

# Welcome to ESOL online E2/3 Autumn Term 2021

**Week 4 – LESSON 2**

**Health, food and drink, a/an/some**

**Re-read food blog, ask and answer questions**

**Listen to people talking about food.**

**Welcome! Welcome back!**

**Welcome! Welcome back!**

## Adult Community Learning

Supporting our students

# Safeguarding



Your safety and wellbeing is important to us

If you are experiencing bullying, violence or abuse of any kind,  
don't keep quiet. We can help.

Talk to your tutor, centre staff or our safeguarding lead:

David Coleman Telephone: 07525 387549

Email: [aclsafeguarding@islington.gov.uk](mailto:aclsafeguarding@islington.gov.uk)

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# Information Advice and Guidance



## IAG one-on-one sessions (by appointment only)

This term we are offering Information Advice and Guidance session online Monday afternoons from 1.00 – 4.00pm and Wednesday mornings from 9.30 – 12.30.

To book an appointment contact Alison Moore 07808879044 or email [Alison.Moore@islington.gov.uk](mailto:Alison.Moore@islington.gov.uk)

# CLASS OBJECTIVES

1. Check homework.
2. Re-read a blog about food, ask and answer questions.
3. Listen to people talking about food.
4. HW: Do reading diagnostic.  
Look at Moodle, do diagnostic online

## Reading a blog

**1. Look at the photo of blogger Nathan Wiebe's lunch.**

**Can you name any of the things in the photo?**

**Do you think it's a healthy lunch?**



# Why I eat the same thing every day

Steve Jobs, Mark Zuckerberg, and Albert Einstein have one thing in common. They all wear, or wore, more or less the same clothes every day. Why? Because if you wear the same clothes every day, you don't waste time choosing what to wear. I decided to copy them, but with my diet, so I eat the same food every day. This is what I have:



- breakfast: a cup of black coffee
- lunch: some smoked salmon, an avocado, and some cream cheese on a piece of bread
- dinner: some bacon, two eggs, some cheese, and some green vegetables



The good thing about this plan for me is that I spend less time and money buying food, and I also never need to worry if my diet is healthy or not (because I know it is). Now, you're probably thinking, 'he's sure to get tired of eating the same food every day'. Well, after about a year, I can promise you that I'm not. I change my meals a bit by having different kinds of cheese and using different herbs and spices. I also change the vegetables that I have for dinner.



# diet

*noun*

UK /daɪət/ US

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**diet** *noun* (USUAL FOOD)

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**B1**

**the type of food that someone usually eats:**

- *His diet isn't very healthy.*
-

- *His diet isn't very healthy.*

– **More examples**

- *A balanced diet is essential for healthy growth.*
- *A poor diet can lead to health problems in later life.*
- *There's a direct link between diet and heart disease.*
- *The doctor has recommended changing my diet.*
- *Exercise and a healthy diet lessen the chance of heart disease.*

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diet *noun* (SPECIAL FOOD)

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**B1**

a period when someone eats less food, or only particular types of food, because they want to become thinner, or because they are sick:

- *No cake for me, thanks - I'm **on a diet**.*



# diet

*verb* [ 1 ]

UK  /daɪət/ US 

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**B1**

**to eat less food so that you become thinner:**

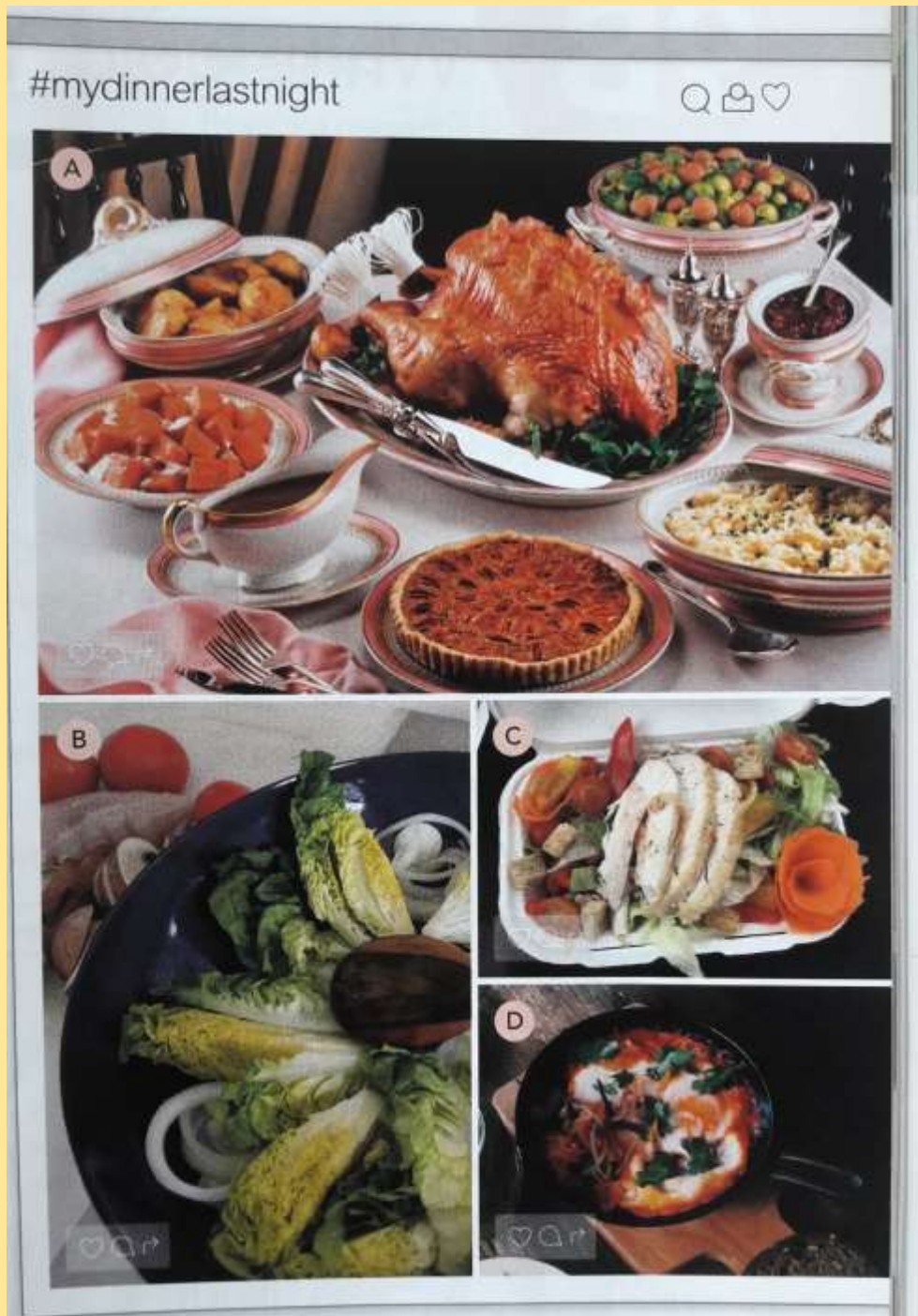
- *I've been dieting for a week, and I still haven't lost any weight.*
-

# Comprehension

- Why does Nathan eat the same food every day?
- What is the good thing about his diet?
- Does he get bored of eating the same food every day?
- How does he change his meals?

**#mydinnerlastnight**

**Look at the  
photos  
posted with  
the hashtag  
#mydinnerlastnight**



Look at the photos posted with the hashtag #mydinnerlastnight.

Which photo do you think shows...

- 1 something that the person cooked.
- 2 takeaway food that the person ordered
- 3 something that the person ordered in a restaurant.
- 4 something that the person's mother cooked.

#mydinnerlastnight





**Listen to the people talking about their photos and check your answers..**

**Which photo do you think shows...**

- 1 something that the person cooked.**
- 2 takeaway food that the person ordered**
- 3 something that the person ordered in a restaurant.**
- 4 something that the person's mother cooked.**

#mydinnerlastnight



**Listen again..**

**Who talks about...?**

- 1 a good restaurant near their house?**
- 2 ways of preparing something.**
- 3 A dish with two main ingredients.**
- 4 A meal for a special occasion.**

#mydinnerlastnight



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