

# Welcome to ESOL Entry 3

Islington Adult Community Learning  
Autumn term

Teacher: Petra



Week 4

Monday 9th November

**Lesson objectives:** *objective - (noun) something that you plan to do or achieve = lesson plan*

1. Discuss healthy eating
2. Watch a video and answer questions about it
3. Revise word stress
4. Practise vocabulary, spelling and pronunciation for food and drink
5. Identify countable and uncountable nouns



# A healthy diet



Can you give examples of healthy and unhealthy food?

You can say that something is **good/ bad for you**:

Green vegetables are good for you.

Sugar is bad for you.

What is **junk/ fast food**?

Can you give examples?

junk/ fast food



## **Interview your partner:**

- Would you say you eat a healthy diet? Why/ why not?
- Do you think you eat enough fruit and vegetables?
- How often do you eat takeaways and junk food?



Watch the video.

See how many tips for eating a healthier diet you can hear.

<https://www.esolcourses.com/content/topics/food/healthy-eating/healthy-eating-lesson-activities.html>

Watch the video again and answer the questions:

1. What is **unprocessed** food?

2. What tips can you hear for adding more fruit and vegetables to our diet?

**unprocessed food** – without any chemicals added to change how the food looks or tastes

For example, eat fresh or frozen fruit and vegetables instead of canned.

Is fast food processed or unprocessed food?

## Tips for adding more fruit and vegetables to your diet:

- Add berries to your breakfast cereal (e.g. strawberries, blueberries).
- Drink a fruit smoothie or juice
- Add vegetables to your pasta, pizza, casseroles and sandwiches

Food and drink

vocabulary and spelling



**vocabulary** – the **words** you learn

For example, in a lesson about health, you might learn **vocabulary** for parts of the body (*head, arm, leg..*).

**spelling** – the way we **write** words. In English you have to learn how to say a word and how to write it.

apple = correct spelling

~~aple~~ = spelling mistake

*How do you spell your name?* = How do you write it?

**syllable** – a word is made of different parts = syllables.

many    ma/ny    many - two syllable word

banana    ba/na/na    banana – three syllable word

Sometimes a word has only one syllable: yes, me, cat, but, now

## Let's practise

Can you count the syllables in these words?

person

tomorrow

beautiful



**word stress** – part of the word that you say more loudly and clearly = the stressed syllable. It has a strong, clear sound.

person

banana

tomorrow

information

university

**stressed** also has another meaning:  
**to be stressed** = worried and unhappy  
because you have too much to do or too  
many problems

You can mark the stressed syllable by underlining it:

banana

Sometimes the stressed syllable is marked with a dot:

ban<sup>•</sup>ana

Can you make a word from these letters?

**R a s t a**  
**u n e r t**

The letters spell:

Restaurant

Do the quiz.

Add the missing vowels (*a, e, i, o, u*)  
to make the words.

## FOOD & DRINK QUIZ

- 1 two kinds of Italian food  
pzz *pizza* \_\_\_\_\_ pst \_\_\_\_\_
- 2 two things you can add to coffee  
mlk \_\_\_\_\_ sgr \_\_\_\_\_
- 3 a kind of food that vegetarians don't eat  
mt \_\_\_\_\_
- 4 a drink you buy in a bottle  
mnrl wtr \_\_\_\_\_
- 5 something cold, sweet, and delicious  
c crm \_\_\_\_\_
- 6 a vegetable you can make chips from  
ptt \_\_\_\_\_
- 7 something you use to make an omelette  
ggs \_\_\_\_\_
- 8 a lot of people are addicted to this sweet food  
chclt \_\_\_\_\_
- 9 a snack made with two pieces of bread  
sndwch \_\_\_\_\_
- 10 the three meals we usually have every day  
brkfst \_\_\_\_\_ lnh \_\_\_\_\_ dnr \_\_\_\_\_

# Check your spelling

## Answers:

1. pizza, pasta
2. milk, sugar
3. meat
4. mineral water
5. ice cream
6. potato
7. eggs
8. chocolate
9. sandwich
10. breakfast, lunch, dinner

## FOOD & DRINK QUIZ

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brkfst \_\_\_\_\_      lnrh \_\_\_\_\_      dnr \_\_\_\_\_

Match the words and the photos.

## Breakfast

*/'brekfəst/*

- bread */bred/*
- butter */'bʌtə/*
- cereal */'siəriəl/*
- 1 cheese */tʃi:z/*
- coffee */'kɒfi/*
- eggs */egz/*
- jam */dʒæm/*
- (orange) juice */dʒu:z/*
- milk */mɪlk/*
- sugar */'ʃʊgə/*
- tea */ti:/*
- toast */taʊst/*

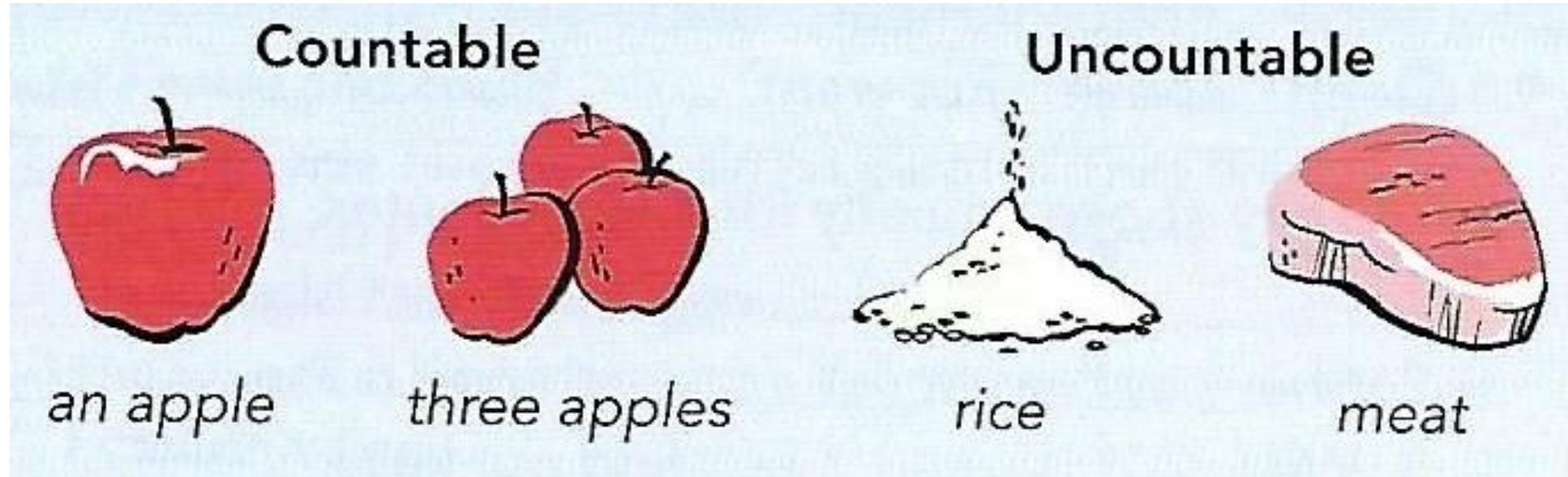


## Countable nouns

= things you can count

## Uncountable nouns

= things you can't count



Countable nouns can be **singular** (**an** apple) or **plural** (app**les**).

Uncountable nouns are normally **singular**. They do not have a plural:

~~Two rices, three meats~~

Which words are countable? Which are uncountable? Put the words into two groups.

milk	eggs	butter	cereal	oranges	jam	an apple
toast	meat	sausages	a banana	cheese	orange juice	
coffee	water	tea	fruit	biscuits	yoghurt	

**Things you can count  
(countable nouns)**

- eggs

**Things you can't count  
(uncountable nouns)**

- milk



# Countable

- eggs
- oranges
- an apple
- sausages
- a banana
- biscuits

# Uncountable

- milk
- butter
- cereal
- jam
- toast
- meat
- cheese
- orange juice
- water
- coffee
- tea
- fruit
- yoghurt

What do these words have in common? What is similar about them?

- water
- tea
- coffee
- orange juice

Drinks/ liquids are **uncountable**:

- water
- tea
- coffee
- orange juice

Countable nouns can be plural:

eggs

biscuits

sausages

oranges

Can uncountable nouns be plural?

No, uncountable nouns do not have a plural.

~~two rices, three meats~~

**Countable:**

eggs

an egg = one egg

**Uncountable:**

milk (no 's')

some milk = a small amount of milk