tell you the two items in the pair, ask them questions to see if you can work out which they prefer.

Swap roles!

I think you prefer milk chocolate to dark chocolate because milk chocolate is sweeter.

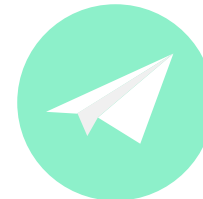


Reflect on the goals

Go back to the second slide of the lesson and check if you have achieved all the goals of the lesson.

yes

no

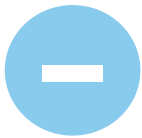
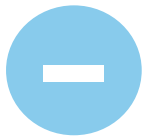




Reflect on this lesson

Think about everything you have seen in this lesson.
What were the most difficult activities or words? The easiest?



If you have time, go over
the most difficult slides again



Answer key

Exercise p. 15
1. F, 2. T, 3. T, 4. F, 5. T

Exercise p. 16
1d, 2a, 3e, 4c, 5b

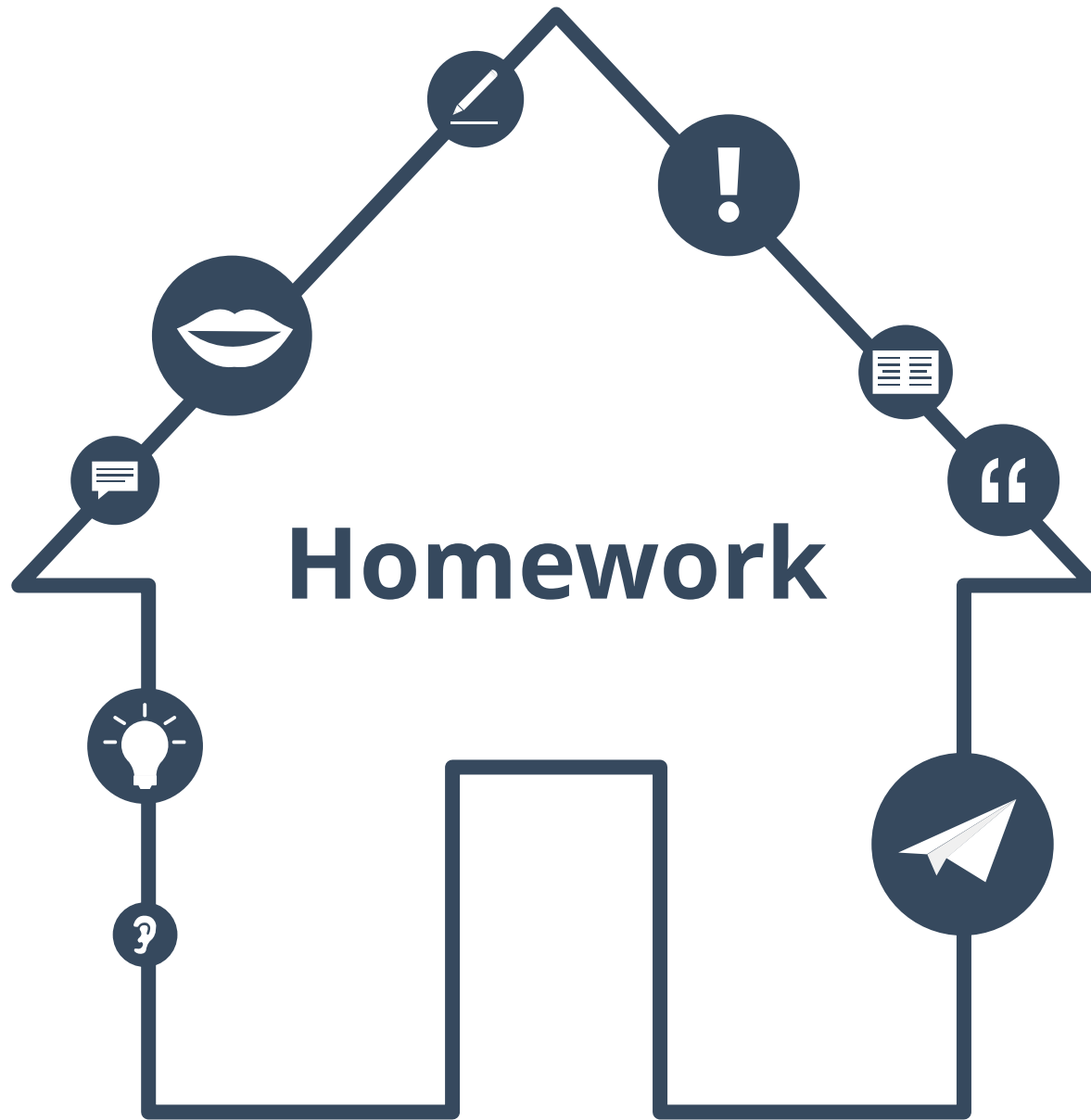
Exercise p. 25
abstaining, soya, allergy, preference, shellfish, vegetarian, organic

Exercise p. 26

1b: When we are driving, we must abstain from alcohol.
2e: Many people have an allergy to shellfish.
3c: Some people have a preference for white bread over brown.
4d: People who are vegan can eat products made from soya.
5a: Lots of people are allergic to nuts.

Exercise p. 35
1d, 2a, 3e, 4b, 5c

Exercise p. 36
coeliac, gluten, lactose, shellfish, vegetarian, abstaining





Fill in the gaps

1. People who cannot drink cow's milk are often _____ intolerant.
2. Pasta and bread contain _____.
3. People who cannot tolerate gluten may have _____ disease.
4. People who do not eat meat or fish are _____.
5. People who do not eat any animal products are _____.
6. Pregnant women should _____ from drinking alcohol.
7. Some people have an _____ to shellfish.

abstain

vegetarian

gluten

lactose

coeliac

vegan

allergy



Vocabulary lists

**Check the first five words of the lesson.
Sort them into two lists.
Give your lists a name.**

List 1: _____

List 2: _____



My favourite words

Choose five words or phrases from the lesson
and write them down in your list of *My favourite words*.

A graphic of a notepad with a spiral binding on the left. A white sticker with a blue tab is stuck to the top right of the page, containing the text "My favourite words". Below the sticker, the notepad has several horizontal lines. The first three lines are pre-filled with the text "Word one", "Word two", and "Word three" respectively. The fourth line contains three dots "...". The remaining lines are blank.



Make flashcards

Make flashcards out of paper and copy down four words or phrases from this lesson that are hard for you.





Sentences in the third person plural

**Choose five example sentences from this lesson.
Copy them and rewrite them about
a group of people (or using the pronoun *them*).**





Examples:





She is a doctor



→ Hannah and James are doctors.



He speaks English and French



→ They speak English and French.



...













Homework answer key

Exercise p. 43
1. lactose, 2. gluten, 3. coeliac, 4. vegetarian, 5. vegan, 6. abstain, 7. allergy



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