FOOD MATTERS

Palazzo del Freddo in Rome is one of the oldest ice-cream shops in Italy.

IN THIS UNIT

▶ Compare eating habits

▶ Explore how food connects you to others

▶ Define what a comfort food is

▶ Describe your comfort food

SKILLS

LISTENING
Listen for examples

SPEAKING
Use questions

GRAMMAR
Infinitives and gerunds

Sentences with *when*

CRITICAL THINKING
Make inferences

CONNECT TO THE TOPIC

1. What is the man holding?

2. Why is food important for us?

PREPARE TO LISTEN

A ACTIVATE List the food words you know for each category.

Fruit	Vegetable	Meat	Other

B VOCABULARY Listen to the words. Complete the conversations with the correct form of the words. Then read the conversations with a partner. 🎧 4.1

bring (v)	delicious (adj)	hungry (adj)	recipe (n)	sick (adj)
connect (v)	dessert (n)	meal (n)	restaurant (n)	special (adj)

1. **A:** Do you eat breakfast with your family?

   B: No, the only _____ we eat together is dinner.

2. **A:** Do you do something _____ for your birthday?

   B: My mother always makes a cake, but she tries a new

   _____ every year. All her cakes are

   _____ .

   A: Yum! I love cakes and other _____ .

3. **A:** Food is important in my family. We like cooking together.

   B: That's a nice way to _____ with your family.

4. **A:** I'm usually very _____ in the morning.

   B: I am, too! I always eat a big breakfast.

5. **A:** I don't want to cook tonight. I'm tired.

   B: Let's go eat at a _____ . There's a new sushi

   place. Do you want to go there?

6. **A:** I don't feel well today.

   B: Oh, I'm sorry you're _____ . Do you want me to

   _____ you some soup?

C PERSONALIZE Discuss the questions in a group.

1. What do you like to eat at **restaurants**?
2. How often do you eat **dessert**?
3. What are some **special** foods in your country?
4. How many **meals** do you eat every day?

D Complete the chart. Then compare your answers in a group.

	When do you eat?	Where do you eat?	What do you eat?	Who do you eat with?
Breakfast				
Lunch				
Dinner				

REFLECT Compare eating habits.

You will hear a radio show about how food connects people. Read the infographic. Discuss the questions with a partner.

Who Do Canadians Eat With?

alone

30%
of Canadians eat all of their daily meals alone.

with their partner

70%
don't eat meals with their partner.

with their children

34%
0 meals

8%
3 or more meals

19%
2 meals

39%
1 meal

1. What percent of Canadians eat their daily meals alone?
2. What percent of Canadians don't eat meals with their partner?
3. Do more Canadians eat meals with their children or not?
4. How do your eating habits compare with these numbers?

LISTEN & SPEAK

A family celebrates a birthday in Al Jasra, Bahrain.

HOW FOOD CONNECTS US

A PREDICT Match each group of people to one way you think food connects them. Then listen and check your answers. 🎧 4.2

1. _____ family   a. at meals

2. _____ neighbors   b. helping sick people

3. _____ new people   c. restaurant groups

B PHRASES TO KNOW Work with a partner. Discuss the meaning of these phrases from the radio show. Then take turns answering the questions.

1. What is your favorite **home-cooked meal**? Who makes it?
2. Uber **drops** people **off**. What does Uber Eats drop off?

C MAIN IDEAS What is the main idea of the radio show?

a. Food connects people with common interests.
b. Food connects people who live in the same place.
c. Food connects people in many ways.

D DETAILS Listen to the radio show again. Choose the correct answers. 🎧 4.2

1. Ana Lucia's family likes to make a big meal every _____.

   a. Friday   b. Saturday   c. Sunday

2. Food connects Ana Lucia to her _____.

   a. family   b. school   c. work

3. Tony and his _____ make food for people who are sick.

   a. family   b. friends   c. neighbors

4. They buy food from the store or _____.

   a. cook something   b. bring them to a restaurant   c. give them a recipe

5. William joins a _____ group when he moves to a new city.

   a. cooking   b. neighbor   c. restaurant

6. The group chooses a different _____ every week.

   a. dessert   b. recipe   c. restaurant

LISTENING SKILL   **Listen for examples**

We use examples to make our ideas clear. Listen for these words and phrases that introduce examples.

*People are often busy with things **like** work and school.*

*Eating healthy food, **such as** fruits and vegetables, is important.*

*There are many kinds of restaurants. **For example**, there are Italian and Chinese ones.*

E APPLY Listen to an excerpt from the radio show. Who uses each word or phrase to introduce an example? Write A for *Ana Lucia* or T for *Tony*. 🎧 4.3

1. _____ like

2. _____ for example

3. _____ such as

F APPLY Listen again. Choose the things each person gives examples of. 🎧 4.3

Ana Lucia

a. desserts

b. recipes

c. restaurants

d. special days

Tony

a. bringing food to neighbors

b. special foods

c. where to buy food

GRAMMAR   Infinitives and gerunds

We use infinitives and gerunds to talk about activities.

Infinitive: *to* + verb   **Gerund: verb + *-ing***
*I like **to eat** pizza.*   *We enjoy **meeting** new people.*
*He wants **to make** spaghetti.*   *She avoids **eating** junk food.*

We use infinitives and gerunds with certain verbs.

Verbs + infinitive	Verbs + gerund	Verbs + infinitive or gerund	
learn	*avoid*	*begin*	*love*
need	*dislike*	*hate*	*start*
plan	*enjoy*	*like*	*try*
want			

G GRAMMAR Listen. Choose the infinitive or gerund you hear. 🎧 4.4

1. to go / going

2. to eat / eating

3. to bake / baking

4. to join / joining

5. to buy / buying

6. to make / making

7. to cook / cooking

8. to take / taking

9. to have / having

10. to join / joining

H GRAMMAR Complete the conversation with an infinitive or a gerund. Sometimes both are correct. Then practice the conversation with a partner.

Farah: Next weekend is Sam's birthday. I need ¹_____ (plan) a party.

Li: I want ²_____ (help).

Farah: Thanks! Let's think about food. Sam enjoys ³_____ (cook).

Li: Oh, that's right. He takes a pizza-making class on Monday nights. He learns

⁴_____ (make) a different kind of pizza every week.

Farah: So, let's have a pizza party. We can all try ⁵_____ (make) our

own pizzas.

Li: Fun! Games are fun, too. Do you want ⁶_____ (play) any games?

Farah: Sure, Sam likes ⁷_____ (play) games.

Li: Great. I have some games I can bring.

I GRAMMAR Write sentences about yourself. Use an infinitive or gerund. Then share your answers with a partner.

I enjoy _eating outside_____.

I like _____.

I want _____.

I need _____.

REFLECT   Explore how food connects you to others.

What events bring people and food together? Look at the examples in the chart and add your ideas. Then share your ideas with a small group.

Event	Who	Special food
birthday party	friends and family	birthday cake

A birthday party brings friends and family together. People like to eat cake at a birthday party.

PREPARE TO WATCH

A ACTIVATE Listen to the words. Put a check (✓) next to the ones you know. 🔊 4.5

healthy (adj)	normal (adj)	salty (adj)	spicy (adj)	sweet (adj)
maybe (adv)	sad (adj)	snack (n)	stressed (adj)	tired (adj)

B VOCABULARY Match the parts of the conversations.

1. _____ I'm hungry.
2. _____ I have a big test tomorrow.
3. _____ I eat a lot of fruits and vegetables.
4. _____ Our cooking class is over.
5. _____ Do you like these chips?
6. _____ What do you usually eat in the morning?
7. _____ Do you like cookies and cake?
8. _____ Is there any kind of food you don't like?
9. _____ Do you want to watch a movie with me?
10. _____ No one is in the restaurant.

a. Those are **healthy** things to eat.
b. No, they're too **salty**. I need some water now.
c. A **normal** breakfast for me is coffee and toast.
d. **Maybe** it's not open now.
e. Are you ready, or are you **stressed**?
f. I don't like **spicy** food. It hurts my mouth.
g. I'm **sad**. Let's take another one.
h. No, I'm **tired**. I need to go to bed.
i. Yes! I love **sweet** things.
j. Dinner is soon, so have a **snack** now.

C PERSONALIZE Answer the questions with a partner.

1. What are examples of **sweet**, **salty**, and **spicy** foods?
2. What is a **healthy snack**?
3. What is a **normal** breakfast for you?

D Complete the sentences with the words you hear. 🔊 4.6

There is a relationship between food and feelings. Some eating habits, like not

eating breakfast, can make us feel [1]_____. And some feelings can

make us want to eat food that isn't [2]_____. For example, when

we feel [3]_____ or [4]_____, we want to eat something

[5]_____ or [6]_____ to make us feel better.

CRITICAL THINKING   Make inferences

When we use information to guess something, we infer. For example, imagine you are at a restaurant with a friend. As he eats, his face is red and he drinks a lot of water. You infer his food is spicy.

E APPLY Work with a partner. What can you infer about each situation?

1. Tanya always eats chocolate when she's stressed. You know she has a test today. You see her with chocolate.
2. Sandra never eats dessert, chips, or fried food. She always eats vegetables and fruit.
3. Maxim eats at a restaurant every night. He never cooks.
4. Henri rarely eats soup. He eats soup when he is sick. You see him with soup today.

REFLECT   Define what a comfort food is.

You will watch a podcast about *comfort food*. Read the definition of *comfort*. Then discuss with a partner what you think a comfort food is. Give examples.

comfort (n) something that makes you feel good

A plate of poutine, a Canadian dish

COMFORT FOODS

Firefighters in Colorado, USA, take a break to eat pizza.

A PREDICT What kind of foods are comfort foods? Choose the words that you think describe comfort foods. Then watch the podcast and check your answers. ▶ 4.1

1. They are **healthy / unhealthy** foods.

2. They are **normal / special** foods.

B PHRASES TO KNOW Discuss the meaning of the phrases from the video with a partner. Then answer the questions.

1. Sam goes to a coffee shop **for a little while** every day. He only stays for 15 minutes. What is something you do **for a little while** every day?

2. Abdul is very hungry. He wants to eat **right now**. What do you want to do **right now**?

C MAIN IDEAS Watch the video again. Choose the two main ideas. ▶ 4.1

a. _____ We feel good before we eat comfort foods.

b. _____ We feel good after we eat comfort foods.

c. _____ Usually, people from the same country have different comfort foods.

d. _____ Usually, people from the same country have the same comfort foods.

D DETAILS Watch an excerpt from the video. Match the comfort foods to the countries. ▶ 4.2

1. _____ poutine   a. Canada

2. _____ tortilla española   b. Egypt

3. _____ oden   c. Greece

4. _____ shakshouka   d. Italy

5. _____ baklava   e. Japan

6. _____ tiramisù   f. Spain

7. _____ apple pie   g. the United States

E What sweet, spicy, salty, or healthy foods do you like? Do you make them or buy them? Share your answers with a partner.

Describe your comfort food.

You are going to talk about your comfort food and who it connects you to. Use the ideas, vocabulary, and skills from the unit.

F MODEL Listen to a student describe his comfort food. Complete each part of the outline with no more than two words. 🔊4.7

Comfort food: _____

Kind of food: _____

Eats it when he feels: _____

Eats it with: _____

Connects him to his: _____

SPEAKING SKILL   Use questions

You can use questions to connect with the people you talk to. Here are two types of questions from the radio show and the video.

Questions other people answer:

Andy: How does food connect you to other people?
Ana Lucia: My family enjoys cooking together.

Questions the speaker answers:

Comfort food. What is it? To feel comfort *means to feel good. So comfort food is food that makes us feel good.*

G APPLY Listen again. Are these questions other people answer or questions the speaker answers? Write O for *Other* or S for *Speaker*. 🔊4.7

1. _____ What is my comfort food?

2. _____ Who wants to eat ice cream with me after class?

PRONUNCIATION   Word stress 🔊4.8

Many words have more than one syllable. We usually stress one of the syllables more clearly. This means we say it a little longer, clearer, and louder than the other syllables.

heal•thy   co•**nnect**   **re•**ci•pe   to•**ge•**ther

H PRONUNCIATION Listen to the words. Underline the syllable that is stressed. 🔊4.9

1. spe•cial   3. sal•ty   5. heal•thy   7. ex•am•ple

2. de•li•cious   4. home•sick   6. spi•cy   8. hun•gry

I PRONUNCIATION Write the number of syllables in each word. Then write which syllable is stressed.

Word	Number of syllables	Syllable we stress
1. comfort	2	1
2. dessert		
3. exercise		
4. excited		
5. feeling		
6. holiday		
7. important		
8. restaurant		
9. tired		
10. normal		

GRAMMAR Sentences with *when*

We use *when* to talk about specific times and situations.

When I am sick, I eat chicken soup. I feel better **when I eat this**.

A sentence with *when* has two parts. Each part has a subject and a verb. The part of the sentence with *when* can come at the beginning of the sentence or the end, but it cannot be a sentence by itself.

  s v   s v
When I am tired, I drink coffee.

  s v   s v
I drink coffee **when I am tired**.

J GRAMMAR Complete the first two sentences. Then write three more sentences with *when* about you or someone you know. Use the words and phrases below. Share your answers with a partner.

alone	happy	sick
listen to music	talk with friends	watch TV

1. When I am stressed, _____.

2. When I'm tired, _____.

3. _____

4. _____

5. _____

K PLAN Complete the outline with information about your comfort food.

Comfort food: _____

Kind of food: _____

I eat it when I feel: _____

I eat it with: _____

It connects me to my: _____

L PRACTICE Use your outline from activity K to prepare your presentation. Practice giving your talk to a partner.

M UNIT TASK Describe your comfort food in a small group. Bring the food or a photo of the food to share. Decide which comfort food sounds the best.

REFLECT

A Check (✓) the Reflect activities you can do and the academic skills you can use.

☐ compare eating habits
☐ explore how food connects you to others
☐ define what a comfort food is
☐ describe your comfort food

☐ listen for examples
☐ use questions
☐ infinitives and gerunds
☐ sentences with *when*
☐ make inferences

B Check (✓) the vocabulary words from the unit that you know. Circle words you still need to practice. Add any other words you learned.

NOUN	VERB	ADJECTIVE	ADVERB & OTHER
dessert	bring	delicious	maybe
meal	connect	healthy	
recipe ^AW		hungry	
restaurant		normal ^AW	
snack		sad	
		salty	
		sick	
		special	
		spicy	
		stressed ^AW	
		sweet	
		tired	

C Reflect on the ideas in the unit as you answer these questions.

1. How can you connect with the people around you through food?

_____

_____

2. What ideas or skills in this unit can you use in the future?

_____

_____