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“Nobody has pizza for breakfast.”

GOALS

- Learn how to talk about breakfast and nutrition
 - Learn how to decline food politely
- Learn about countable and uncountable nouns

WARM-UP

Look at the picture. Choose the best answer.



- 1 What is the little girl holding?
a A plate. b A knife. c A bowl.
- 2 What do you think the little girl is eating?
a Breakfast. b Lunch. c Dinner.
- 3 Where is the family now?
a At a restaurant.
b In a diner.
c In their kitchen.



VOCABULARY BUILDER

A Listen and repeat.



refrigerator



fruit



cake



toast



pizza



potato chips



omelet



milk

B Complete the sentences with words from Exercise A.

- _____ is a famous food from Italy. It is a large piece of bread with things like cheese, tomatoes and meat on top.
- _____ are quite fattening. Don't eat the whole bag!
- I put bananas, apples and peaches in this _____ salad I made.
- Happy birthday, Justin! Jennifer bought you this _____. Make a wish and blow out the candles.
- Put the water in the _____ and make it colder.
- My father can't drink _____. It makes him feel sick.
- Every morning my uncle has a piece of _____ and black pudding for breakfast.
- You can make a(n) _____ out of eggs and milk.

LANGUAGE NOTE

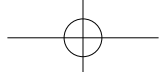


potato chips: 薯片, 简称chips, 是美式表达, 英式英语里一般用crisps表示。

CULTURAL NOTE



black pudding: 黑布丁。苏格兰的特色美食, 由猪血做成, 混合谷麦、猪肝及内脏剁碎做成馅, 再灌入猪肠肠衣中, 最终做成香肠的样子。



C Listen and complete the conversation.

David: Hey, mom, what's for breakfast?

Mother: Good morning, David. We have (1) _____, fruit and eggs. What would you like?

David: I would like some toast, thanks.

Mother: How about a drink? We have (2) _____ juice, apple juice and milk.

David: I would like some milk. What are you having?

Mother: It's (3) _____... I woke up at 6:30! I already had breakfast.

David: Oops... I guess I overslept. Well, it is Saturday. Can I play (4) _____ with Ellie?

Mother: Sure. Eat your breakfast and finish your (5) _____ first.

David: OK!

D Read the clues and guess the food.

What food is it?

Clue 1: It is a kind of fast food from Italy.

Clue 2: It is made of bread in a round, flat shape.

Clue 3: On the top of it, hams, cheese or fruit can be added.

So it is _____.

What drink is it?

Clue 1: It is a hot dark brown drink.

Clue 2: It has a slightly bitter taste, so it is often served with sugar and milk.

Clue 3: There are many kinds of it, such as latte and cappuccino.

So it is _____.

WORDS & EXPRESSIONS

cake /keɪk/ *n.* 蛋糕

#**cappuccino** /ˌkæpəˈtʃɪːnəʊ/ *n.* 卡布奇诺咖啡

cheese /tʃiːz/ *n.* 干酪; 奶酪

#**fattening** /ˈfætnɪŋ/ *adj.* 使人发胖的

fruit /fruːt/ *n.* 水果

#**latte** /ˈlɑːteɪ/ *n.* 牛奶咖啡; 拿铁咖啡

#**omelet** /ˈɒmlɪt/ *n.* 煎蛋卷

pizza /ˈpɪtsə/ *n.* 比萨饼

pudding /ˈpʊdɪŋ/ *n.* 布丁 (西餐中一种松软的甜点)

#**refrigerator** /rɪˈfrɪdʒəreɪtə/ *n.* 冰箱

toast /təʊst/ *n.* 烤面包 (片); 吐司

blow out 吹灭 (火焰等)

potato chips 薯片



SHOW TIME

A Match the pictures to the sentences which best describe them.



a



b



c



d

- 1 Hector is holding cold pizza while talking to his parents.
- 2 Hector feels hungry and looks at his stomach.
- 3 Hector makes an omelet with his mother.
- 4 Hector suggests eating cake for breakfast.



B Watch the video. Read the statements. Write T (true) or F (false).

- 1 Hector eats pizza for breakfast.
- 2 Mr. Sanchez wants cake for breakfast.
- 3 Hector takes vegetables out of the refrigerator.
- 4 Mrs. Sanchez adds milk to the eggs.
- 5 Hector puts sugar on his omelet.

WORDS & EXPRESSIONS

bacon / 'beɪkən / *n.* 咸猪肉; 熏猪肉

basically / 'beɪsɪkli / *adv.* 基本上; 本质上

#beat / bi:t / *v.* 搅拌; 打(鼓)

besides / bi'saɪdz / *prep.* 除了……之外

#grated / 'ɡreɪtɪd / *adj.* 磨碎的

#pepper / 'pepə / *n.* 胡椒粉; 甜椒

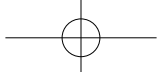
pour / pɔː / *v.* 倒; 灌

Don't bother. 不要麻烦了。

give sb. a hand 帮助某人



00:05 / 04:00



C Watch the video again. Use words in the boxes to complete the conversation.

vegetables

omelet

refrigerator

milk

eggs

Mrs. Sanchez: You should have real food for breakfast: (1) _____, milk, fruit. Please, let me make something for you.

Hector: How about some cake? Cake has eggs and (2) _____ and fruit!

Mrs. Sanchez: It also has sugar in it. Lots and lots of sugar. Isn't there anything else in the (3) _____ besides pizza and cake?

Hector: Well, there's... Well, there's... (4) _____, cheese and eggs.

Mr. Sanchez: Why don't you make an (5) _____?

D How do you make an omelet? Put the sentences in order to make an omelet.

- 1 Fry (煎) the eggs in the pan.
- 2 Melt (融化) some butter in a frying pan.
- 3 Beat some eggs in a bowl.
- 4 Mix the eggs and milk.
- 5 Fold (折叠) the omelet in half.
- 6 Pour some milk into the bowl.





READING

English breakfast



The English breakfast is well-known all over the world as a perfect way to start your day. It is very popular in the UK, but is also enjoyed in places such as Australia, New Zealand, Canada and South Africa, as they have a close history with England.



An English breakfast usually includes bacon, eggs, tomatoes, mushrooms, toast, sausages and baked beans. However, an English breakfast will be different depending on what part of the UK you are in. For example, in Scotland they often add black pudding—a kind of sausage

made from pig's blood. In Wales, laver bread (a kind of paste made from seaweed) is added, and in Northern Ireland, people enjoy potato farl (a kind of bread) with their bacon and eggs.



There are so many things in an English breakfast that it is often called a “full English breakfast”. A full English breakfast is almost always served with a mug of hot tea. These days, English breakfasts can be found on menus in cafés and restaurants all around the world. It is one of the most famous meals to come from the UK.



A Read the statements. Write T (true) or F (false).

- 1 You can't find an English breakfast in New Zealand.
- 2 English breakfasts are the same all over the UK.
- 3 Black pudding is made from pig's blood.
- 4 You will never find bacon in a full English breakfast.
- 5 People usually drink tea with their English breakfasts.

B Choose the best answer.

- 1 Why is the English breakfast also popular in Canada, Australia, New Zealand and South Africa?
 - a Because English cooking is famous all over the world.
 - b Because these countries don't have their own cooking traditions.
 - c Because these countries share a lot of history and culture with the UK.

WORDS & EXPRESSIONS

café /kæ'feɪ/ *n.* 咖啡馆

#farl /fɑ:l/ *n.* (通常为三角形的) 土豆(或苏打)面包

#mug /mʌg/ *n.* 马克杯

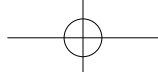
mushroom /'mʌʃru:m/ *n.* 蘑菇

#paste /peɪst/ *n.* 糊状物; 膏

#seaweed /'si:wi:d/ *n.* 海藻; 海草

sausage /'sɒsɪdʒ/ *n.* 香肠; 腊肠

laver bread 紫菜煎饼



- 2 Are all English breakfasts the same?
 - a Yes. There are very strict rules about what makes an English breakfast.
 - b More or less, although in some English breakfasts there are no eggs.
 - c They are very different, depending on which part of the UK you are in.
- 3 What is black pudding?
 - a Something sweet to eat after breakfast.
 - b A hot drink you have before breakfast.
 - c A food made from pig's blood.
- 4 Why is a "full English breakfast" so called?
 - a Because it contains all the different types of food: bacon, eggs, sausages, etc.
 - b Because it makes your stomach feel full.
 - c Because you pay full price for it.

C Complete the sentences with words from the boxes.

seaweed

mug

bacon

menu

kind

- 1 _____ isn't just a beautiful thing you find on the beach—you can eat it too!
- 2 "What is Brie?" "I think it's a _____ of cheese."
- 3 Can I see the desserts _____, please?
- 4 "I'd like a tea, please." "Sure. Would you like a cup or a _____?"
- 5 _____ sandwiches are very popular in the UK.

D Do you think breakfast is important? Do you have it regularly? Share your idea with a partner.



Breakfast? I usually don't have time for it. I get up and I'm out the door. I'm too busy!



I really believe that breakfast is the most important meal of the day.



I usually eat a little biscuit for my breakfast because it's convenient.

Your idea

E Look at the pictures of breakfasts from around the world. Work in pairs to match the countries to the dishes. Which one would you like to try?

Spain

Japan

China



a

wonton

China



b

roast fish, rice and miso soup



c

churros with hot chocolate

The breakfast I'd like to try is _____ from _____ (country) because _____.

CHAT TIME



A Listen and complete the conversation.

Andrew: I'm hungry. (1) _____?

Julie: Let me see. We have some cereal.

Andrew: No, thanks. I don't like cereal.

Julie: (2) _____?

Andrew: I'm trying to avoid bread.

Julie: (3) _____?

Andrew: I'm allergic to dairy.

Julie: (4) _____?

Andrew: I'm afraid eating pork is against my religion.

Julie: I've got it! (5) _____?

Andrew: Sure! I love apples!

Julie: And you know what they say. An apple a day...

Andrew: ... keeps the doctor away! Thanks!

LANGUAGE NOTE



An apple a day keeps the doctor away: 一天一苹果，医生远离我。这是一个大家耳熟能详的习语。其实早在约150年前英格兰人民就开始这样说了。在古英语中，apple用来代指各种各样的圆形水果。因此，或许我们应该说“一天一水果，医生远离我”。

B Ask your partner about food dislikes.

- 1 What food don't you like?
- 2 Do you have any food allergies?
- 3 Have you ever changed what you usually eat? Why?

C Work in pairs. Take it in turns to offer and decline food. Remember to be polite!

EXAMPLE

Bob: Would you like to try the yoghurt?

Anna: No, thanks. I can't have cold food.

Bob: Ah, but this one is not just out of the refrigerator. It's mango flavor.

Anna: I'm allergic to mango...

Useful language

- No, thanks, I'm full.
- Thanks, but I'm allergic to dairy / mango / seafood.
- Sorry, but I cannot bear durian (榴莲). It's too smelly.
- I'm afraid I'm not too keen on ketchup (番茄酱).
- Thanks, but I'm trying to cut down on sweet stuff.
- No, thanks. I like _____, but they don't / it doesn't like me!



WRITING



A recipe (菜谱)

A Read the recipe. Complete it with words from the boxes.

heat

enjoy

remove

add

put

turn

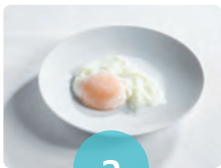
crack

How to make a fried egg

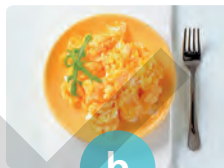
- 1 _____ a little oil in a frying pan.
- 2 _____ the egg into the pan.
- 3 After a few minutes, _____ the egg and cook the other side.
- 4 _____ the egg, when the outside has turned white.
- 5 _____ the egg onto a plate (or into bread).
- 6 _____ salt and pepper if you like.
- 7 _____!



B Do you know other ways of cooking eggs? Look at the following pictures and fill in the blanks with *scrambled egg*, *boiled egg* or *poached egg*.



a



b



c

C Choose a type of egg from Exercise B. Write simple instructions on how to prepare it.

Before you start, think about:

- What equipment will you need? pan, frying pan, grill, wooden spoon, etc.
- What ingredients will you need? egg, butter, vinegar, milk, salt, pepper, etc.
- What special vocabulary will you need? boil, scramble, stir, simmer, etc.



GRAMMAR



A Complete the questions using *many / much* or *are / is*.

- How _____ cereal _____ in the bowl?
There is none.
- How _____ cookies _____ on the table?
There are three pieces.
- How _____ eggs _____ in the refrigerator?
There is a dozen eggs.
- How _____ salt did you put in this omelet?
A little bit.
- How _____ chicken _____ left?
There is a bowl of chicken.

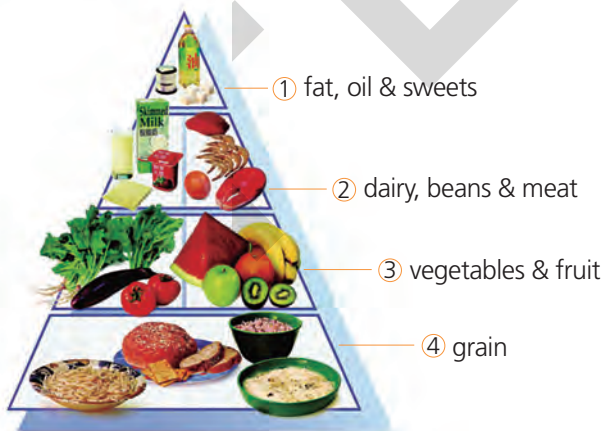
GRAMMAR NOTE



一些名词是可数的——你可以数得清它们，如 apple, book, car 和 tree。可数名词后可以加s表示复数。反之，一些名词是不可数的，如 milk, bread 和 rice。我们不能在这些名词后加s。

B Classify the food according to "countable", "uncountable" and the Food Pyramid (食物金字塔).

- flour
- candy
- rice
- garlic
- carrot
- tofu
- milk
- chicken wing
- chocolate
- bread
- butter
- mushroom



	Countable	Uncountable
①		
②		
③		
④		



A Watch the video. Read the statements. Write T (true) or F (false).

- 1 Alyssa is a vegetarian.
- 2 Miyuki buys a lot of meat.
- 3 Kevin doesn't buy milk.
- 4 Dayanne has a bottle of orange juice in the refrigerator.
- 5 Jennifer loves grocery shopping.



B Watch the video again. Fill in the blanks.

- 1 **Alyssa:** When I go shopping, I buy lots of _____ (meat / fruits) and vegetables.
- 2 **Miyuki:** I usually buy some _____ (fruit / rice).
- 3 **Jennifer:** I hate _____ (grocery / food) shopping.
- 4 **Dayanne:** In my refrigerator, I have a bottle of orange juice, a bottle of milk, some _____ (bread / rice) and some apples.
- 5 **Kevin:** I normally buy fruits, vegetables, some deli meats like turkey and ham, orange juice, milk, bread, and maybe a few magazines and some _____ (cookies / potato chips).

C Answer the questions. Tell your own story.

- 1 **What do you usually buy at the grocery store?**
I usually buy _____.
- 2 **How often do you go grocery shopping?**
I go grocery shopping every _____.
- 3 **Can you cook? How often do you cook?**
Yes, I can. I cook _____.
No, I can't.

WORDS & EXPRESSIONS

deli / 'deli / n. 熟食店

grab / græb / v. 抓住; 强夺

grocery / 'græsəri / n. 食品杂货; 超级市场

ham / hæm / n. 火腿

normally / 'nɔ:məli / adv. 通常; 平常

turkey / 'tɜ:ki / n. 火鸡肉

vegetarian / ,vedʒə'teəriən / n. 素食者

ice cube (加入饮料中的) 小方冰块



00:05 / 02:00





MY LEARNING LOG

WORDS

Words I have learned in this unit are:

- | | | |
|------------------------------------|-----------------------------------|----------------------------------|
| <input type="checkbox"/> bacon | <input type="checkbox"/> cheese | <input type="checkbox"/> pudding |
| <input type="checkbox"/> basically | <input type="checkbox"/> fruit | <input type="checkbox"/> sausage |
| <input type="checkbox"/> besides | <input type="checkbox"/> mushroom | <input type="checkbox"/> toast |
| <input type="checkbox"/> café | <input type="checkbox"/> pizza | |
| <input type="checkbox"/> cake | <input type="checkbox"/> pour | |

Now I know _____ new words.

More words I have learned in this unit are:

EXPRESSIONS

Expressions I have learned in this unit are:

- | | |
|--|---------------------------------------|
| <input type="checkbox"/> blow out | <input type="checkbox"/> laver bread |
| <input type="checkbox"/> Don't bother. | <input type="checkbox"/> potato chips |
| <input type="checkbox"/> give sb. a hand | |

Great! Now I know _____ useful expressions.

More useful expressions I have learned in this unit are:

I CAN

- talk about breakfast and nutrition.
- decline food politely.
- use countable and uncountable nouns.

I CAN EVEN

- write a recipe.

Next Unit