

FOOD

You are What You Eat



WORLD MARKETS

Markets can be the best places to see the daily life of a city and to eat some fantastic local food. Today, read about different markets around the world.

1 COOK AS YOU SHOP

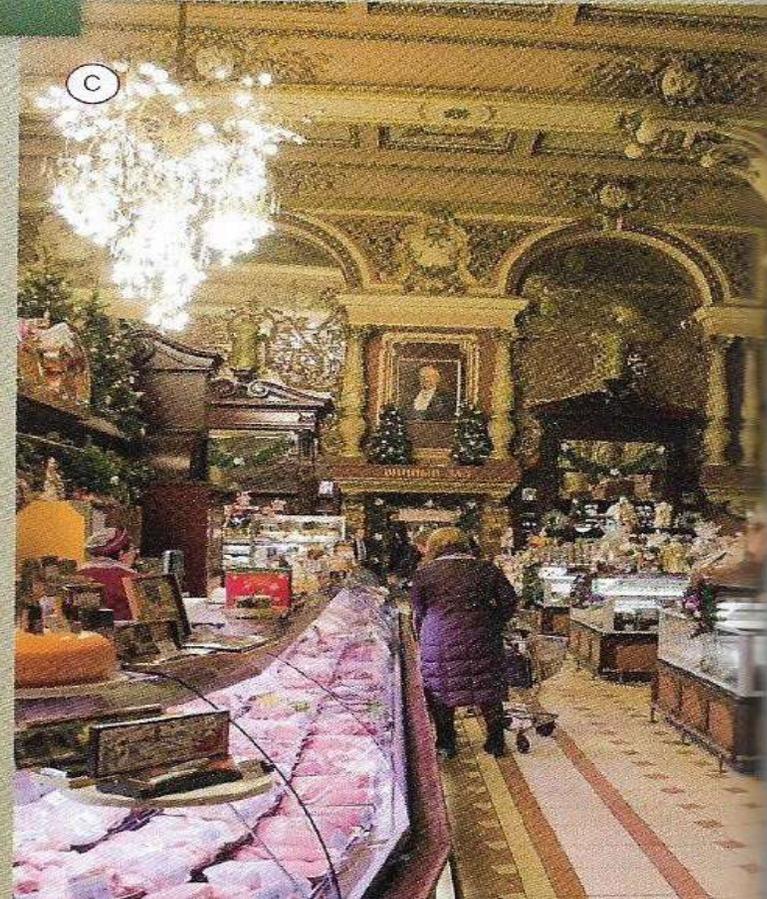
If you want to buy food and learn how to cook it at the same time, go to the Union Square Greenmarket in New York. It's open four days a week and it has about 250,000 customers. Farmers from all of New York State sell food there. You can find different kinds of fruit and vegetables, such as potatoes, carrots, mushrooms and tomatoes. The farmers show the best ways to cook the food and you can even try the dishes they make for free!

2 FRESH ITALIAN FOOD

Italian food is famous all over the world. You can find pasta and a pizza restaurant in almost any city but one of the best places to try it is in Modena, Italy. There you can find the Mercato Albinelli. It's not a big market, but the food's amazing. Many Italians go there to buy some fresh pasta made by hand – you can't get better pasta anywhere else! You can also buy fresh meat, fruit and vegetables and, of course, fantastic cheese and bread.

3 FOOD AND HISTORY

In the centre of Moscow on Tverskaya Street, you can visit a beautiful and historic building. Inside there's Yeliseyevsky's Food Hall, a large market with things to eat and drink. From chocolate to fish, you can find just about anything at Yeliseyevsky's. For Russians, it's a popular place to go for a quick snack. Many tourists also visit because it's fun to go and look at the beautiful building and try some interesting food. It's open 24 hours a day, so you can't ever be hungry!





 **2.7** Listen and answer the questions.

- 1 Does Milly want to cook?
- 2 Who doesn't want to do anything at the weekend – Tom or Milly?
- 3 Where do they buy food at the weekend – at the supermarket or farmers' market?
- 4 Who says they can pay – Tom or Milly?

 **2.7** Listen again. Tick (✓) the food on the shopping list that Tom and Milly need.

Meat:

chicken

steak

fish

Vegetables:

carrots

an onion

potatoes

tomatoes

mushrooms

Countable and Uncountable

Express. Of Quantity	Count Nouns	Non-count
One Each Every	One orange Each orange Every orange	- - -
Two Both A couple of Three, four, etc. A few Several Many A number of	Two apples Both apples A couple of grapes Three durians A few mangos Several apples Many shops A number of olives	- - - - - - - -
A little Much A great deal of	- - -	A little rice Much rice A great deal of rice
Not any/ no Some A lot of Lots of Plenty of Most All	Not any/no apples ✓ ✓ ✓ ✓ ✓ ✓ ✓	✓ ✓ ✓ ✓ ✓ ✓ ✓



Grammar: A/An, Some, and Any

Complete the sentence with the words in the box. Listen and check

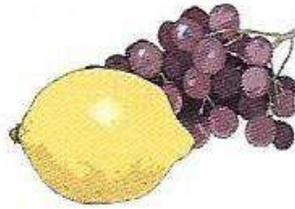
Some A/An Any

1. We've got potatoes.
2. Have we got mushrooms?
3. And I need onion.
4. I haven't got money

- Make list on countable and uncountable thing (5 each)
- Make 2 sentences (1 countable and 1 uncountable)

Countable and uncountable nouns

We can count some things (e.g. *one lemon, eight grapes*). These things (e.g. *lemon, grape*) are **countable** nouns. They can be singular (e.g. *lemon*) or plural (e.g. *lemons*).



We can't count some things (e.g. *cheese* NOT ~~*one cheese*~~; *pasta* NOT ~~*two pastas*~~). These things (e.g. *cheese, pasta*) are **uncountable** nouns. They can only be singular (e.g. *cheese*), not plural (~~*cheeses*~~).



a / an

We use *a / an* with singular nouns. *a / an* means *one*. We can't use them with plurals or uncountable nouns.

We use *a* before a consonant sound:

***a* lemon, *a* potato**

We use *an* before a vowel sound (*a, e, i, o, u*):

***an* onion, *an* egg**



some / any

We use *some / any* with plural and uncountable nouns. We use *some / any* when we do not need to say the exact amount.

We use *some* in positive sentences:

*I'd like **some** potatoes.*

We use *any* in negative sentences and questions:

*We haven't got **any** potatoes.*

*Have you got **any** potatoes?*



Countable	singular	<i>a / an</i> <i>I've got a lemon.</i> <i>I don't need an onion.</i>
	plural	<i>some / any</i> <i>We'd like some grapes.</i> <i>We don't want any potatoes.</i>
Uncountable		<i>some / any</i> <i>They've got some pasta.</i> <i>Do you want any cheese?</i>

These common nouns are uncountable:

*money music hair furniture fruit water cheese
butter bread rice meat chicken = meat fish = meat*

Food and Culinary are Parts of Tradition



- Food and tradition, any comment on this?
- What do you think when you watch the video?
- Do you have any tradition in your family regarding to eating?

Eating Tradition

1. Sumatra
2. India
3. Egypt
4. Arab
5. China
6. Korea
7. Vietnam
8. Thailand
9. Europe
10. Nepal
11. Java
12. Japan
13. Africa
14. Hawaii



Practice:

You may browse eating tradition from all over the world. It can be the food itself or the celebration.

For example: China and its Moon Cake. Moon has become the center of Chinese tradition. The calendar is Lunar calendar that focus on moon's rotation. A full moon symbolizes prosperity and reunion for the whole family as the cake is made for celebrating harvest festival.

