Reading: Taking your food seriously

1. What rules of etiquette do people follow when they are eating in your country? Consider the following things.
   - using a napkin
   - waiting to be seated
   - sitting on the floor
   - serving yourself first
   - putting your elbows on the table
   - talking loudly
   - leaving a little food on your plate
   - eating with your fingers

2. Listen to someone describing a meal they had. What was the situation and what happened? What would you think if this happened to you?

3. Discuss these questions.
   1. Why does the boss take job candidates to a seafood restaurant?
   2. Do you think it's a good way for bosses to find out who to hire?
   3. In what ways can sharing a meal help people get along?
   4. Read some tips for international dining. Match each tip to one of the countries in the box. Then check your answers on page 000.

Dining etiquettes of the world

Cross-cultural understanding is important for today's global business person. A lack of cross-cultural awareness can result in misunderstandings, which may offend others and have a negative impact on your business. One area of importance is the different dining etiquettes of the world.

A. Do not begin eating until the host signals to do so. It is impolite to rest your elbows on the table. You should eat everything on your plate. Indicate you have finished by laying the fork and knife parallel across the right-hand side of the plate.

B. An honoured guest starts eating first and sits at the centre of the table furthest from the door. Learn to use chopsticks – never point them, never pierce food with them and place them on the chopstick rest when breaking for a drink or a chat. It is polite to try a bit of everything. People usually prefer to talk quietly.

C. Meals are a social affair and people enjoy having loud conversations. The host of the family or honoured guest is served first but it is good etiquette to insist on the most senior person being served first. If you go to a restaurant, the person who made the invitation must pay.

D. Traditionally, meals are eaten on the floor. Sitting with your legs crossed is normal behaviour. Never sit with your feet stretched out. Guests are served specialties such as meat, chicken, fish and vegetables. When you have finished, leave a little food on your plate. If you don’t, it will be filled immediately. Asking for more food is not very polite.

Grammar: to + infinitive or -ing form

1. We use the infinitive without to after modal verbs. You should __________ everything on your plate.
2. Some verbs are followed by to + infinitive. Learn __________ chopsticks.
3. Some verbs are followed by the -ing form. People enjoy __________ loud conversations.

4. A few verbs can be followed by to + infinitive OR the -ing form. Do not begin eating until the host signals to do so. (or begin to eat)
   - An honoured guest starts __________ (or starts to eat)
   - People usually __________ quietly (or prefer talking)

5. Use the -ing form when the verb is the subject of the sentence. Sitting with your legs crossed is normal behaviour. For more food is a compliment.

6. Use the -ing form after a preposition. Indicate you have finished by __________ the fork and knife parallel.

7. Do not be afraid of __________ a mess.

8. Use the to infinitive after it is + adjectival. It is impolite __________ your elbows on the table.

9. It is polite __________ a bit of everything.

>> For more information on the to infinitive and the -ing form, see page 000.

Speaking: Copy your host

1. Take off your shoes before __________ someone’s house.

2. Chose people __________ (entertain) at home.

3. If you don’t want __________ (eat) delicacies like fish eyes, you should __________ (serve) them to others.

4. It’s important __________ (refuse) the offering to other people around the table.

5. __________ (eat) the last piece of food from the serving tray is considered __________ (be) impolite.

6. You can __________ (show) your appreciation of the meal by __________ (knock) on the table.

7. Insist on __________ (pay) for the meal, although your host will __________ (refuse) your offer.

8. Next time you meet your host, it is polite __________ (offer) a meal of a similar quality.
Listening: What the locals eat

1. Do you like trying new dishes when you travel? What is the most unusual dish you have ever eaten?

2. An Australian couple, Richie and Barbara, are on holiday in the Philippines. Listen to their conversation and complete the travel blog.

3. Balut are common in the Philippines, Cambodia and Vietnam. They are a popular dish typically sold by street vendors. A balut is a fertilized chicken, or quail egg, that is still in the shell. It is usually eaten as a snack, although some people prefer chili and vinegar with their balut.

4. Listen again and underline the expressions you hear.

5. Listen again and complete the expressions.

6. 1 What would you ________?

7. OK, that ________ good.

8. I think I’ll have ________.

9. 4 For the main course, you ________ the grilled emu.

10. It’s a ________ of big, funny-looking bird.

11. 6 It’s ________ an ostrich.

12. 7 What does it taste ________?

13. No, it’s ________ beef only healthier.

14. 9 What does it come ________?

15. 10 Hello, ________.

7. 10.0 Richie invites Enrique to a barbecue at his home. Listen to their conversation and put the items in the order that they are discussed.

8. Food that Enrique doesn’t like to eat.


10. A dish Enrique wants to try.

11. The food served at a typical barbecue.

9. Match the correct combinations.

1. grilled / tender / tough / raw

2. fresh / frozen / white / tuna

3. fillet / raw / medium / well-done

4. green / prawn / fruit / egg

5. chicken / beef / lentil / tripe

6. steamed / stir-fried / boiled / roasted

7. bottled / tap / still / sparkling

8. low-fat / chocolate / homemade / strawberry

10. Think of two other combinations for each of the items (a–h) in exercise 9.

11. Discuss these questions.

1. What is your favourite meat dish, fish dish, snack, ice cream, fruit and vegetable?

2. What food and dishes do you never eat?

3. What starter, main course and dessert would you usually order in a restaurant?

4. What do you usually drink with your meals?

Word focus: Food and entertaining

Put these words into three groups:

- how food is cooked
- taste and texture
- things on a table

- knife and fork
- boiled
- steamed
- grilled
- salt and pepper
- salad
- sweet
- fresh
- bottled
- chocolate
- fried
- chicken
- fish
- steak
- lentil
- nicely
- spicy
- prawn
- vegetable
- healthy
- fillet
- roasted
- tender
- sour
- salad
- noodle
- soy
- frozen
- cooked
- spicy

Speaking: I’d recommend …

Work in pairs. Prepare to act out a conversation. A: You are the host. B: You are the guest. Read the information below and roleplay the situation. Then change roles.

Student A

Student B

You are a very important client of Student A, and he/she is taking you to lunch.

- Respond to information Student A gives you about the restaurant and ask questions about it.

- You have never seen any of the dishes on the menu before. Ask lots of questions about the food, e.g. How’s it cooked?

- Tell Student A about either a) your numerous food allergies, or b) your special diet.

- Ask if you can have a side order that isn’t on the menu.
Reading: Food quiz

1. In three minutes, write down everything you have eaten and drunk in the last 24 hours. Compare your lists. What is healthy about your diets? And what is unhealthy?
2. Are you making healthy food choices? Do the food quiz with a partner. Then check your answers on page 000.

What is Healthy Eating?

We all know we should eat lots of fruit and vegetables, but nutritionists say consumers often don’t have enough information about the fat, sugar and salt levels in food to make healthy choices.

So, what do you know about healthy eating?

1. Which best describes your attitude to breakfast?
   - a. I usually take the time to have a good breakfast.
   - b. I skip it. I’m not hungry in the mornings.
   - c. I just need some coffee to wake me up.
   - d. I don’t have enough time for breakfast most days.

2. Which of the following facts about sugar are true?
   - a. There are two types of sugar – those found naturally in fruit and milk (unprocessed), and artificial or processed sugars that are added to food.
   - b. There are about nine teaspoons of sugar in a can of fizzy drink, such as cola.
   - c. Sugar contains fewer calories than other carbohydrates and provides essential nutrients.
   - d. The body needs a little added sugar – it’s essential to a healthy diet.

3. You are having a busy day at work, which of the following is true for you?
   - a. I sometimes forget to have lunch.
   - b. I often grab a sandwich and have a quick lunch break.
   - c. I’m always multi-tasking, so eating and working is easy!
   - d. I usually make time for a good meal.

4. Eating too much saturated fat is believed to increase ‘bad’ cholesterol, which is a risk factor for heart disease. How many grams of saturated fat are there in a medium cheese pizza?
   - a. 6–8
   - b. 10–12
   - c. 15–22

5. Which of these foods are also high in saturated fat?
   - a. butter and margarine
   - b. milk and yoghurt
   - c. meat and meat products
   - d. biscuits, crisps and cakes
   - e. nuts
   - f. fish
   - g. cheese
   - h. olive oil

6. How would you describe your salt consumption?
   - a. I never add food in cooking or at the table.
   - b. I add a bit of salt to food I’m cooking.
   - c. I add lots of salt to my food, even before I taste it.

7. Salt is essential for our health, but experts say too much salt can lead to high blood pressure and heart problems. How much salt should an adult eat per day?
   - a. 3g (half a teaspoon)
   - b. 6g (a teaspoon)
   - c. 12g (two teaspoons)

4. Look at the information in the table. Choose the correct alternative to complete the rules.

Grammar: Quantifiers

1. We use much with countable / uncountable nouns and we use many with countable / uncountable plural nouns in negative sentences and in questions.
2. We use a lot of and lots of with countable and uncountable nouns to talk about large / small quantities. We use a lot when there is no noun.
3. We use a little with uncountable / countable nouns and a few with uncountable / countable nouns. A little and a few means a small quantity.
4. We use (very) little and (very) few to suggest that there is not as much, or many, of something as we would like.
5. We use too, too many and too much when we say there is more / less of something than we need or want. We use (not) enough when we say there is more / less than we need or want.

5. Choose the correct option to complete these sentences.
   1. There isn’t ___ / many sugar in my diet.
   2. I eat a lot of / much fruit and vegetables.
   3. There are ___ / too many chocolate cake in a can of fizzy drink, such as cola.
   4. There isn’t ___ / many nutritional information on food labels.
   5. Most people eat ___ / too much salt.
   6. He went for a walk to burn ___ / a little calories.

6. Make six questions from the box. Then work with another student. Take turns to ask and answer your questions.

How much chocolate do you eat?

<table>
<thead>
<tr>
<th>How much</th>
<th>nutritional information</th>
<th>do you eat?</th>
</tr>
</thead>
<tbody>
<tr>
<td>much</td>
<td></td>
<td></td>
</tr>
<tr>
<td>many</td>
<td>chocolate</td>
<td></td>
</tr>
<tr>
<td>a lot</td>
<td>cakes and biscuits</td>
<td></td>
</tr>
<tr>
<td>in your diet</td>
<td></td>
<td></td>
</tr>
<tr>
<td>too much</td>
<td>fruit juice</td>
<td></td>
</tr>
<tr>
<td>too many</td>
<td>takeaway and ready meals</td>
<td></td>
</tr>
<tr>
<td>enough</td>
<td>variety</td>
<td></td>
</tr>
<tr>
<td>very little</td>
<td>fruit and vegetables</td>
<td></td>
</tr>
</tbody>
</table>

Speaking: It’s all too much

1. You new assistant has reserved a meeting room and ordered lunch for you and two colleagues. She has booked the boardroom which seats 30 people, ordered 30 sandwiches and two small bottles of water. Tell her what the problems are and what you want her to do.

2. You’re having a meal in a restaurant with a friend. The soup is cold, the bottled water is warm, the portions are small, the food is expensive and there’s a 20% service charge. What do you say to each other? What do you say to the waiter?

3. Your teenage brother/sister loves pizza and pasta and never eats any fruit or vegetables. He also plays video games for hours but never does any exercise.

TALKING POINT
- How has the diet in your country/region changed? What do people eat and drink more or less of?
- How can you get children and teenagers to eat fewer unhealthy snacks?
Speaking: Hosts and guests

1. When is it polite to argue with people? Think of some situations where it is polite to say ‘no’ and disagree with other people.

2. Look at the man and the woman in the photos. Each one is having a conversation with another person. Read their half of the conversation. Which person is a host and which is a guest? What are they arguing about? Would you like them to be your host or guest? Why? Why not?

**Conversation 1**

A: Is that the check? Let me get that.
B: No, no. Why don’t we split it?
A: Are you sure?
B: Yes, the company’s paying.
A: Well, that’s very kind of you.
B: It’s our pleasure.
A: Have some more paella.
B: You don’t need to lose weight!
A: Good, and a little more paella?
B: Some more shrimps then?
A: Some more prawns then?
B: Nonsense. Just a few more?
A: Well, that’s very kind of you.
B: Well, thank you very much. It was terrific meal.
A: Oh… It sounds great. I’m so sorry but I have to study. Thanks for thinking of me. Perhaps we can meet up another time?
B: Well, thank you very much. It was terrific meal.
A: Yes, the company’s paying.
B: No, no. It was terrific, but I couldn’t manage any more.
A: Oh no. This is on me.
B: Well, maybe just a few more then.

**Conversation 2**

A: Do you need another drink?
B: No, no. I insist. You’re our guest.
A: Good, and a little more paella?
B: You don’t need to lose weight!
A: Some more shrimps then?
B: Nonsense. Just a few more?
A: Have some more paella.
B: It’s OK, I’m coming.
A: Yes, the company’s paying.
B: Oh no. This is on me.
A: Well, maybe just a few more then.
B: No, no I insist. You’re our guest.
A: Good, and a little more paella?
B: You don’t need to lose weight!
A: Some more shrimps then?
B: Nonsense. Just a few more?
A: Well, that’s very kind of you.
B: Well, thank you very much. It was terrific meal.
A: Some more prawns then?
B: You don’t need to lose weight!
A: Have some more paella.
B: It’s OK, I’m coming.
A: Yes, the company’s paying.
B: Oh no. This is on me.
A: Well, maybe just a few more then.

3. What would you say to the host and guest in exercise 2 if you were talking to them? Use these phrases to create the two complete conversations.

| 1 | I do!                           | 6 | No, no I insist. You’re our guest.               |
| 2 | It’s our pleasure.             | 7 | No, no, it was terrific, but I couldn’t manage any more. |
| 3 | No really, I’m full. I’m trying to diet. | 8 | Oh no. This is on me.                            |
| 4 | I’m glad you enjoyed it. Don’t forget your doggy bag. | 9 | Well, maybe just a few then.                    |
| 5 | No really. I’ll have to pass on that, but thank you. | 10 | Yes, the company’s paying.                      |

**Listening:** An invitation

7. When was the last time you said ‘no’ to an invitation? What was the event and why did you turn it down?

8. Listen to one half of a telephone conversation. What’s the event and why can’t Gabriella go?

9. Look at what Gabriella said. What do you think Sandy said?

**Conversation 2**

Gabriella: … Sandy! Great to hear from you. How are you? …
Sandy: Not too bad. How’s Peter? … Oh, nothing exciting. I’ve got some exams coming up so I’m studying all weekend. … Oh, I don’t think I can. Sunday you say? … It sounds great, but I have two exams the next day — marketing and accounting. … I’m really sorry, but I have to study … Thanks for thinking of me. Look, when my exams are over, perhaps you and Peter can come over to my place for a meal? … OK, choose a restaurant you want to go to and I’ll be my treat. … No, no, I insist. It’ll be your birthday present. … OK, I will. And have a lovely birthday on Sunday. …

10. Try to remember the missing words from the conversation. Then listen again and check your answers.

1. Listen, what _______ _______ _______ this Sunday?
2. Can you _______ _______ _______? It’s my birthday and I’m _______ a party.
3. Oh what a _______!
4. It’s OK, I _______.
5. _______ be nice. Or _______ _______ all go out to a restaurant together.
6. Oh no. We’ll pay for _______.
7. No, you _______ _______ _______ do that. Let’s talk about it later.
8. Look back at what Gabriella says in exercise 9 and underline the different ways she uses to say ‘no’.
9. Look at the audio script on page 000. Are there any things people might say differently in your culture?

**Speaking:** Turning someone down

11. Work in pairs. Think of different ways to say ‘no’ in these situations. Try to think of good excuses.

| 1 | You have over tried sheep’s brains/insects/fish eyes? Do try some. They’re a delicacy. |
| 2 | We’re going jogging at six o’clock tomorrow morning. Would you like to join us? |
| 3 | Terminator 10 is playing at the Roxy Cinema. Do you want to come and see it? |
| 4 | I’m going to the library to study. Would you like to come? |
| 5 | We need to clean out the garage. Would you like to help? |

12. Work in pairs. What could hosts and guests say in these situations?

1. A classmate invites you to a late-night party this Friday. You have to work on Saturday.
2. Your English teacher invites all the class to see a Shakespeare play. It will last about three and half hours.
3. Your Polish host offers you tripe soup in a restaurant.
4. Your cousin, who lives in Canada, invites you to visit him this winter. He says he’ll pay for the flight. The ticket is expensive and it’s very cold in Toronto in winter.
5. Your new boss invites all the people in your department for a meal after work on Tuesday.
6. Your supplier offers you two free flights to Rome but it is company policy not to accept expensive gifts.

There are many ways of turning down an invitation politely. You can apologize, give an excuse or suggest an alternative.

Oh, I’m so sorry but we’re going to be on holiday then. No, really. It was delicious but I’m on a diet.

We use many, a few, few and too many with countable nouns.

How many visitors are coming?
There are a few questions I wanted to ask.
We use much, a little, little and too much with uncountable nouns.
I don’t have much information about their visit. We have a little time to visit the factory before lunch.

There are many ways of turning down an invitation politely. You can apologize, give an excuse or suggest an alternative.

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How many visitors are coming?
There are a few questions I wanted to ask.
We use much, a little, little and too much with uncountable nouns.
I don’t have much information about their visit. We have a little time to visit the factory before lunch.

When was the last time you were a visitor? Where did you go and why?

Do you ever have important visitors to your company or department?

What kinds of gifts are popular in your company and country? What taboos are there?

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