



Turkish
celebration meal

IN THIS UNIT

- ▶ Discuss foods you eat
- ▶ Recognize how often you eat universal foods
- ▶ Discuss popular foods in your country
- ▶ Create a menu
- ▶ Write a paragraph about your favorite food

SKILLS

READING
Read for main ideas

WRITING
Write a paragraph

Use listing words

GRAMMAR
Count and noncount nouns

Imperatives

CRITICAL THINKING
Personalize

CONNECT TO THE TOPIC

1. What do you see in the photo? What looks good to you?
2. Does your family eat big meals together? When?

WATCH



A woman makes coffee in Safranbolu, Turkey.

THE WORLD LOVES COFFEE

A What do you know about coffee? Do you like it? Do you drink it? Share your ideas in a small group.

B Watch the video. What did you learn about coffee around the world? ▶4.1

C Watch the video again. Complete the sentences with the words. ▶4.1

cans	morning	sugar
egg	sand	sweet

1. In Mexico, people drink *café de olla* with _____ and sometimes orange peel.
2. In Ethiopia, coffee is called *Jimma coffee*, and it is an important _____ drink.
3. In Hanoi, Vietnam, some people drink coffee with _____.
4. In Turkey, there is a type of coffee made on hot _____.
5. In Finland, people drink coffee with cheese. It tastes _____!
6. And in Japan, people like to buy coffee in _____ from vending machines.

PREPARE TO READ

A VOCABULARY Complete the sentences with the words.

available (adj)	dish (n)	famous (adj)	fry (v)	national (adj)
cook (v)	enjoy (v)	favorite (adj)	ingredient (n)	popular (adj)

1. I like all vegetables, but carrots are my _____ kind.
2. One _____ I love is Singapore noodles.
3. I think most people _____ eating in a restaurant.
4. My mother can _____ very well. I love her food.
5. I don't usually _____ potatoes. I prefer to cook them in water.
6. The main _____ in this soup is tomatoes.
7. Pizza is _____ all over the world. Most people love it.
8. Good Chinese food is not really _____ in my neighborhood. There are no Chinese restaurants here.
9. This restaurant is _____. It's in several well-known movies.
10. A _____ food of Japan is sushi. It is important to Japanese people.

B PERSONALIZE Complete the sentences about food so that they are true for you.

1. _____ is a **popular** food in my country.
2. In my country, _____ is always **available**.
3. There aren't many **ingredients** in _____.
4. One food my family **enjoys** is _____.
5. _____ **cook(s)** in my home.
6. In my country, we **fry** _____.

REFLECT Discuss foods you eat.

You are going to read about foods people eat around the world. In a small group, discuss foods you eat.

1. What foods do you often eat? Why?
2. Do you eat any of the same foods as your classmates?

READ

Sifting rice to
remove stones in
Mulkharka, Nepal

A PREVIEW Work with a partner. *Universal* means something that people everywhere know or use. Discuss what you think a universal food is. What is an example?

FOODS THAT PEOPLE EAT EVERYWHERE 4.1

The world's foods

1 Some foods are **available** and **popular** in many countries. They are “universal” foods. We all know countries that are **famous** for their special **ingredients**. India is famous for spices. Italy is famous for pasta. But some ingredients and **dishes** are available all over the world.

Rice

2 Rice is a universal food. Rice dates back to¹ China about 15,000 years ago, but rice is now all over the world. In Karnataka, India, people eat *akki rotti* for breakfast. *Akki rotti* is rice bread. In Spain, rice is in the **national** dish, *paella*. This is rice and fish or meat, or sometimes both, and vegetables. In West Africa, people eat rice with chicken, tomatoes, and pepper.

Beans

3 Beans are available all around the world, too. Beans probably come from Egypt and Thailand. Now people everywhere, from Mexico to Australia, **enjoy** beans. In Brazil and France, people cook beans with meat and vegetables.

Fish

4 People everywhere eat fish. Fish is easily available in many places. Many countries are by the sea or have rivers. But an interesting universal food is raw fish, or fish that people do not **cook**. In Malaysia and Peru, people like raw fish with lime juice. A **favorite** dish in Sweden is raw salmon with sugar and salt. In Tahiti, people eat raw fish with coconut milk and lime juice.

Chicken and lettuce

5 Chicken and lettuce are both very popular foods. In China, people make chicken soup with special ingredients. In the United States, people **fry** chicken. Fried chicken is a very popular American dish. And there's one last example of a universal food: lettuce! People around the world eat lettuce in salads and other dishes.

¹**date back to** (v phr) to start at a certain time in the past

READING SKILL Read for main ideas

The main idea of a paragraph is the most important idea. It is often the first or second sentence of the paragraph. The other ideas in the paragraph give extra information, or details, about the main idea. Always look for the main ideas when you read.

B MAIN IDEAS Match the main ideas with the paragraphs.

1. _____ Paragraph 2 a. Chicken and lettuce are popular foods.
2. _____ Paragraph 3 b. Rice is a universal food.
3. _____ Paragraph 4 c. Beans are available around the world.
4. _____ Paragraph 5 d. People everywhere eat fish.

C DETAILS Read the article again. Write T for *True* or F for *False*.

1. _____ India is famous for spices.
2. _____ *Akki rotti* is a chicken dish.
3. _____ One of the ingredients in *paella* is rice.
4. _____ Beans come from Australia.
5. _____ People only eat fish that they cook.
6. _____ Raw salmon is a favorite dish in Sweden.
7. _____ People like to fry chicken in the United States.
8. _____ Lettuce is not a popular food.

CRITICAL THINKING Personalize

Personalizing means making connections between ideas in a text and your life. This helps you understand and remember ideas better.

Personalizing can also help you to notice and think about differences between your own experiences and ideas in a reading.

REFLECT Recognize how often you eat universal foods.

Check (✓) how often you eat each universal food. Share your answers with a partner. If you check *rarely* or *never* for any foods, explain why.

	Rice	Beans	Fish	Chicken	Potatoes
always					
often					
sometimes					
rarely					
never					

PREPARE TO READ

A VOCABULARY Complete the sentences with the words and phrases.

cheap (adj) exactly (adv) keep (v) long (adj) send (v)
 come from (v phr) grow up (v phr) located in (adj phr) recent (adj) street (n)

1. There is a new Italian restaurant on our _____.
2. Tacos _____ Mexico.
3. It is not good to _____ fish for a _____ time. Eat it in one or two days.
4. Children who eat fruit and vegetables _____ healthy.
5. Look at these prices! It's hard to find _____ food in this store.
6. My favorite restaurant is _____ my neighborhood. I can walk there.
7. It is a good idea to _____ food to people who need it.
8. The restaurant opens at _____ six o'clock.
9. The food was great on my _____ visit to that restaurant.

B Ask and answer the questions with a partner.

1. What are some **cheap** foods you like?
2. Where do some of your favorite dishes **come from**?
3. Do you like to eat on the **street**?
4. Where do you **keep** food like bread?
5. Where do your vegetables and fruits **come from**?

REFLECT Discuss popular foods in your country.

You are going to read about national dishes. Discuss the questions in a small group. Talk about what happens in your country.

1. What foods do people eat at home?
2. What kinds of restaurants are popular?
3. Do you prefer eating out or at home?

READ

NATIONAL DISHES

Making pasta by hand in Bari, Italy

A PREVIEW Scan the article and underline five countries. What do you know about the food in these countries? Then read and check your answers.

4.2

- 1 Think about your country. Does it have a national dish? Of course it does. All countries have a national dish.
- 2 How do you know what a country's national dish is? Ask the people of that country. One generation¹ of parents passes down² the national dish to their children. When the children **grow up**, they teach their own children about it.
- 3 A national dish sometimes comes from a different country. For example, *biryani* is one of the national dishes of the United Arab Emirates, UAE, a country **located in** the Arabian Gulf. *Biryani* is made of rice with spices and chicken, meat, fish, or vegetables. But *biryani* doesn't **come from** the UAE. It comes from India.
- 4 Most people think that pasta dishes, such as spaghetti and lasagna, are Italian. Pasta dates back to Italy about 800 years ago, but this food actually comes from China. Chinese noodles are a type of pasta. Pasta is **cheap** to make and easy to **keep** for a **long** time. Now it is an Italian national dish!
- 5 Other national dishes are more **recent** than pasta. Everyone knows that burgers are one of the national dishes of the United States. Nobody knows **exactly** how old the burger is, but the American love for beef in a bun³ dates back to the 1940s. Nowadays, of course, people in countries around the world eat burgers in restaurants, at home, and on the **street**.
- 6 What's your national dish? Do you know where it comes from? Is it old or new? **Send** us your ideas.

¹**generation** (n) people born at around the same time

²**pass down** (v phr) to give from parents to children

³**beef in a bun** (n phr) meat in a bread roll



Traditional Burmese noodles, Myanmar

B MAIN IDEAS Match the sentence parts.

- | | |
|--|--------------------------------|
| 1. _____ All countries have | a. new, not old. |
| 2. _____ People learn about national dishes | b. other countries. |
| 3. _____ National dishes sometimes come from | c. from their families. |
| 4. _____ Some national dishes are | d. at least one national dish. |

C DETAILS Answer the questions with one to three words.

- Who do parents pass a national dish down to? _____
- Where does biryani actually come from? _____
- How old is Italian pasta? _____
- Which other country has a type of pasta? _____
- When did burgers become popular in the United States? _____

REFLECT Create a menu.

Create a menu for someone visiting your country. Give the visitor a “taste” of the food in your country. Show what kinds of food people eat for breakfast, lunch, dinner, and snacks. Share your menu with a small group. Which foods on your menus are universal?

WRITE

UNIT TASK Write a paragraph about your favorite food.

You are going to write a paragraph about your favorite food or your national dish. Use the ideas, vocabulary, and skills from the unit.

WRITING SKILL Write a paragraph

A paragraph is a basic unit of writing. In English, a paragraph usually has:

- ▶ a topic sentence (the main idea); and
- ▶ three or more sentences that give more information about the main idea.

The first sentence of a paragraph is often the topic sentence. The other sentences support this topic and give details and examples. Sentences that do not connect to the topic sentence do not belong in a paragraph.

We *indent* the first line of a paragraph. This means that we begin the line with a space. (See the first line of the model paragraph in activity A.)

A MODEL Read the paragraph and underline the topic sentence.

My Favorite Dish

My favorite dish is *tarte au poisson*. It is a type of fish pie. It is very popular in my country, France. The pie is easy to cook, and my family loves it. First, fry some fresh fish with onions and other vegetables. Next, add cooked potatoes, raw tomatoes, cheese, and butter. I cook the pie for exactly half an hour. Then we usually eat it with a salad. It is delicious, and it is healthy.



Homemade fish pie

B ANALYZE THE MODEL Read the model paragraph again. Put the ideas in the order they appear.

1. d a. the first cooking step
2. b. the way people eat the dish
3. c. the second cooking step
4. d. an introduction to the dish
5. e. the time it takes to cook the dish
6. f. the taste of the dish
7. g. the country the dish comes from
8. h. the reason the writer cooks the dish

WRITING SKILL Use listing words

Sometimes, we list ideas in a piece of writing. These ideas can be steps in a process (such as cooking), examples, reasons, and so on.

We use listing words to make the order clear and to show when we are moving to the next step or example or reason on the list. Notice that we use a comma after most listing words.

First, . . . Next, . . . Then . . . Finally, . . .

C APPLY Put the sentences in the same order as the model paragraph. Then write them as a new paragraph on a separate piece of paper. Write a title for the paragraph.

1. a. This is also my wife’s favorite dish, and it is from China.
2. b. First, cook the rice.
3. c. Then we usually eat it for lunch.
4. d. My favorite dish is fried rice with egg.
5. e. The dish is very simple to cook.
6. f. It is delicious.
7. g. Next, fry the rice in a wok with onions and egg, and put soy sauce on it.
8. h. This takes around 40 minutes.

GRAMMAR Count and noncount nouns

We can count some nouns with numbers. These are count nouns.

Count nouns can be singular or plural.

one pie—three pies

Nouns	Plural form	Examples
most nouns	Add -s.	bean—beans
that end in -y	Change -y to -ies.	country—countries
that end in a vowel + -y	Add -s.	boy—boys
that end in s, -sh, -ch, -x, or -z	Add -es.	dish—dishes
that end in -o	Add -es.	tomato—tomatoes

Some nouns cannot be counted with numbers. These are noncount nouns.

Noncount nouns are usually singular.

bread rice water

D GRAMMAR Complete the table with the foods from the box. Add the plural for count nouns. Look up any new words, and add other nouns you know. Then share your chart with a partner.

apple cheese oil rice vegetable
bread lemon potato tomato water

Count		Noncount
Singular	Plural	
<u> apple </u>	<u> apples </u>	<u> bread </u>
<u> </u>	<u> </u>	<u> </u>
<u> </u>	<u> </u>	<u> </u>
<u> </u>	<u> </u>	<u> </u>
<u> </u>	<u> </u>	<u> </u>
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<u> </u>	<u> </u>	<u> </u>

E GRAMMAR Complete the sentences with the correct form of the noun.

1. Many countries have _____ (rice) in their national dishes.
2. I always put _____ (butter) on my bread.
3. Eating _____ (vegetable) like carrots is good for you.
4. You need three _____ (tomato) to make the sauce.
5. First, I cook 200 grams of _____ (pasta).
6. You fry it for one minute in coconut _____ (oil).

GRAMMAR Imperatives

We use imperatives to give instructions or commands. Imperatives use the base form of the verb. They do not have subjects in the sentence, but we understand that the subject is *you*.

Fry the meat. **Cut** the vegetables.

To form the negative, use *do not* or *don't* before the verb.

Do not add salt. **Don't use** milk.

F GRAMMAR Rewrite the sentences with imperatives.

1. You add the sugar next. _____
2. You do not need to fry the vegetables. _____
3. You have to cut the potato. _____
4. It's important to keep the dish in the fridge. _____
5. I don't want you to mix the water and milk. _____

G EDIT Read the student's paragraph. Find and correct six errors. There are two errors in each area: listing words, noncount nouns, imperatives.

My Favorite Dish

My favorite dish is Thai red curry. It is very popular here in Thailand, and it is very easy to cook. Next, cook some meat with vegetables in oils. This takes about 10 minutes. Adds some red curry sauce, some coconut milks, and some fish sauce. Wait for five minutes. Next, adding some sugar. Finally cook it for a few minutes. It is delicious and hot! We eat curry with rice or noodles.

PLAN & WRITE

H BRAINSTORM Think of some of your favorite or national dishes. Then brainstorm what you like about each of them. Choose one of the dishes to write about.

- bibimbap bulgogi kimchi

WRITING TIP

An activity may ask you to choose a writing topic from a list. To help you choose, ask yourself questions about each topic.

Do I have enough ideas?

Do I know the vocabulary I need?

Do I know how to organize this topic?



Students learn how to cook at the Georges-Frêche School of Hotel Management in Montpellier, France.

I PLAN Complete the plan.

Name of favorite dish _____

Where the dish is popular _____

How to cook it

When or where I eat it _____

Why I like it _____

J FIRST DRAFT Use the Model and your notes in activity I to write the first draft of your paragraph.

K REVISE Use this list as you write your second draft.

- Does your topic sentence state the main idea of your paragraph?
- Do the other sentences give more information about the topic?
- Are there any sentences that do not belong in the paragraph?
- Do you use listing words for the cooking steps?
- Do you use imperatives for the cooking steps?

L EDIT Use this list as you write your final draft.

- Do you indent the first line of your paragraph?
- Do you use count and noncount nouns correctly?
- Do you use commas after listing words?
- Do you spell all the words correctly?
- Do you use correct punctuation?

M FINAL DRAFT Reread your final draft and correct any errors. Then submit it to your teacher.

REFLECT

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

- discuss foods you eat
- recognize how often you eat universal foods
- discuss popular foods in your country
- create a menu
- write a paragraph about your favorite food
- read for main ideas
- write a paragraph
- use listing words
- count and noncount nouns
- imperatives
- personalize

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
dish	come from	available ^{AW}	exactly
ingredient	cook	cheap	
street	enjoy	famous	
	fry	favorite	
	grow up	located in ^{AW}	
	keep	long	
	send	national	
		popular	
		recent	

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

1. What national dishes in this unit would you like to try? Why?

2. What interesting ideas or skills did you learn in this unit?

