

Welcome to ESOL online E2/3 Autumn Term 2021

Week 4 – LESSON 1

Health: food and drink

Countable and uncountable nouns

Read a blog about food

Welcome! Welcome back!

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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

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

CLASS OBJECTIVES

1. Check homework.
2. Use words for snacks, say what your favourite snacks are and what is popular in your country.
3. Practise using countable and uncountable food nouns.
4. Read a blog about food.
5. Look at Moodle for homework links and activities.

Snacks



snack

/snak/

noun



1. a small amount of food eaten between meals.
"not many people make it through to the evening meal without a snack"

Snacks – which snacks do you enjoy?

a piece of fruit

a packet of crisps

a chocolate bar

a biscuit

a pizza

a hot dog

some nuts

ice cream

a banana

a rice cake

cheese

popcorn

Discussion

- a) What are some of your favourite snacks?
- b) Do you think you are a healthy eater?
- c) What snacks are popular in your country?

Countable & uncountable nouns

Countable

- an apple



- Three apples



Uncountable

Countable & uncountable nouns

Countable

- an apple



- Three apples
- Some apples



Uncountable

Countable & uncountable nouns

Countable

- an apple



- Three apples



Uncountable

- Rice



- Meat



Countable & uncountable nouns

Countable

- an apple



- Three apples
- Some apples



Uncountable

- Rice
- Some rice



- Meat
- Some meat



Countable & uncountable nouns- some can be both

Countable

- An ice cream



Uncountable

- ice cream



Countable & uncountable nouns- some can be both

Countable

- An ice cream



Uncountable

- ice cream
- Some ice cream



a, an or some?

Write a, an or some +
a food word

9A

a Write *a*, *an*, or *some* + a food or drink word. b



1



2



3



4



5



6



7



8



some bread

1 _____

5 _____

2 _____

6 _____

3 _____

7 _____

4 _____

8 _____

a, an or some?

Write a, an or some +
a food word

Example:

some bread

9A

a Write *a*, *an*, or *some* + a food or drink word. b



1



2



3



4



5



6



7



8



some bread

1 _____

5 _____

2 _____

6 _____

3 _____

7 _____

4 _____

8 _____

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?



Reading a blog

Look at the title

Why do you think he eats the same thing every day?

Read his blog and check

Why I eat the same
thing every day



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.

Comprehension

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

Why I eat the same thing every day.

Complete the sentences

- 1 Nathan has _____ cup of coffee for breakfast.
- 2 He has _____ smoked salmon and _____ avocado for lunch.
- 3 He has _____ cheese and _____ vegetables for dinner.

Why I eat the same thing every day.

Complete the sentences

- 1 Nathan has a cup of coffee for breakfast.
- 2 He has some smoked salmon and an avocado for lunch.
- 3 He has some cheese and some vegetables for dinner.

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<https://www.liveworksheets.com/kx176rx>

Countable and uncountable nouns