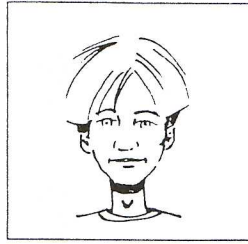


Ron, retired, age: 73



Melanie, a nurse, age: 21



Lee, a student, age: 20



Helen, a model, age: 25



Terry, a farmer, age: 50

1

Morning

2 cups of tea with sugar
4 slices of toast

Afternoon

1 cup of tea with sugar
1 sandwich

Evening

1 hamburger with chips
2 chocolate bars
2 cans of cola
2 cups of coffee (with sugar)
1 packet of crisps
1 cup of tea with sugar

2

Morning

3 glasses of mineral water
1 glass of carrot juice
1 glass of apple juice

1 banana

1 peach

half a cup of white coffee

1 thin slice of brown bread

1 cup of tea

some grapes

Evening

1 piece of white fish
some brown rice and cabbage
1 tomato
1 small packet of nuts
12 olives

3

Morning

1 large cup of white coffee with a little honey

2 small slices of toast with margarine and honey

1 large cup of tea with no sugar

Afternoon

chips and peas

a slice of cake

2 large cups of tea

Evening

a salad of peas, celery, carrot and cabbage

4 slices of brown bread with margarine

some milk pudding

2 small apple pies

1 large cup of coffee

4

Morning

2 cups of tea

1 cup of coffee

1 glass of grape juice

2 slices of bacon with beans on toast

Afternoon

1 meat pie

1 egg salad sandwich

1 pear

1 glass of orange squash

2 cups of tea

a slice of cake

Evening

5 slices of meat

some potatoes

cauliflower cheese

green beans

some grapes

2 pints of beer

5

Morning

1 cup of coffee with milk

2 slices of brown bread with margarine and marmalade

Afternoon

1 jacket potato with margarine

a large salad of lettuce, cucumber, spring onion

some apple pie and custard

1 glass of water

10 pieces of chocolate

2 biscuits

Evening

1 glass of orange juice

1 piece of fried fish

1 small tomato omelette

2 slices of white bread with margarine

1 large cup of coffee

1 chocolate biscuit

2 glasses of wine

A doctor made the following comments. Match each comment to one of the people above.

A *There is a lot of fat in meat. You should replace it with fish sometimes.*

B *You hardly eat any fruit or meat.*

C *You eat a lot of sweets but not much fruit. Try some fruit for dessert.*

D *Change your diet now! Eat some fruit and vegetables and eat less sugar!*

E *You need some dairy produce in your diet.*



A day in the diet of... Worksheet **15****ACTIVITY**

Pairwork: reading, speaking

AIM

To read about and discuss what people eat in a typical day.

GRAMMAR AND FUNCTIONS

Expressions of quantity

Countable and uncountable nouns

Some, any, a lot, (not) much/many, hardly any

VOCABULARY

Food and drink

PREPARATION

Make one copy of the worksheet for each student in the class.

TIME

20 to 30 minutes

PROCEDURE

- 1 Give a copy of the worksheet to each student in the class.
- 2 Ask them to look at the five people in the pictures at the top of the worksheet and to imagine what sort of meals they eat, taking into account their different ages and occupations.
- 3 Ask the students to work in pairs and to match a typical day's menu to each person.
- 4 When they have done this, ask the students to compare their answers with another pair of students and explain their choices.
- 5 **Check the answers:**
Menu 1 = Lee
Menu 2 = Helen
Menu 3 = Ron
Menu 4 = Terry
Menu 5 = Melanie
- 6 Now ask the students to read the comments made by a doctor and match a comment to each menu.
- 7 **Check the answers:**
Menu 1 = comment D
Menu 2 = comment E
Menu 3 = comment B
Menu 4 = comment A
Menu 5 = comment C

FOLLOW-UP

You could ask the students to write their own *Day in the diet of...* but be aware that some students may be sensitive to diet and weight.