UNIT 1

Fast Food or Healthy Food?

Discussion Vocabulary

[1] on a diet = if you are *on a diet*, you usually try to eat less calories and lose weight

[2] diet = the food that you eat

[3] vegetarian = non-meat food; a person who does not eat meat

[4] vegan = non-meat and non-dairy food; a person who doesn't eat meat or dairy products

Discussion Questions   *Think about what you'll say in English. Write some notes for your ideas.*

Notes

1. What do you usually do for lunch? Do you usually buy your lunch or bring a homemade lunch?

2. Do you ever eat fast food? If so, what fast food restaurant do you like?

3. Have you ever been on a diet[1]? If so, did you lose any weight?

4. Do you think you have a healthy diet[2]? Do you ever eat unhealthy food?

5. Do you think vegetarians[3] are healthier than people who eat meat?

6. Have you ever had a veggie burger? If not, would you like to try one?

7. Are there any foods that you don't like? Why?

8. What do you think about Japanese food? Do you think it's healthy?

9. If you had a choice of going to a fast-food restaurant or a vegan[4] café, which would you choose? Why?

10. Do you think drinking alcohol is healthy?

What's Wrong? *Correct these sentences.*

1. **X** I had a lunch at Burger King yesterday.
   O
2. **X** I am not strong for alcohol.
   O I (   ) (   ) a lot of alcohol.
3. **X** My recommend food is sushi. It's healthy and delicious.
   O I (   ) (   ) eating sushi. It's healthy and delicious.

Example Discussion Question Responses & Partner Responses

1. *Fill in the blanks with the most appropriate words. Check your answers with a classmate.*
2. *Practice reading the Discussion Questions and the Example Responses with a classmate.*
3. *Use the Discussion Questions as conversation starters. Take brief notes of your partner's answers. Try to give long answers, make comments, have reactions, and ask follow-up questions.*

alcohol	definitely[5]	eggplant	healthy	texture[6]
bento	diet	greasy	so	vegan

Partner's Name
(   )
Notes

[5] definitely = completely, 100%
[6] texture = how something feels, like smooth, rough or slimy

1. I usually bring a (   ) box lunch from home.

2. I don't like to eat fast food so much. I think it's too (   ).

3. I have never been on a (   ). I like eating so much.

4. I eat a lot of rice, fish and vegetables, so I think my diet is very

   (   ).

5. Vegetarians are (   ) healthier. I don't think humans need

   to eat meat at all.

6. Yes, I have. I didn't like the (   ) at all. It wasn't very good.

7. I don't like mushrooms, (   ) and green peas. They have no

   flavor.

8. Well, I'm Japanese, (   ) I eat Japanese food every day. I think

   it's mostly healthy, but it can be a little salty.

9. I would go to a fast-food restaurant. I wouldn't know what to order at a

   (   ) café.

10. I think that drinking a little bit of (   ) is OK. Too much

    alcohol is definitely not good for your health.

/10 Score

Fast Food or Healthy Food?

Two friends are talking about what to have for lunch.

Ronald: Hey, Genki. I'm starving[7]. Why don't we get some lunch?

Genki: Oh, yeah, sure. Where do you want to go?

R: How about McDonald's*? I could really go for[8] a Big Mac, French fries, a large coke and maybe an apple pie!

G: McDonald's?! That's just junk food, man. We should eat something healthier, like a salad* or chicken.

R: Well, they have chicken nuggets and I think they have a salad, but I've never ordered one. Or, we could go to KFC, they have lots of chicken!

G: KFC?! Kentucky *Fried* Chicken! Do you know what *fried* means? It means deep fried in oil. I don't want to eat fried chicken. I'm on a diet, you know.

R: You're on a diet? You're in great shape[9]! You don't need to be on a diet.

G: I'm in good shape because I'm on a diet. And I exercise.

R: Yeah, I should eat healthier and exercise, too. I'm getting kind of chubby[10]. Maybe I'll start tomorrow.

G: You should start today! Let's go to that vegan café that just opened on the other side of town. They have this amazing cauliflower, kale[11] and hummus[12] bowl. Mmm … so good!

R: Uh … what's hummus?

G: Hummus is made from mashed chickpeas, garlic, lemon juice and tahini[13].

R: Tahiti?

G: (ha ha) Not Tahiti! That's a tropical island. *Tahini* is a paste made from sesame seeds.

R: Uh … I don't want to eat chickpeas and sesame seeds. I'd feel like a bird or something. C'mon, let's go to McDonald's. I gotta[14] eat some meat! McDonald's is right around the corner. You can get a salad, OK?

G: Do they have veggie burgers?

R: Um … yeah, I think so. You can get a veggie burger and a salad. Cool?[15]

G: Alright, let's go!

Pronunciation Practice
McDonald's*
salad*

Main Text Vocabulary

[7] starving = very hungry

[8] could really go for = really want to have

[9] in great shape = in a very good and healthy physical condition

[10] chubby = a little overweight or fat

[11] kale = a very healthy leaf cabbage

[12] hummus = a Mediterranean dish made from chickpeas and tahini

[13] tahini = a paste made from sesame seeds

[14] gotta = spoken form of "got to", meaning have to, must, or should

[15] Cool? = Is that ok? Is that fine?

Main Text Questions

1. What does Ronald want to eat?

   a. a salad and chicken

   b. chicken nuggets

   c. a Big Mac, French fries, a large coke

   d. an apple pie and fried chicken

2. Why is Genki is such good shape?

   a. Because he exercises and is on a diet.

   b. Because he is chubby.

   c. Because his name means "healthy".

   d. Because he is a vegetable.

3. Where does Genki suggest going to lunch?

   a. McDonald's

   b. KFC

   c. a café called Tahiti

   d. a vegan café on the other side of town

4. Does Ronald want to try eating hummus?

   a. Yes, he does. He thinks it sounds delicious.

   b. He's not sure.

   c. No, he doesn't. He doesn't want to feel like a bird.

   d. No, he doesn't. He only eats vegetables.

Further Discussion

Group Members:

Work with a group. Talk about four different restaurants that you like to eat at. Why do you like them? What do you recommend ordering? How are the prices? How often do you go there? Take some notes below.

#1 Sushi Restaurant

Name:

Good Points:

#2 Ramen Restaurant

Name:

Good Points:

#3 Western Restaurant

Name:

Good Points:

#4 Other Restaurant

Name:

Good Points:

Writing

Choose one of the questions below. Write 100 to 150 words. Write on pages 000 to 000.

1. What are two advantages of eating fast food? Please explain your ideas.

2. What are two disadvantages about eating fast food? Please give reasons or examples.

3. If you were to go out for lunch with your friends, where would you go? Why?