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“Let’s make a shopping list.”

GOALS

- Learn how to describe food
- Learn how to talk about shopping
- Learn how to use *so, such, too, enough*

WARM-UP

Tick the items in the cart on the shopping list. What meal could you make with them?



Shopping list

- | | |
|---------------------------------|-----------------------------------|
| <input type="checkbox"/> garlic | <input type="checkbox"/> oil |
| <input type="checkbox"/> toast | <input type="checkbox"/> salt |
| <input type="checkbox"/> egg | <input type="checkbox"/> milk |
| <input type="checkbox"/> cheese | <input type="checkbox"/> meatloaf |
| <input type="checkbox"/> tomato | <input type="checkbox"/> cabbage |
| <input type="checkbox"/> butter | <input type="checkbox"/> ketchup |
| <input type="checkbox"/> pepper | <input type="checkbox"/> potato |



VOCABULARY BUILDER



A Listen and repeat.



ingredients



garlic



dozen



ketchup



spices



pounds



meatloaf



gallons

B Complete the sentences with words from Exercise A.

- 1 Basil and oregano are both _____. You add them to food to improve the flavor.
- 2 A sauce made from tomatoes is called _____.
- 3 We need to buy three _____ of meat.
- 4 We need to buy two _____ of milk.
- 5 Another way to say twelve is to say a(n) _____.
- 6 I won't be able to make the cake. I don't have all the _____.
- 7 Chop up some _____. You don't need much, as the taste is very strong.
- 8 I am a big meat-eater. My favorite food is _____.

LANGUAGE NOTE



pound 和 **gallon** 是英语中常见的计量单位, pound 用于计量重量, gallon 用于计量体积。pound 和 gallon 与公制单位之间的换算如下:

1 US gallon (美制加仑) = 3.79 liters

1 UK gallon (英制加仑) = 4.55 liters

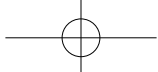
1 pound = 0.45 kilogram

CULTURAL NOTES



spice: 香料。罗勒 (basil) 和牛至 (oregano) 是西餐中的常用香料。罗勒, 味浓, 经常和烤肉一起搭配, 也会用于意大利面中。牛至, 香中带微苦, 多用于意大利菜的烹调。

meatloaf: 肉糕。肉糕在主菜中比较常见, 不同国家或地区肉糕的形状、配料及烹调方法各不相同。中国的肉糕品种因地而异, 其中湖北麻城的“肉糕席”在《舌尖上的中国》中有所介绍。



C Listen and complete the passage.

Hello and welcome to the cooking channel. I'm your host, Jamie Spoon. Today, we will be making rich and (1) _____ tomato basil soup. To make this soup, here are the (2) _____ you will need: four tomatoes, four cups of tomato juice, four leaves of fresh basil, one cup of cream, half a cup of (3) _____ and some salt and pepper. Now, I will show you how to make the soup. First, you put the tomatoes and tomato juice into a pot and heat it for 30 minutes. Then you add the basil leaves, cream and butter. Season it with salt and (4) _____. Now stir it until the butter is (5) _____. Remember! You don't want to let it boil. Keep it at a medium heat. After five more minutes, it should be ready. Enjoy! See you next week.

D Look at the spider diagram. Think about the headings linked to shopping. Add more ideas to each category.



WORDS & EXPRESSIONS



dozen /'dʌzən/ *n.* 一打; 十二个

gallon /'gælən/ *n.* 加仑

garlic /'gɑ:lɪk/ *n.* 蒜

ingredient /m'grɪ:diənt/ *n.* 食材

#ketchup /'ketʃəp/ *n.* 番茄酱

#meatloaf /mi:t'ləʊf/ *n.* 肉糕

pound (lb.) /paʊnd/ *n.* 磅

#spice /spaɪs/ *n.* 香料; 调味品



SHOW TIME



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



a



b



c



d

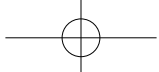
- 1 Hector shows Mrs. Sanchez an onion and some garlic.
- 2 Mrs. Sanchez checks her shopping list.
- 3 Hector checks the refrigerator to see what they have.
- 4 Hector counts how many eggs there are.

B Circle the items Mrs. Sanchez needs to buy.

- | | |
|-------------------------|-------------------|
| 1 2 lbs. of ground beef | 7 bread crumbs |
| 2 a dozen eggs | 8 milk |
| 3 onion | 9 salt and pepper |
| 4 garlic | 10 oregano |
| 5 green bell pepper | 11 basil |
| 6 ketchup | 12 ice cream |



00:05 / 03:00



C Watch the video again. Complete the conversation.

Mrs. Sanchez: Can you help me check the shopping (1) _____?

Hector: Sure, just read it to me and I'll check it.

Mrs. Sanchez: OK. Two (2) _____ of ground beef.

Hector: We've got some (3) _____, but no ground beef.

Mrs. Sanchez: OK. A(n) (4) _____ eggs.

Hector: We've only got one egg. I don't suppose that's enough.

Mrs. Sanchez: Hardly. What about (5) _____?

Hector: We've got an onion and some garlic, too.

Mrs. Sanchez: Good. Those are my secret ingredients. Um, look in the refrigerator again. Do we have a green bell (6) _____?

Hector: We have a red bell pepper. Isn't that good enough?

Mrs. Sanchez: Oh no, we really need a green bell pepper. Oh, what else do we need?

D Put the events in order according to the video.

- 1 Hector reminds his mother to buy ice cream.
- 2 Mrs. Sanchez reads her list, and Hector checks to see if they have the items.
- 3 Hector agrees to help his mother with a shopping list.
- 4 Mrs. Sanchez thanks Hector and leaves.
- 5 Hector enters the kitchen where his mother is writing a list.



WORDS & EXPRESSIONS



absolutely /æbsə'lʊtli/ *adv.* 完全地; 绝对

#basil /'bæzəl/ *n.* 罗勒

check /tʃek/ *v.* 检查; 核对

ground /graʊnd/ *adj.* 磨碎的

#oregano /ə'regənəʊ/ *n.* 牛至

#rack /ræk/ *n.* 搁物架; 挂物架

bell pepper 甜椒

bread crumb 面包屑





Singles' Day, shopping spree

November 11th, also called “Double 11”, is Singles' Day in China and the red-letter day in every shopper's calendar. It is China's largest shopping festival and the retail industry's most important 24 hours of the year, according to a report by a consumer research group. The findings of this report show that many shoppers stay up late and take the shopping festival as the one day of the year they could not do without.

Showing off on social media

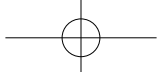
Typical participants on “Double 11” shopping spree are young professional women working in junior positions. Many female respondents to the survey said they posted photos of their purchases on social media for their friends to admire. Hu Xuanling, 23, said she was looking forward to showing off her “loot” during “Double 11”, particularly for popular products which she has bought at a discount. “That only makes them look much better,” she said.

Team work: ready, steady, shop!

As the day has increased in popularity, some shoppers have even established their own traditions. Hu Xuanling admitted to teaming up with friends and colleagues, saying, “My friends and I even have tactics, like splitting up into teams for different products, to make sure everyone gets his or her favorite. It is so much fun.”

The report concludes that because of the success of “Double 11” shopping spree, similar online shopping festivals are emerging, such as, “6·18” and “12·12”. It also predicts that with online shopping becoming more and more popular, more cashless payments will be made in China than ever before.





A Choose the best answer.

- 1 What happens on November 11th in China?
 - a Online shops sell items at low prices, so there is a big shopping festival.
 - b Shops close for one day, so the salesclerks can have a break.
 - c People stay up late and have a big party.
- 2 Which group of people is most likely to enjoy "Double 11" shopping festival?
 - a Young professional women in junior positions.
 - b Young professional men in junior positions.
 - c Male and female college students.
- 3 Why do some shoppers use social media on November 11th?
 - a To post pictures of the food they have eaten.
 - b To show pictures of what they have bought.
 - c To send messages of thanks to shops.
- 4 What tactic do some shoppers use to get even more bargains?
 - a They get together with friends and work as a team.
 - b They borrow money from the bank on November 11th.
 - c They don't go to work that day.
- 5 According to the writer, why will more cashless payments be made in China in the future?
 - a People don't like to carry money around with them.
 - b People aren't earning as much money as they did before.
 - c More and more people are shopping online.

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

- 1 November 11th is China's largest online shopping festival.
- 2 Hu Xuanling likes to post photos online of what she has bought on November 11th.
- 3 On November 11th, everyone shops alone.
- 4 "Double 11" is not the only shopping festival in China.

WORDS & EXPRESSIONS



calendar /kæləndə/ *n.* 日历

emerge /ɪmɜːdʒ/ *v.* 出现; 兴起

female /fiːmeɪl/ *adj.* 女(性)的; 雌的

#loot /lu:t/ *n.* 战利品; 掠夺物

participant /pɑːtɪsəpənt/ *n.* 参加者; 参与者

popularity /pɒpjə'lærəti/ *n.* 流行; 普及

predict /prɪ'dɪkt/ *v.* 预测; 预料

purchase /pɜːtʃəs/ *n.* 购得物; 购买

retail /riːteɪl/ *n.* 零售

#spree /spriː/ *n.* 狂欢; 作乐

#tactic /tæktɪk/ *n.* 方法; 策略

typical /tɪpɪkəl/ *adj.* 典型的; 特有的

at a discount 打折

red-letter day 重要纪念日; 喜庆日

show off 炫耀; 展示

split up 分开; 分离



READING

C Complete the sentences with words or expressions from the boxes.

split up

tactics

emerging

at a discount

red-letter days

typical

- I only ever cook this meal on _____, because it takes a long time to cook.
- We've lost another basketball game! We need to change our _____.
- This rain and wind is _____ of the weather we usually get here.
- I love your shoes!
—Thanks. I got them _____.
- Let's _____ into four groups and work separately.
- The sun is _____ from behind the clouds.

D Choose the correct words or expressions to complete the sentences.

- Classical music isn't always very _____ (popularity / popular) with young people.
- Last night we _____ (stay up late / stayed up late) and watched a film.
- Jerry admitted to _____ (feeling / feel) hurt by what I said.
- I'm _____ (looking forward / looking up) to summer vacation because I need a break!
- The university is _____ (teaming up with / teaming in with) a school in England for the research project.
- Would you like to _____ (participant / participate) in our summer camp?

E Have you ever been on a shopping spree? Do you have other tactics to get what you want?

1



Elsa

I always use 4G network instead of Wi-Fi, for 4G is faster.

2



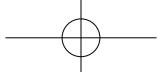
Sam

I decide what to buy ahead to avoid buying unnecessary things.

3



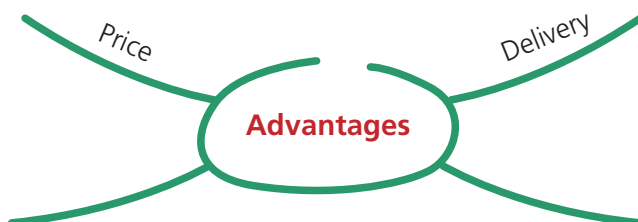
You



BEYOND THE TEXT

- A** Shopping festivals like November 11th have both advantages and disadvantages. Share your ideas with a partner and complete the spider diagrams.

Buy things at low prices.



Retailers may raise prices before the sale date.



- B** Buy Nothing Day is an international day of protesting against consumerism. Read the poster. What does it want to say? Do you agree or not? Share your reasons with a partner.

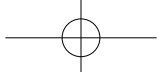
无消费日 (Buy Nothing Day) 是抗议消费主义的一个节日, 由加拿大艺术家最先发起。参加者需在这一天24小时内拒绝购买任何商品。该节日重在唤起人们关注浪费资源的消费习惯。为表抗议, 在美国和加拿大, 无消费日的活动定在美国感恩节的后一天, 也就是美国的“黑色星期五”当天举行。

DON'T BUY SOMETHING
MAKE SOMETHING
TALK SOMETHING
COOK SOMETHING
SING SOMETHING
DO SOMETHING
GROW SOMETHING
THINK SOMETHING

BUY NOTHING DAY

TOTAL £0.00

NOVEMBER 23RD, 2018
PLEASE KEEP THIS FOR YOUR RECORDS
WWW.BUYNOTHINGDAY.CO.UK



CHAT TIME



A Listen and complete the conversation.

Stanley: It's almost Thanksgiving. What are you going to cook this year?

Christine: Actually, I just finished my Thanksgiving shopping list.

Stanley: (1) _____?

Christine: First, we'll have green beans and onion soup.

Stanley: I love onion soup!

Christine: Then, for the main course we'll have turkey with mashed potatoes and cranberry sauce.

Stanley: (2) _____?

Christine: For dessert I'll make my famous pumpkin pie.

Stanley: Pumpkin pie is my favorite food. (3) _____?

Christine: Sure, no problem. I'll email it to you later.

Stanley: Thanks!



B Ask your partner about the Mid-autumn Festival.



Sam

Do you celebrate the Mid-autumn Festival?



Sam

Have you ever cooked a big meal? What did you cook? For whom?



Sam

What time of year do you see your family the most?



You



You

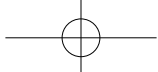


You

LANGUAGE NOTE





Thanksgiving (感恩节) 是美国和加拿大的全国性节日。在其他国家, 也有类似的庆祝活动。美国的感恩节是11月的第4个星期四, 加拿大的感恩节是10月的第2个星期一。Thanksgiving 的意思是“give thanks”, 表达对丰收的感恩。感恩节的传统食物是火鸡。




C Work with a partner.
Talk about how you
spend the Spring
Festival.


 =A  =B

 Greet B. Ask B about his / her plans for the Spring Festival.

Tell A you are going shopping. 

 Ask B what he / she is going to buy.

Tell A what you are going to buy (food, fireworks, red lanterns, couplets, etc.). Ask A about his / her plans for the Spring Festival. 

 Tell B about what you are planning to do (sit and watch the TV celebrations together), and what you are going to eat (seafood, chicken, dumplings, etc.).

EXAMPLE

A: I'm so excited! The Spring Festival is coming. What are your plans?
B: Well, I'm just getting ready to do my festival shopping this weekend.
A: What are you going to buy?
B: We're having a big meal with family and friends, so I'll be getting ingredients for the dinner.
...

Useful language

- How do you usually prepare for the Spring Festival?
- Before the festival, we usually clean the house thoroughly to get rid of the bad luck and welcome the New Year.
- We make special purchases for the New Year.
- How is your Spring Festival holiday going?
- This year, I received a lot of red packets.
- The best part of the Spring Festival is getting together with family and friends.
- I love letting off fireworks during the Spring Festival.
- After the family reunion dinner, we usually watch the Spring Festival Gala and stay up until the dawn.

WORDS & EXPRESSIONS



cranberry /'krænbəri/ *n.* 越橘

pumpkin /'pʌmpkɪn/ *n.* 南瓜

mashed potatoes 土豆泥

pumpkin pie 南瓜派



WRITING

An internship advertisement (实习广告)

A Read the advertisement. What is being advertised?

- a An internship in a shopping mall.
- b A college course.
- c A job opportunity for a waiter.

Vacancies

Resumes

Resources

A chance to work in Sunrise Mall!

With so many people looking for work, it's important to stand out from the competition. Why not apply for an internship in our busy store?

Vacancy: salesclerk

Requirements:

- ▶ A recent college graduate
- ▶ Have good people skills
- ▶ Enjoy working as a team

In return, you'll get on-the-job training and gain valuable work experience.

Hours of work: 2 or 3 days per week, for at least 3 months

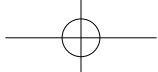
Salary: \$10 per hour

Please send your resume to hr@sunrisemall.com.

[Click to apply](#)

B Read the advertisement again and:

- a circle the name of the shopping mall
- b **highlight** the skills needed
- c underline the salary
- d draw a box around the hours of work
- e draw a wavy line underneath where you need to send your resume



C Match the two halves to make sentences.

- | | |
|---|--|
| 1 Join our | a new skills. |
| 2 Learn lots of | b for more information. |
| 3 You'll be | c training will be given. |
| 4 Contact Sarah Greene at sarah@hotmail.com | d friendly team. |
| 5 Experience is not required as | e good with people and a real team player. |

D Look at the companies who are offering internships. What skills would be needed for each one? Can you think of any more?

- great customer service skills
- experience of handling money
- strong swimming ability
- high level of physical fitness
- excellent writing skills
- being able to meet deadlines

LOOKING FOR INTERNS

Swim Haven
Looking for lifeguards



Skills needed:

- _____
- _____

Internships 2018

Fresh! Fashion Magazine
Looking for reporters



Skills needed:

- _____
- _____

INTERNSHIPS

Burger Mania
Looking for waiters and waitresses



Skills needed:

- _____
- _____

E Choose one of the companies from Exercise D and write an advertisement for an internship. Remember to include:

- company name
- hours of work
- salary
- where to send resume / how to apply
- skills needed
- benefits of doing the internship



GRAMMAR



A Complete the sentences using *so*, *such*, *too* or *enough*.

- I'm _____ old to be playing this game. I should stop.
- Do we have _____ soup for everyone?
- There are _____ many students in this class.
- It is _____ a cold day. I don't want to leave the house.
- The test was _____ hard that I couldn't finish it.

GRAMMAR NOTE



so, such, too, enough 的用法

- so** 和 *very* 意思相同，用于形容词和副词前；还可以构成 *so... that...* 句型，表示结果。
- such** 和 *very* 意思相同，用于形容词和名词前；还可以构成 *such... that...* 句型，表示结果。
- too** 表示“太，过于”，用于形容词和副词前。与可数名词搭配时，使用 *too many*；与不可数名词搭配时，使用 *too much*。
- enough** 表示“足够的，足够地”，用于名词前和形容词后。*enough* 常与 *to + verb* 搭配。

B Complete the conversation with *too much*, *too many*, *so*, or *such*.

Elle: Right, so what do we need? We need some biscuits.

Fred: Are you sure? I think we've got (1) _____ at home. There's no more room in the cupboard!

Elle: You can never have (2) _____ biscuits, Fred.

Fred: Ten packets? Calm down, don't be (3) _____ crazy.

Elle: These ones are (4) _____ a bargain though, Fred. Look! Only \$2 a packet. It's a saving in the long run.

Fred: OK. Why are you putting all of that chocolate in the cart? We've already had (5) _____ at home.

Elle: Fred, you can be (6) _____ short-sighted at times. You know how slippery the roads are at the moment with this snow. I don't think we'd last (7) _____ days without food if we couldn't get to the shops. Do you?

Fred: OK. That's enough now. Really. This cart has far (8) _____ food in it. I don't think I'll have enough money to pay for it!





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

- 1 Brad's favorite food is jambalaya.
- 2 Thales loves chicken.
- 3 Dayanne is from New Orleans.
- 4 Dan is a vegetarian.
- 5 Alejandra likes chocolate.



B Watch the video again. Fill in the blanks.

- 1 **Brad:** My favorite food is jambalaya, which is a _____ (Cajun / Spanish) food from New Orleans.
- 2 **Dennis:** I like _____ (mild / spicy) food and I like my vegetables really crispy. I don't want them overcooked or soggy.
- 3 **Dayanne:** My favorite food is rice and beans. And why do I like rice and beans? Rice and beans are very healthy for you, but I don't like them if they are too _____ (hot / salty) or buttery.
- 4 **Thales:** My favorite food is chicken, is grilled chicken, because it's healthy. It has less _____ (spices / oil) than other foods.
- 5 **Brad:** Jambalaya contains chicken, _____ (beans / onions) and rice.

C Answer the questions. Tell your own story.

1 **What is your favorite food?**

My favorite food is...

2 **What food do you dislike?**

I dislike...

3 **Can you cook? What can you make?**

I can make...

WORDS & EXPRESSIONS



Brazilian /brə'zɪliən/ *n.* 巴西人

Cajun /keɪdʒən/ *adj.* 卡津人的

crispy /'krɪspi/ *adj.* 酥脆的; 易碎的

greasy /'ɡri:si/ *adj.* 油腻的; 含脂肪多的

grilled /grɪld/ *adj.* 烤的; 焙的

jambalaya /dʒæmbə'laɪə/ *n.* 什锦饭

overcooked /əʊvə'kʊkt/ *adj.* 煮得过久的

soggy /'sɒɡi/ *adj.* 浸水的; 透湿的

New Orleans 新奥尔良



00:05 / 02:00





MY LEARNING LOG

WORDS

Words I have learned in this unit are:

- | | | | |
|-------------------------------------|-------------------------------------|--------------------------------------|----------------------------------|
| <input type="checkbox"/> absolutely | <input type="checkbox"/> emerge | <input type="checkbox"/> ketchup | <input type="checkbox"/> pound |
| <input type="checkbox"/> calendar | <input type="checkbox"/> gallon | <input type="checkbox"/> meatloaf | <input type="checkbox"/> retail |
| <input type="checkbox"/> consumer | <input type="checkbox"/> garlic | <input type="checkbox"/> participant | <input type="checkbox"/> spice |
| <input type="checkbox"/> dozen | <input type="checkbox"/> ingredient | <input type="checkbox"/> popularity | <input type="checkbox"/> typical |

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"/> at a discount | <input type="checkbox"/> red-letter day | <input type="checkbox"/> stay up |
| <input type="checkbox"/> bell pepper | <input type="checkbox"/> show off | |
| <input type="checkbox"/> bread crumb | <input type="checkbox"/> split up | |

Great! Now I know _____ useful expressions.

More useful expressions I have learned in this unit are:

I CAN

- describe food.
- talk about shopping.
- use *so, such, too, enough*.

I EVEN CAN

- write an internship advertisement.

Next Unit