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Unit 8

Food at home and around the world



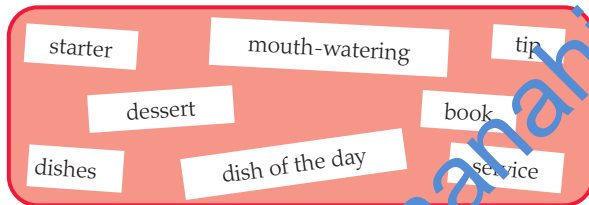
- **Topics** top 10 restaurants; the Mediterranean way; Kerala: a haven of fabulous food; rice, rice everywhere; what is a restaurant critic?; eat your way around the world in the UAE.
- **Use of English** present perfect continuous; *as, since, made of / with / from*; modifiers; phrasal verbs; transitional devices.

Lessons 1–2 Top 10 restaurants

- Do you like going to restaurants?
- Which is the best restaurant in your town?
- How do you choose which restaurant to visit?

Reading

- 1 Complete the review of a new restaurant with the words below.



Al Hoot has only been serving for a few weeks, but you need to _____¹ if you want a table. The restaurant is located in the town centre and there is free parking so it's easy to get to. Even if the menu doesn't offer a wide choice, all the fish is fresh and the _____² are simple but tasty.

Before my main course, I had prawn cocktail as a _____³, which looked delicious and was absolutely _____⁴. We were lucky because it was Saturday, so the _____⁵ was grilled calamari, my favourite! Finally, for _____⁶ I had green tea ice-cream.

I can't think of a better place to eat for 100 Dhs. Good food, great atmosphere and excellent _____⁷. Our waitress was very helpful and friendly, so we left a generous _____⁸.



Listening

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- 2 Listen to two friends discussing different restaurants. Match restaurants a–e with the descriptions 1–4. There is one extra restaurant.

- a Bob's Kitchen
- b Carlton
- c The Imperial
- d Mr Pizza
- e Red's

- 1 _____ is outside the city.
- 2 _____ only opened recently.
- 3 _____ offers special meals for business people.
- 4 _____ has outdoor seating.

Listening strategy

Read the descriptions carefully and underline key words you might hear.

Speaking

- 3 Ask your friend about a restaurant that he or she likes to go to. Ask:
- a where this restaurant is
 - b what kind of food it serves
 - c why they like going there.

Did you know?

Dessert is actually a French word.



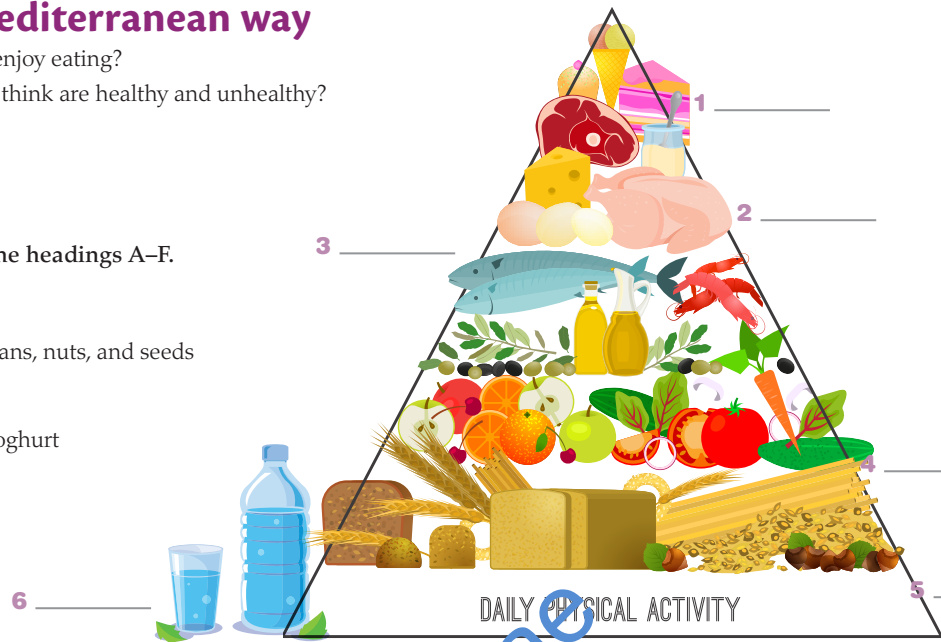
Lessons 3–4 The Mediterranean way

- What kind of food do you enjoy eating?
- What kinds of food do you think are healthy and unhealthy?

Vocabulary

1 Label the pyramid with the headings A–F.

- A Drink water
- B Meats and sweets
- C Fruit, vegetables, grains, beans, nuts, and seeds
- D Physical activity
- E Fish and seafood
- F Poultry, eggs, cheese and yoghurt



MEDITERRANEAN DIET

Language tip

Since and as can be used to introduce a reason.

- We should eat less red meat, as it is bad for our hearts.
- The Greeks live longer, since they eat a healthy diet.

Reading strategy

When answering multiple choice questions, read the questions and options carefully. Choose the answer and then scan the text to check if you were correct.

Reading

2 Read the article and then answer the questions.

The Mediterranean Diet

For thousands of years, people living in the countries around the Mediterranean have eaten a 'poor' diet of vegetables, fruit, nuts, cheese and fish, but very little red meat and sugar. Experts have known for decades that this diet is the one we should all be following, since it leads to a healthier population with a longer life expectancy.

So, in 1993, a group of experts in the United States drew up an eating plan and a pyramid graphic to encourage healthy eating. They called it the Mediterranean Diet. Unlike most diets, the Mediterranean Diet is not about going on a diet, but about making a complete lifestyle change. It focuses not just on food, but also on how you eat your meals – sharing with your family and friends, and on taking part in a variety of physical activities and making sure you get enough sleep.

The diet is divided into different food groups and the pyramid shows how often the foods in each group should

be eaten. The base of the pyramid contains the food that we should eat more of, as they are the healthiest and more likely to lead to good health throughout your life. This group consists of food from plants, such as vegetables, fruit, bread, beans, nuts and seeds, and should be eaten every day.

The next group of food, to be eaten at least twice a week, is fish and seafood as it contains important oils which are particularly good for developing your brain. Eggs and dairy products, such as milk and cheese, and chicken should be eaten less frequently, although they are an important source of calcium.

Finally, in the smallest part of the pyramid at the top, are meat and sugary sweets. Too much red meat should be avoided since research has shown that it can lead to certain kinds of cancer and, of course, too much sugar will increase your weight and is bad for your teeth.

Experts also advise people to drink a lot of water rather than coffee, tea and fizzy drinks.

Doctors believe that following a Mediterranean-style diet could help you lose weight, reduce your chances of depression, and possibly improve your brain power. Mediterranean food is easy to prepare and fairly cheap, so it's ideal for all families. Most importantly, your happiness levels are likely to increase as you will be eating more healthily, taking regular exercise and spending time with your loved ones.

- 1 Which of these food groups should not be eaten on a regular basis?
 - a Fruit and vegetables.
 - b Fish and seafood.
 - c Beef and lamb.
- 2 Why is sugar at the top of the pyramid?
 - a It can cause cancer.
 - b It should only be eaten occasionally.
 - c It should only be eaten with meat.
- 3 How might people benefit from following the Mediterranean Diet?
 - a They may become more intelligent.
 - b They may become heavier.
 - c They may spend more money.
- 4 Read the question and choose the two correct answers.
 What are two of the results of following the Mediterranean Diet?
 - a Increased intelligence.
 - b A healthier lifestyle.
 - c Eating food only in the pyramid.
 - d Eating less meat.
 - e Spending more money on food.

Writing 21st

- 3 Read the article on *The Mediterranean Diet* again and make notes. Use these headings to organise your notes.
 - Background
 - Food groups
 - Results of diet

Speaking

- 4 Work with a partner. Discuss these questions.
 - Would you follow the Mediterranean Diet? Why / Why not?
 - Can a healthy diet change the way you feel about yourself and others?