

UNIT OBJECTIVES

- talk about your favorite comfort food
- design a food truck
- explain what you want in a restaurant
- write a comment about an online article
- plan a party

EAT, DRINK,  
BE HAPPY

7



START SPEAKING

- A Look at the picture. Who are these people? Why are they all eating together? Do you have big meals like this? When?
- B In general, do you prefer eating alone or with other people? Who do you usually eat with at different meals? What do you talk about when you're eating?
- C What makes a meal special: Is it the food, the people, or something else? Explain your answer. For ideas, watch Seung Geyoung's video.



Do you agree with  
Seung Geyoung?




7.1

COMFORT FOOD

LESSON OBJECTIVE


- talk about your favorite comfort food

1 VOCABULARY: Naming food

- A  2.02 Look at the pictures. Which do you like? With a partner, match the food items to the words in the box. Listen and check, and then say the words.

avocado ____	onion ____
burger ____	pasta ____
cereal ____	peanut butter <u>1</u>
chili / chili pepper ____	pepper ____
corn ____	salmon ____
jam ____	salt ____
lettuce ____	strawberry ____
noodles ____	yogurt ____



- B Which food items are sweet, and which are usually not sweet? Make two lists.
- C  Now do the vocabulary exercises for 7.1 on page 147.

2 LANGUAGE IN CONTEXT

- A What is “comfort food”? Read the blog post and find out. How many different types of chicken soup does the writer describe?

GLOSSARY

recipe (n) instructions for how to prepare and cook food

# A TASTE OF HOME

Everyone has their own idea of comfort food — that special dish you eat anytime you feel sad or worried.

For me, there’s only one comfort food: my mom’s chicken soup. Did you know that chicken soup is probably the world’s favorite comfort food? It makes you feel happy, and it’s quick to make – perfect when there’s not much time to cook.

The classic recipe includes chicken and a little **onion**, but there are many other ways to cook it. Colombian *ajiao* has a lot of **corn** and potatoes, in India it comes with an egg, and the Chinese serve it with **noodles** and sometimes a few **chilies**. In Korea they usually eat *samgyetang* in the summer, served with some rice.

Comfort food is very personal. It can be a full meal, a dessert, or just a snack. Tell us about *your* favorite comfort food.



- B **PAIR WORK** Find these words in the blog: *dessert, dish, meal, snack*. Think of an example of each one.
- C **PAIR WORK** What’s a famous soup in your country? Where and when do people usually eat it? You can go online to find a recipe. For ideas, watch Alessandra’s video.



Would you like to try Alessandra’s dish?













More Information

3 GRAMMAR: Quantifiers

- A Complete the rules. Use the pictures in the grammar box to help you. Which words can you use to talk about a large amount, a small amount, and an amount that is not large or small?
- 1 Count nouns (e.g., *strawberry, avocado*) can be **only singular / only plural / singular or plural**.
- 2 Use *a* or \_\_\_\_\_ with singular count nouns.

Quantifiers	
<b>Count nouns</b> <i>How many chilies?</i>	<b>Non-count nouns</b> <i>How much rice?</i>
 a lot of chilies	 a lot of rice
 some chilies	 some rice
 a few / not many chilies	 a little / not much rice
 too many chilies	 too much rice

**!** Some nouns can be count *and* non-count.  
You can count chili peppers (*too many chilies*) but not the small pieces we use for cooking (*too much chili*).  
Think about *chicken*. When is it count, and when is it non-count?

- B **Now go to page 135. Look at the grammar chart and do the grammar exercise for 7.1.**

- C Complete the questions with *much* or *many*. Then check your accuracy. Ask your partner the questions.
- 1 How many cups of coffee do you drink every day?
- 2 How \_\_\_\_\_ cookies do you eat in a week?
- 3 How \_\_\_\_\_ yogurt do you eat at breakfast?
- 4 How \_\_\_\_\_ meat or fish do you eat each week?

**✓ ACCURACY CHECK**

Use *many* with plural count nouns.

There aren't ~~much~~ chilies in this dish. ✗

There aren't many chilies in this dish. ✓

4 SPEAKING

- A **PAIR WORK** Tell your partner about your favorite comfort food.

My favorite comfort food is ... It's my favorite food because ... I like to eat it with *some / a lot of / a little* ...

- B **GROUP WORK** Ask other students about their favorite comfort food. Tell the class.

A lot of people like snacks and sweet food. Manuel's favorite comfort food is rice with milk and sugar.