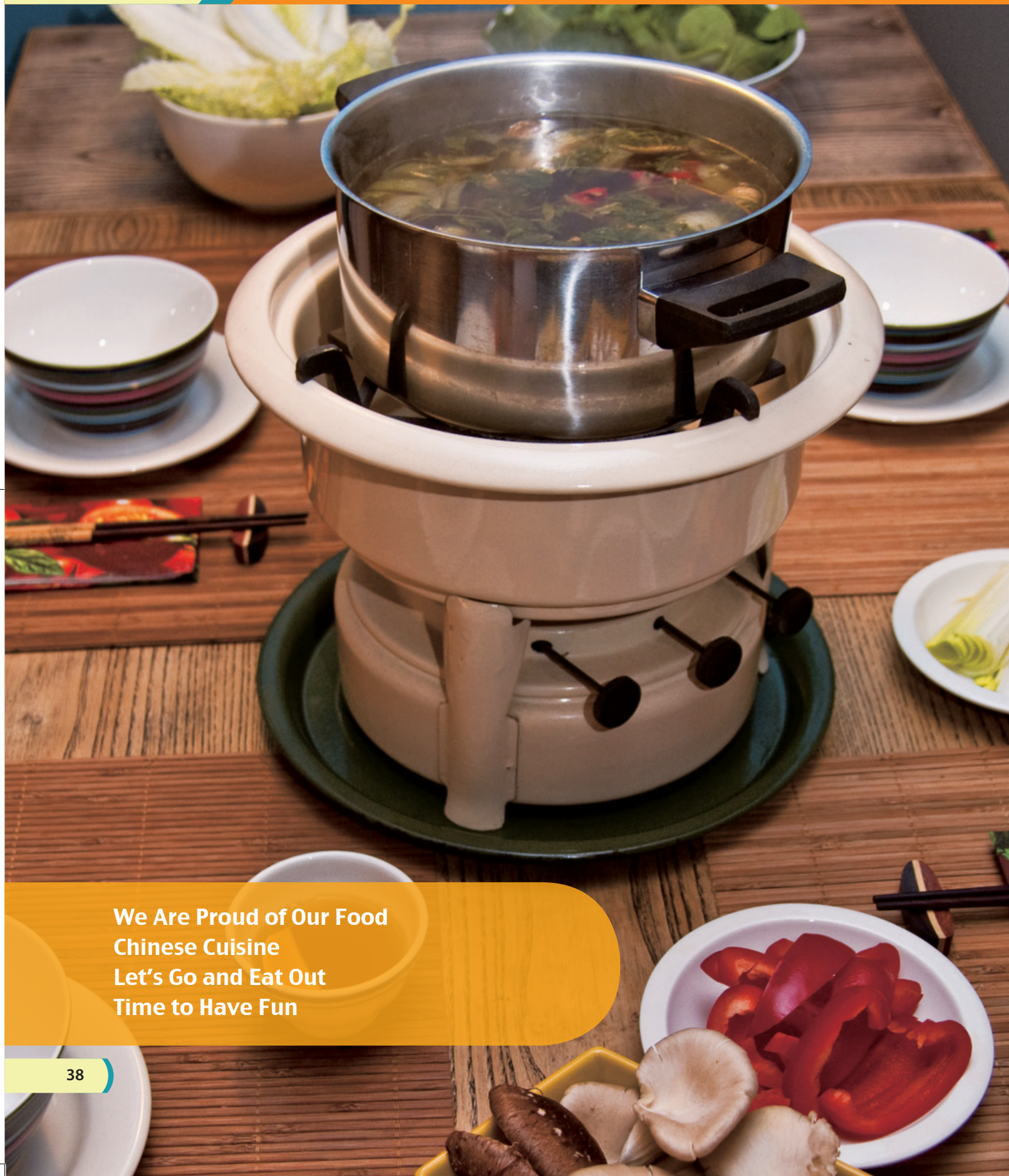
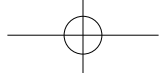


4

We Are What We Eat



We Are Proud of Our Food
Chinese Cuisine
Let's Go and Eat Out
Time to Have Fun

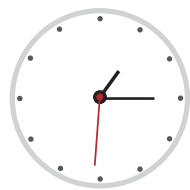


Task 1 What kind of food do you usually take for breakfast, lunch or supper? Write B (breakfast), L (lunch) and/or S (supper) in the corresponding box.

- | | |
|---|--|
| <input type="checkbox"/> <i>baozi</i> | <input type="checkbox"/> sesame seed cake/ <i>shaobing</i> |
| <input type="checkbox"/> <i>jiaozi</i> | <input type="checkbox"/> steamed bread/ <i>mantou</i> |
| <input type="checkbox"/> deep fried dough sticks (油条) | <input type="checkbox"/> bread |
| <input type="checkbox"/> noodles | <input type="checkbox"/> cake |
| <input type="checkbox"/> rice | <input type="checkbox"/> hamburger |
| <input type="checkbox"/> beef | <input type="checkbox"/> mutton |
| <input type="checkbox"/> chicken | <input type="checkbox"/> pork |
| <input type="checkbox"/> egg | <input type="checkbox"/> vegetables |
| <input type="checkbox"/> fruit | <input type="checkbox"/> pickled vegetables (咸菜) |
| <input type="checkbox"/> milk | <input type="checkbox"/> soup |
| <input type="checkbox"/> porridge (稀饭) | <input type="checkbox"/> wine |
| <input type="checkbox"/> soya milk (豆浆) | <input type="checkbox"/> beer |
| <input type="checkbox"/> soft drink (软饮料) | <input type="checkbox"/> coffee |



Task 2 Discuss with your partner what is the best combination (组合) for breakfast, lunch and supper, and state your reasons.



My best choice for breakfast: _____

My best choice for lunch: _____

My best choice for supper: _____

Reasons for my choices: _____

Task 3 As the saying goes, "We are what we eat." Do you think food has something to do with our body shape (体型), health, and character (性格)? Give an example.



Watching

Watching I We Are Proud of Our Food

Task 1 Warm-up exercises.

- 1 Can you cook? How many ways can you cook? Tick (√) those you can do and compare with your partner to see who is a better cook.

- | | | |
|--|---|--|
| <input type="checkbox"/> fry (煎; 炒) | <input type="checkbox"/> boil (煮) | <input type="checkbox"/> scald (焯, 烫) |
| <input type="checkbox"/> stir-fry (爆炒; 干煸) | <input type="checkbox"/> instant-boil (涮) | <input type="checkbox"/> roast/broil/grill (烤) |
| <input type="checkbox"/> plain-fry (清炒) | <input type="checkbox"/> quick-boil (氽) | <input type="checkbox"/> smoke (熏) |
| <input type="checkbox"/> deep-fry (炸) | <input type="checkbox"/> steam (蒸) | <input type="checkbox"/> braise/stew/simmer (炖; 煨) |

- 2 Have you ever heard of or watched the TV documentary *A Bite of China*? Log on the Internet for its information and try to tell in your own words what it is about.



- 3 Study the following before watching.

ancestor /'ænsəstə/ n. 祖先; 先辈	film /fɪlm/ v. 拍摄 (电影、电视等)
bite /baɪt/ n. 咬; 一点儿食物	location /ləʊ'keɪʃən/ n. 场所; 地点
comment /'kɒment/ v. 评论	scene /si:n/ n. 场景
cuisine /kwi'zi:n/ n. 菜肴; 烹饪	series /'siəri:z/ n. 系列节目; 一系列
diversity /daɪ'vɜ:si:ti/ n. 多样性; 多样化	stunning /'stʌnɪŋ/ a. 令人震惊的; 极不寻常的
documentary /,dɒkjə'mentəri/ n. 纪录片	unique /ju:'ni:k/ a. 独特的
episode /'epɪsəʊd/ n. 一集; 一节	<i>A Bite of China</i> (电视纪录片) 舌尖上的中国
extensive /ɪk'stensɪv/ a. 大量的; 广泛的	be associated with 与……有联系
feature /'fi:tʃə/ n. 特点	China Central Television (CCTV) 中国中央电视台



Task 2 Watch the video clip and tick (✓) the items mentioned in it.

- 1 history of food, eating and cooking
- 2 Chinese restaurants in the world
- 3 introduction of food culture
- 4 food stories in newspapers
- 5 food and daily lives of the Chinese people
- 6 introduction of how to make dishes
- 7 ways to enjoy delicious food
- 8 many comments on the Internet

Task 3 Watch the video clip again and decide whether the following statements are true (T) or false (F).

- 1 The documentary television series was filmed in 60 places around China.
- 2 The show is to introduce Chinese food culture to foreigners.
- 3 It takes the production team more than a year to finish the series.
- 4 There are many stories behind the various kinds of food.
- 5 The series is beautifully produced with stunning photographs of food and of the Chinese big cities.
- 6 The show always tells a true story of a specific food.

Task 4 Watch the video clip a third time and answer the following questions.

- 1 When and where did the show first appear to the public?

- 2 How many scenes were covered in each episode?

- 3 How long does each episode last?

- 4 What do fans of the show think of it?

- 5 What do you think of *A Bite of China*?

Task 5 Watch the video clip a fourth time and note down the detailed information. Then try to give a report of *A Bite of China* according to your notes.

- 1 The documentary is about _____.
- 2 The documentary aims to _____.
- 3 The documentary started filming in _____.
- 4 The reasons for its popularity are _____.
- 5 One feature of the documentary is _____.
- 6 Fans commented on the Internet that it is _____.

Watching

Watching II Chinese Cuisine

Task 1 Warm-up exercises.

- 1 Where are you from? Do you know what kind of cuisine is popular in your hometown? Can you tell the famous dishes of your hometown?



- 2 China is well-known for her cuisine. Do you know the English names of the eight famous cuisine? The Chinese names have been given below.

- | | |
|--------------------|--------------------|
| A 川菜 _____ Cuisine | E 浙菜 _____ Cuisine |
| B 粤菜 _____ Cuisine | F 徽菜 _____ Cuisine |
| C 苏菜 _____ Cuisine | G 湘菜 _____ Cuisine |
| D 闽菜 _____ Cuisine | H 鲁菜 _____ Cuisine |

- 3 Choose one or more words that can best describe the features of the above cuisine.

salty	delicate	light	fresh	hot	oily
numbing	sweet	sour	spicy	sweet	natural

- | | | | |
|---------|---------|---------|---------|
| A _____ | C _____ | E _____ | G _____ |
| B _____ | D _____ | F _____ | H _____ |

- 4 Study the following before watching.

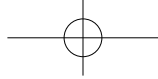


delicacy /'delɪkəsi/ *n.* 珍馐；佳肴

numbing /'nʌmɪŋ/ *a.* 使人麻木的；使人无感觉的

break out 布满（汗水）；（战争、疾病等）爆发

to be frank 坦率地说



Task 2 Watch the video clip and decide whether the following statements are true (T) or false (F).

- 1 Li Ming is busy with a report on Chinese cuisine.
- 2 Chinese cuisine keeps almost the same flavor.
- 3 Mary's favorite cuisine is Jiangsu Cuisine.
- 4 Sichuan Cuisine is hot and spicy.
- 5 Cantonese Cuisine keeps the natural flavors of food.
- 6 Nowadays Jiangsu Cuisine is very popular in China.

Task 3 Watch the video clip again and fill in the blanks with the information you've got. Then role-play the conversations in pairs.

- 1 **Li:** Hi, Mary and Allen! _____. How's it going?
Allen: Hi, Li Ming! _____!
- 2 **Mary:** What are you _____?
Li: _____ on Chinese cuisine.
Allen: _____. I know China has eight different types of cuisine.
Li: And each type has its own unique _____.
- 3 **Allen:** Lucky you! But I like Sichuan Cuisine! _____!
Li: Yes, nowadays Sichuan Cuisine is _____.
- 4 **Li:** Hunan Cuisine is very hot—too hot and spicy for me, _____.
Allen: I don't like it, either. I was in Changsha last week. At every meal, I _____—it's so uncomfortable.
- 5 **Mary:** So both Hunan and Sichuan Cuisine are hot. _____?
Li: Well, Sichuan Cuisine makes you feel hot but it also has _____.

Task 4 Work in pairs. Ask each other such questions as "What kind of food do you like/dislike?" and "What's your favorite food?" Answer the questions and try to give as many reasons as you can. The following sentences are for your reference.

- 1 I **love** Cantonese Cuisine./I **dislike** Cantonese Cuisine.
- 2 I'm **fond of** Fujian Cuisine./I'm **not fond of** Fujian Cuisine.
- 3 I **like** Shandong Cuisine very much./I **don't like** Shandong Cuisine.
- 4 I **am interested in** food with unique flavors./I **am not interested in** food with strong flavors.
- 5 I **can stand** Hunan Cuisine though it's hot./I **can't stand** Hunan Cuisine for it's too hot.
- 6 I **love** food with colors./I **hate** food with lots of additives (添加剂).

Listening

Listening I Let's Go and Eat Out

Task 1 Warm-up exercises.

- 1 Where do you usually have your daily meals? When will you eat out with your friends in the following places?



grand hotel



dining hall



small restaurant

- 2 When you eat out with your friends, how do you pay the bill? It is said that a man should pay the bill when eating out with a woman. Do you agree? Why or why not?



- 3 Study the following before listening.

bowl /bəʊl/ n. 碗	stand /stænd/ n. 摊位; 展位
brand /brænd/ n. 品牌	eat out 外出用餐; 下馆子
course /kɔ:s/ n. 一道(菜); 课程	go ahead 请; 请吧
feast /fi:st/ n. 盛宴	go Dutch AA制
snack /snæk/ n. 小吃; 点心	keep an eye on 照看; 注意
specialty /'speʃəlti/ n. 特产; 特色菜	the Confucian temple 夫子庙



Task 2 Listen to the conversation and decide whether the following statements are true (T) or false (F).

- 1 Olivia has been to the Confucian temple before.
- 2 They go to the Confucian temple on the weekend.
- 3 Olivia wants to buy some souvenirs.
- 4 They take some snacks and local food.
- 5 There are many local restaurants and food stands near the Confucian temple.

Task 3 Listen to the conversation again and answer the following questions.

- 1 Why do Olivia and Li Tong go to the Confucian temple?

- 2 What does Li Tong say about the restaurants near the Confucian temple?

- 3 What kind of food do the food stands sell?

- 4 How do they pay the bill? What do you think of it?

- 5 What does Olivia think of the local food?

- 6 What is the last question Olivia asks Li Tong?

- 7 What is Li Tong's answer to Olivia's question?

Task 4 Work in groups to make a weekend picnic plan. Discuss the plan with the help of the following tips. Each group makes an oral report to the class about the picnic plan.



- When to go _____
- Where to go _____
- Who you'd like to invite _____
- How to go there _____
- What to take for meals _____
- What activities you hope to do after the meals _____

Listening

Listening II Time to Have Fun

Task 1 Warm-up exercises.

- 1 Do you often have a get-together with your classmates and teachers? If yes, what did you do at the party? If not, how would you prepare a party on your own?
- 2 Hosting a party often costs a lot. Is there any way to have fun and at the same time cost less?
- 3 Study the following before listening.



enjoyable /ɪn'dʒɔɪəbəl/ a. 愉快的；快乐的

home-made /,həʊm'meɪd/ a. 家里做的；自制的

host /həʊst/ v. 举办；主办

potluck /,pɒt'lʌk/ n. 各人自带饭菜的聚餐

ready-made /,redi'meɪd/ a. 现成的

bring along 把……带来

have fun 玩得开心

send a text message 发短信

the Spring Festival 春节

Task 2 Listen to the conversation and tick (✓)

what the speakers are talking about.

- A hosting a graduation party
- B hosting a farewell party
- C hosting a get-together
- D hosting a thanksgiving party

Task 3 Listen to the conversation again and fill in the blanks with the information you've got.

- 1 **Gu:** I think first we have to decide _____ and then _____.
- 2 **Gu:** We should _____ when we _____ for the Spring Festival.
- 3 **Zhang:** I'll be responsible for sending everyone _____ or _____.
- 4 **Wang:** Good idea! Everyone brings along _____ and _____?
- 5 **Gu:** I think _____ dishes will make the party _____ and _____.

Task 4 Work in groups and make a plan for a happy get-together.

- 1 The New Year is coming and you've decided to host a potluck party with your classmates. Each group is expected to present three dishes at the party. Discuss with your group members what to bring, how to prepare them and how to share the cost.
- 2 Report your plan to the class.

Task 1 Warm-up exercises.

- If you are going to eat out with friends, what do you think you have to do first? Tick (✓) the items you think necessary.
 - Book a table before going.
 - See the environment and try some dishes.
 - Search online for the comments about the restaurant.
 - Bargain (讨价还价) with the restaurant about the charge.
 - Ask friends for suggestions.
- Study the following before listening.



bill /bɪl/	n. 账单
chef /ʃef/	n. 厨师; 主厨
medium /'mi:diəm/	a. 半生熟的; 五成熟的
menu /'menju:/	n. 菜单
rare /reə/	a. 半熟的, 煮得嫩的
receipt /rɪ'si:t/	n. 发票; 收据
recommend /,rekə'mend/	v. 推荐
reserve /rɪ'zɜ:v/	v. 预订; 保留
steak /steɪk/	n. 牛排
well-done /,wel'dʌn/	a. 完全煮熟的; 煮得透的
Budweiser (啤酒)	百威
iced tea	冰茶
keep the change	零钱不用找了

Task 2 Listen to the conversations and fill in the blanks with the information you've got.

- A: Hello, this is Chef's Restaurant. _____?

B: Thank you, I'd like to _____ for eight.
- A: Good evening! _____ Chef's Restaurant!

B: Good evening! We've _____.
- A: Here are _____.

B: Thank you. Mm..., what _____, Miss?

A: Well, steak is _____.
- B: Excuse me, Miss, may I _____ please?

A: Certainly, Sir, _____.

D: Jack, let's _____.

B: OK. Next time. It's _____ tonight.

Task 3 Listen to the conversations again and role-play them in pairs.

Task 4 Answer the following questions.

- What would you say if you want to make a reservation in a restaurant?

- How would you ask for recommendation of dishes?

- If you want to know something special in a restaurant, how would you ask?

- If you want to pay the bill for your friends, what would you say to your friends?

- What would you say if you find the dish is not what you ordered?

- If you would like to tip the attendant for his/her service, what would you do or say to him/her?

- What would you do if you want to eat out in a restaurant with a close friend?

- What would you do and say when you are unhappy with the dish or service?

Culture Show

Task 1 In English there are many expressions or idioms about food which have special meanings in daily life. Listen to the passage and match the idioms with their meanings.

Idioms	Meanings
1 a good egg <input type="radio"/>	<input type="radio"/> A something one doesn't like
2 break some eggs to make an omelet <input type="radio"/>	<input type="radio"/> B the most important part of something
3 meat and potatoes <input type="radio"/>	<input type="radio"/> C a good and honest person
4 the salt of the earth <input type="radio"/>	<input type="radio"/> D someone who always helps anyone in need
5 pour salt on a wound <input type="radio"/>	<input type="radio"/> E do what is expected of someone at work
6 cut the mustard <input type="radio"/>	<input type="radio"/> F make a big mistake at the office
7 have egg on one's face <input type="radio"/>	<input type="radio"/> G have to do what is necessary to move forward
8 not one's cup of tea <input type="radio"/>	<input type="radio"/> H make someone feel worse about something

Task 2 Listen to the passage again and fill in the blanks with the information you've got.

- 1 My mother always told us it is no use _____. That means you should not get angry when _____ happens and cannot be changed.
- 2 One man's _____ is another man's poison. _____, one person might like something very much while another person might _____ the same thing.
- 3 So we had to take it with _____. That is, we could not believe everything he told us.
- 4 It's easy to find my husband _____. He stands almost two meters tall. He is _____.
- 5 There is no such thing as _____. Something may appear to be _____, but there may be _____.

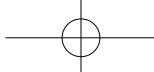
Task 3 Translate the following phrases into Chinese.

- 1 a piece of cake _____
- 2 the best thing since sliced bread _____
- 3 half a loaf is better than none _____
- 4 can't have one's cake and eat it _____
- 5 tough/smart cookie _____
- 6 pie in the sky _____
- 7 as cool as a cucumber _____
- 8 be full of beans _____
- 9 spill the beans _____
- 10 a hot potato _____
- 11 the cream of the crop _____
- 12 go bananas _____

Tips



sliced *a.* 切片的
cookie *n.* 小甜饼; 曲奇
cucumber *n.* 黄瓜



Self-assessment Sheet

Complete the following self-assessment sheet.

- 1 I can name _____ kinds of food I take every day.
- 2 I can brief others on Chinese food in _____ sentences.
- 3 I feel _____ to call and book a table in English.
- 4 I have spent _____ hours on this unit with _____ on listening and _____ on speaking.
- 5 I have learned _____ new words and phrases on food from this unit.
- 6 I feel _____ after covering this unit.
- 7 The mistake(s) I made while learning this unit is (are) _____

 _____.
- 8 I know the biggest problem for me when talking about food is _____

 _____.
- 9 My next action plan is _____

 _____.
- 10 I feel English learning is _____

 _____.