

Welcome to ESOL online E2/3 Autumn Term 2021

Week 4 – LESSON 2

Health, food and drink, a/an/some, recap countable & uncountable nouns

Re-read food blog, ask and answer questions

Listen to people talking 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 - Recap countable and uncountable nouns (quick test).
2. Re-read a blog about food, ask and answer questions. Use a/an and some.
3. Listen to people talking about food.
4. HW: Do reading diagnostic.
Look at Moodle, do diagnostic online test.

Countable? Uncountable?



Countable? Uncountable?



apples

countable



rice

uncountable

Think about the food in your kitchen.

Make a list of four countable and four uncountable different types of food.

(if you finish quickly type the words in the Zoom chat)



apples



countable



rice

uncountable

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

diet *noun* (USUAL FOOD)

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.*

diet *noun* (SPECIAL FOOD)



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 

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 - writing

1/ What do Steve Jobs, Mark Zuckerberg and Einstein have in common?

They all wore the every day.

2/ What are two good things about his diet?

He saves and

3/ Does he get bored of eating the same food every day?

Yes/no.

4/ How does he change his meals?

He has different kinds of and changes the

#mydinnerlastnight

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

#mydinnerlastnight

#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..

- 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



Answers

1 something that the person cooked. B

2 takeaway food that the person ordered. C

3 something that the person ordered in a restaurant. D

4 something that the person's mother cooked A

#mydinnerlastnight



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