

Welcome to ESOL Entry 3

Islington Adult Community Learning
Autumn term

Teacher: Petra



Week 4

Wednesday 11th November

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

1. Read about healthy eating and answer questions about the text
2. Learn and practice food vocabulary, spelling and pronunciation
3. Revise punctuation: using capital letters and full stops



What can you remember from the last lesson?

1. Give an example of a countable noun
2. Give an example of an uncountable noun
3. How do you make countable nouns plural (= more than one)?
4. 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

Find and correct the mistakes.

You should eat fruit and vegetables.

You should eat ~~five~~ fruits a day.

You should eat a lot of fruit.

You should eat five **portions** of fruit a day.

What is a **myth**?

myth - (noun) an idea that is not true but many people believe it:

It's a myth that men are better drivers than women.

the opposite of myth: **fact**

What are **vitamins**?

vitamins - (noun) natural things in food that we need to be healthy:

Oranges are full of vitamin C.

What is **protein**?

protein - (noun) food like meat, cheese, fish or eggs that the body needs to grow and be strong

What are **calories**?

calories - (noun) the amount of energy food gives you
Burgers have a lot of calories.

Vocabulary

myth - (noun) an idea that is not true but many people believe it:

It's a myth that men are better drivers than women.

vitamins - (noun) natural things in food that we need to be healthy:

Oranges are full of vitamin C.

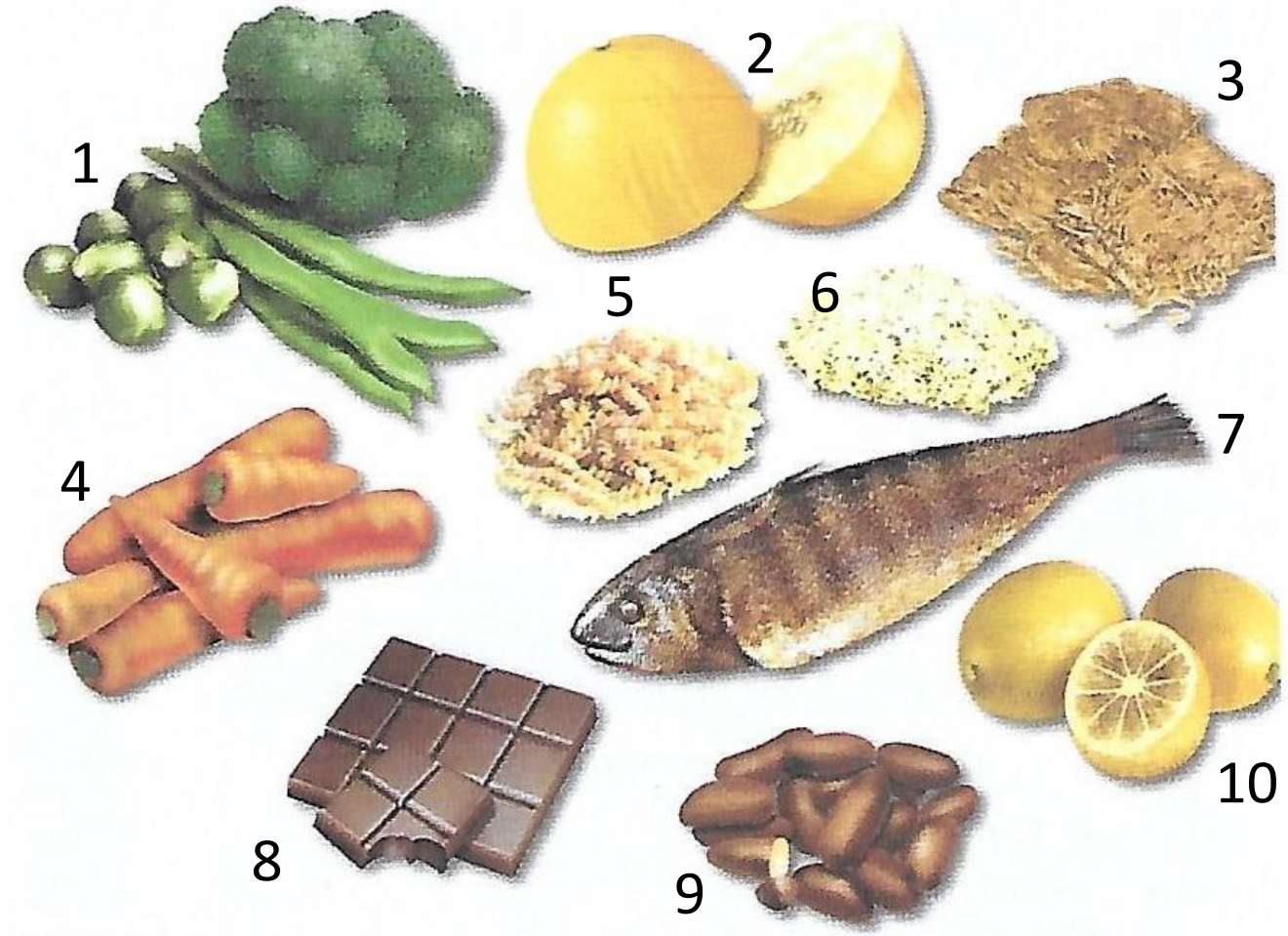
protein - (noun) food like meat, cheese, fish or eggs that the body needs to grow and be strong

minerals - (noun) chemicals that your body needs to stay healthy

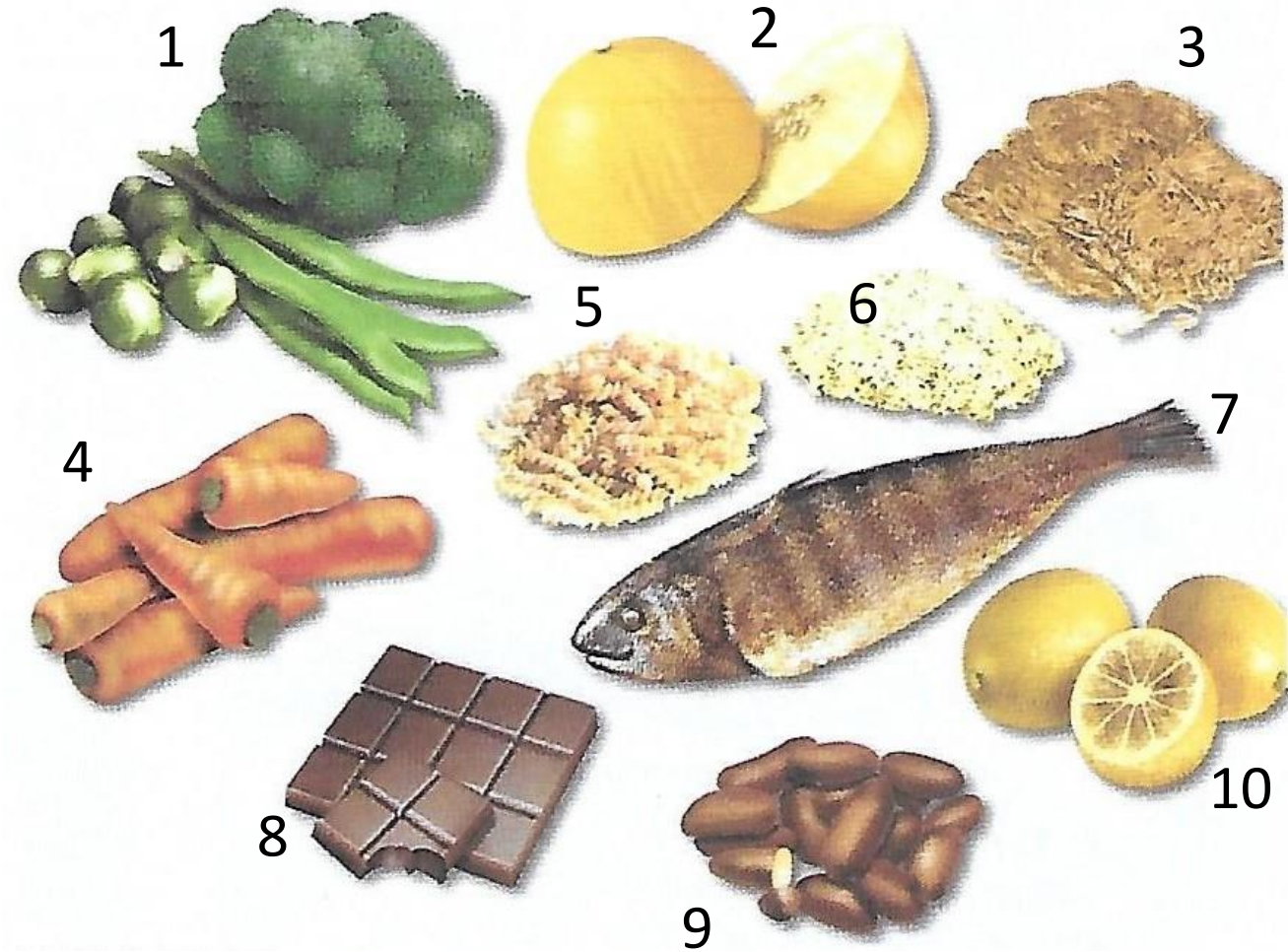
calories - (noun) the amount of energy food gives you

Chocolate has a lot of calories.

Do you know the words for these foods?
Do you know how to spell them?



- 1 green vegetables
- 2 melon
- 3 noodles
- 4 carrots
- 5 pasta
- 6 rice
- 7 fish
- 8 chocolate
- 9 nuts
- 10 lemons





b **MD** Which of these foods contain ...

- vitamins?
- minerals?
- protein?
- a lot of calories?

Discussion about healthy eating



True or false?

3 a **MD** Read these ideas about healthy eating. Do you think they are true? Compare ideas with other students.

Coffee and tea are bad for you.

There are 'good' foods and 'bad' foods.

Vegetarian food is always healthy.

Fruit juice is good for you.

Carrots help you see in the dark.

It's okay not to eat breakfast.

I think this is true.

I'm not sure about this.

Read the article and find out!

Were you right?

Food: Facts and myths

1 Fruit juice is good for you. True or false?

True and false. Natural fruit juice is good for you, but it can be bad for your teeth. So yes, have some orange juice with your breakfast or lunch, but don't drink any juice between meals. Try water instead. Up to eight glasses of water a day is good for you, and water hasn't got any calories!

True or false?

2 It's okay not to eat breakfast

False. When you sleep you don't eat for a long time and in the morning it's important to start the day with a good breakfast.

Without breakfast you often feel hungry later in the morning and start eating biscuits or chocolate. These sugary snacks are not a good idea. (If you want a healthy snack, try some nuts or melon.)

3 Coffee and tea are bad for you

True and false. People drink coffee when they are tired, but it isn't very healthy so don't have more than two cups a day and don't drink any coffee before you go to bed. Tea is generally good for you, but drink it with lemon and don't put any milk or sugar in it! Green tea is especially healthy.

4 Vegetarian food is always healthy

False. Vegetarian dishes often contain a lot of cheese and oil and these can be very fattening. It's important to eat some vegetables every day. (Doctors say five portions of vegetables and/or fruit). We need the vitamins and minerals, especially from green vegetables.

5 Carrots help you see in the dark.

False. Carrots have a lot of vitamin A and vitamin A is good for your eyes, but nobody can really see in the dark!

6 There are 'good' foods and 'bad' foods

False. There are good and bad diets. For example, real chocolate contains vitamins and minerals and can help you when you are tired. But it also has a lot of sugar, so don't eat it often. Eat a balanced diet with some rice, pasta, bread or noodles and lots of vegetables and fruit. You also need protein, from meat, grilled fish, cheese or nuts. And you need oil: olive oil and fish oil are particularly good.

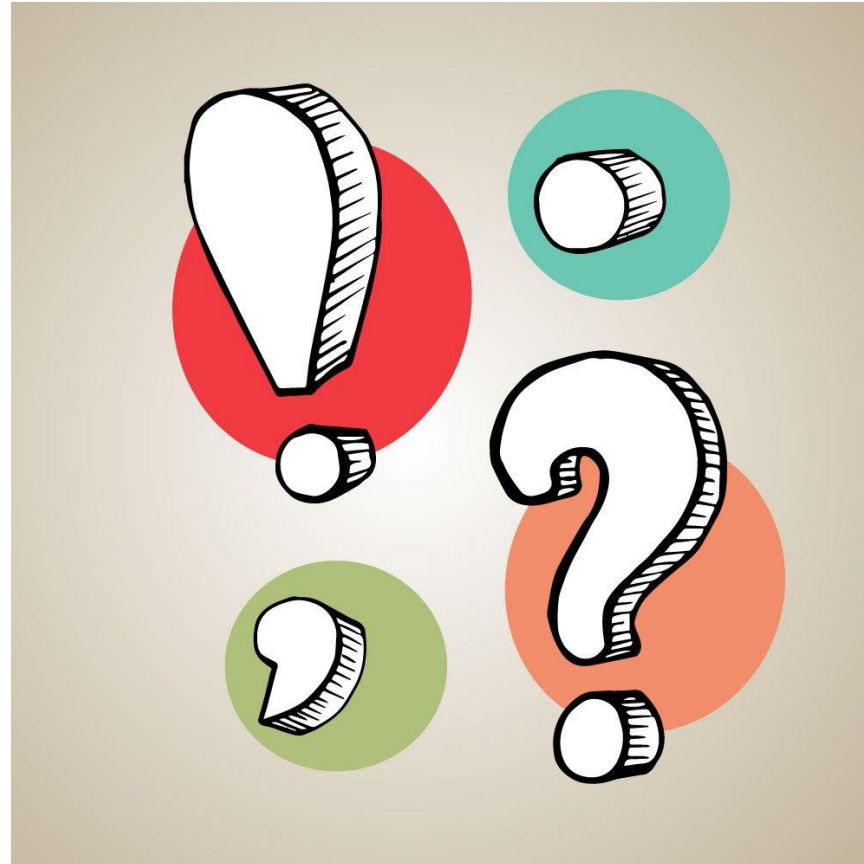
Which information was surprising?

What is a **balanced** diet?



Punctuation

What is punctuation?





When do we use **capital letters**?

Talk to your partner and make a list of the times when we must use capital letters.

We use **capital letters** for:

- the names of people
- the word 'I' - I am...
- the names of places
- the names of countries, languages and nationalities
- the names of days and months
- at the start of the sentence

All sentences must start with a **CAPITAL LETTER** (big letter).

examples:

My sister is nice.

The weather is hot.

Some of the capital letters in the sentences below are missing and some have been put in the wrong places. Find the mistakes.

1. The two boys are going TO london in auGust.

2. on friday i went to burger king For Lunch.

3. Edinburgh is The Capital of scotland.

4. the girls wEre going to liverpool in october.

5. tomorrow i am meeting my friend julie in london.

Some of the capital letters in the sentences below are missing and some have been put in the wrong places. Find the mistakes.

Answers

1. The two boys are going to London in August.

2. On Friday I went to Burger King for lunch.

3. Edinburgh is the capital of Scotland.

4. The girls were going to Liverpool in October.

5. Tomorrow I am meeting my friend Julie in London.

What is a sentence?



sentence – a group of words expressing an idea. Sentences begin with a capital letter and end with a full stop (.) or a question mark (?).

Examples:

I am a student.

The weather is very cold today.

How are you?

How many sentences are there in the text?

My name is Mubarak. I come from Sudan. I live in Queen's Park. I study English in Kingsdown Community College. I like this class. I have lots of friends here.

How many sentences are there in this text?

Yesterday I visited my sister. She lives quite close to me **but** I decided to take the bus **because** it was raining. We had dinner together **and** then we watched a film. It was a nice evening.

Use **'and'** to join two short sentences (ideas) together to make a longer sentence.

My name is Mubarak. + I come from Sudan.

My name is Mubarak **and** I come from Sudan.

We don't use a full stop before 'and'.

Question 6 from your writing test

Rewrite the paragraph below and add the correct **punctuation**
(= capital letters and full stops).

my name is nima and i come from sudan i am married and
i've got three children i live in london and i have lots of
good friends here i go to college in finsbury park every
tuesday and friday i am learning english and computers

Question 6

Answers

Rewrite the paragraph below and add the correct **punctuation** (= capital letters and full stops).

My name is Nima and I come from Sudan. I am married and I've got three children. I live in London and I have lots of good friends here. I go to college in Finsbury Park every Tuesday and Friday. I am learning English and computers.

City and Islington College

Yesterday I went to my local park.

Finsbury Park

Why do we use punctuation?



To make the meaning clear.

no punctuation:

my name is mubarak i come from sudan i live in queen's park
i study english in kingsdown community college i like this
class i have lots of friends here

with punctuation added:

My name is Mubarak. I come from Sudan. I live in Queen's Park.
I study English in Kingsdown Community College. I like this class.
I have lots of friends here.

Punctuation

We use punctuation marks in writing so that people can see when a sentence begins and finishes or that something is a question.

We use punctuation to make the meaning clear. Just like when we are talking and we leave a space between words, or raise our voice to show we have a question. That's what punctuation does in written English.

Homework

Rewrite the sentences. Add the capital letters and full stops or question marks.

1. his name is dahir
2. i come from england and i am a teacher
3. she is a student
4. my favourite month is may
5. mogadishu is the capital of Somalia
6. islam and christianity are religions
7. do you like chocolate
8. she speaks bengali
9. my english class is on tuesday
10. where do you live