ENGLISH PRE ADVANCED
Lesson 4 | Are we afraid of Food?
Learning Objectives

After this lesson, students will be able to:

1. Define the what Fear Food is.
2. Test listening and comprehension through the talk about food.
3. Employ partitives in examples.
4. Restate different ways of how food is cooked.
5. Express one’s idea of food superstitions.
6. Figure the different quantifiers and their purpose and rules.
7. Discuss Cibophobia and the 13 food phobias that exist.
8. Define idiomatic expressions using context clues.
Warm Up

“Tell me what you eat, and I will tell you who you are”.

- Jean Anthelme Brillat-Savarin

WARM UP

a. What do you think of the quote above?
b. What food do you think represents your country?
c. What is your favorite foreign cuisine?
d. Do you live to eat or eat to live?
Introduction

What is Fear Food?

The term ‘fear food’ is used to describe certain foods a person is afraid to eat, possibly because of negative thoughts and feelings about the nutritional content. It might not be confined to particular items but can include whole food groups. When sufferers eat these foods, they may experience guilt and shame, so they avoid them.

There are a number of reasons fear foods develop, including: bad memories attached to a certain food; comments and views of family and friends about that food; messages from the media; fashionable or cultural ideas. Fear food has even been triggered by nutritional material which is intended to be informative and valuable, for example, a public health campaign intended to counter obesity in children could trigger eating disorders, including fear food.

Ponder this!

Is there something you avoid eating? What is it? Why?

Source: Afraid to eat certain food? ‘Fear Food’ Treatment for Teenagers, Children & Young People (ellernmede.org)
Listening Activity 4.1  Are we afraid of food?

1. It only takes a tiny piece of peanut to cause a big allergic reaction in some people.
2. Dr Marianne Williams is a nutritionist.
3. For roughly the first month of life the immune system is switched off in essence.
4. Sterile environment is decreasing in the western world.
5. The immune system is our body’s defense against infection.
6. People have started to believe that certain foods - like gluten or dairy - are good for us
7. Rickets affect children who don’t have enough to eat.
8. Middle-class parents are spending money to give them foods with ingredients taken out.

What substance is used to treat a severe allergic reaction?

a) penicillin?
b) adrenalin?
c) aspirin?
Food Partitives

Common Food Quantifiers (Partitives)

<table>
<thead>
<tr>
<th>Specify amounts or units</th>
<th>Specify a quantity by shape</th>
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<tbody>
<tr>
<td>a spoonful of</td>
<td>a lump of</td>
</tr>
<tr>
<td>a glass of</td>
<td>a chunk of</td>
</tr>
<tr>
<td>a bottle of</td>
<td>a hunk of</td>
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<tr>
<td>a cup of</td>
<td>a stalk of</td>
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<tr>
<td>a mug of</td>
<td>a spear of</td>
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<tr>
<td>a pot of</td>
<td>a stick of</td>
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<td>a glass of</td>
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<td>a stein of</td>
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<td>a barrel of</td>
<td>a wheel of</td>
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<td>a pitcher of</td>
<td>a slice of</td>
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<td>a gallon of</td>
<td>a pod of</td>
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<td>a litre of</td>
<td>a bunch of</td>
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<td>a peck of</td>
<td>a pile of</td>
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<td>a bag of</td>
<td>a stack of</td>
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<td>a sack of</td>
<td>a leaf of</td>
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<td>a box of</td>
<td>a sheet of</td>
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<td>a tin of</td>
<td>a bar of</td>
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<tr>
<td>a carton of</td>
<td>a square of</td>
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<tr>
<td>a plate of</td>
<td>a cube of</td>
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<tr>
<td>a bowl of</td>
<td>a block of</td>
</tr>
<tr>
<td>a pound of</td>
<td>a loaf of</td>
</tr>
<tr>
<td>a kilo of</td>
<td>a dash of</td>
</tr>
<tr>
<td>a bushel of</td>
<td>a pinch of</td>
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</tbody>
</table>

Give example of each partitive using the types of food on the right as your reference.

Types of Food

- Snacks
- Dairy Products
- Fruits
- Vegetables
- Meat
- Spices
- Frozen Food
- Condiments
- Herbs
- Fish
- Canned Foods
Vocabulary Exercise

Match the words with their definition.

A. To immerse in rapidly boiling water and allow to cook slightly.
B. To incorporate two or more ingredients thoroughly.
C. To heat a liquid until bubbles break continually on the surface.
D. To cut solids into pieces with a sharp knife or other chopping device.
E. To combine ingredients usually by stirring.
F. To cut food in small cubes of uniform size and shape.
G. To sprinkle drops of liquid lightly over food in a casual manner.
H. To cook in hot fat. To cook in a fat is called pan-frying or sautéing.
I. To decorate a dish both to enhance its appearance and to provide a flavourful foil.
J. To process solids by hand or mechanically to reduce them to tiny particles.
K. To cook and/or brown food in a small amount of hot fat.
L. To combine ingredients with a lifting motion.
M. To cut or chop food into extremely small pieces.
N. To cook in small amounts of fat.
O. To cook very gently in hot liquid kept just below the boiling point.
Reading Exercise

Food around the world

NEW YEAR
In China people eat eight, ten or twelve dishes of food at New Year. This is because an even number means double the luck. A lot of the food at New Year has a special meaning. Seaweed means good luck and long noodles mean long life. They eat whole vegetables and don’t use knives to cut things, because this means the end of your good luck. In Russia there is lots of food on the table so the next year will be happy and plentiful. At 11.59 people open champagne and wait for the clock to strike twelve. Then they make a toast for the New Year. They wish everybody good luck and happiness. In Spain people eat twelve grapes – one with each chime of the clock at midnight. This brings good luck for the next twelve months. But it is difficult to eat twelve grapes in twelve seconds, so people usually have a mouth full of grapes at the end!

WEDDINGS
Italians eat doughnuts in the shape of bowties for good luck. They also eat sugared almonds when they hope for a baby. Many years ago in Britain the father of the bride gave the groom ‘honey mead’ (a honey drink) for a whole month. In this way the couple had a month of sweetness and happiness. We have now changed the word to ‘honeymoon’ - the holiday a couple goes on after their wedding.

BIRTHDAYS
When a child is born in China, the father gives red eggs to his friends and family – an even number for a girl and an odd number for a boy. The birthday party started in Europe in the Middle Ages. People were afraid of ghosts and bad spirits on their birthdays. Friends and family came to visit you with presents to stop them. In Mexico people fill a paper animal with sweets. Children close their eyes and hit the animal until the sweets fall out. Then everybody eats the sweets.
Reading Comprehension

Choose the correct word.

1. In China people eat an even / odd number of dishes of food.
2. In China knives are good / bad luck.
3. In Spain people eat twelve grapes before / after the clock strikes midnight.
4. In Italy sugared almonds are given to / for a baby at weddings.
5. In the Middle Ages people came / didn’t come to your house to stop bad spirits.
6. In Mexico children hit a paper animal with their eyes open / closed.

Free Response

What food superstitions are your familiar with?

A condiment  A fruit  A vegetable  A dish  A beverage
Quantifiers

We use quantifiers when we want to give someone information about the number of something: how much or how many.

- For both count and uncount (non-count) nouns:
  - all, any, enough, less, a lot of, lots of, more, most, no, none of, some
  - plenty of, heaps of, a load of, loads of, tons of, etc.
  - a couple of, hundreds of, thousands of, etc..

- and some more colloquial forms:
  - both, each, either, (a) few, fewer, neither, several
  - a great deal of, a good deal of

- Some quantifiers can be used only with count nouns:
  - both, each, either, (a) few, fewer, neither, several
  - a great deal of, a good deal of

- with abstract nouns:
  - a great deal of, a good deal of

- Singular quantifiers:

  ❖ Sometimes we use a quantifier in the place of a determiner:
    - Most children start school at the age of five.
    - We ate some bread and butter.

  ❖ You can put a noun after a quantifier when you are talking about members of a group in general:
    - Few snakes are dangerous.
    - Both brothers work with their father.

  ❖ ...but if you are talking about a specific group of people or things, use of the ... as well
    - Few of the snakes are dangerous.
    - All of the children live at home.

  ❖ Note that, if we are talking about two people or things we use the quantifiers both, either and neither

  ❖ BUT: We do not use a determiner with every and each.
Choose the appropriate quantifiers to complete the sentences.

1. ---- of our time was wasted in the hotel room on holiday because the weather was bad although it was summer time.
   a. a few         b. little         c. many         d. plenty
2. She took ---- books with her while going on holiday but she read only a few of them during her stay.
   a. much         b. none          c. plenty       d. a lot of
3. ---- of the teachers thought the academic term wouldn’t be enough to cover all the subjects so a number of units of the book were skipped.
   a. most         b. no            c. none         d. Much
4. I’d like to have helped my friend but I had very ---- time so I had to refuse her.
   a. Few          b. plenty        c. a little     d. little
5. ---- the workers in the factory have decided to stop working until their demand for a pay-rise has been met.
   a. the whole    b. Some          c. most         d. all
6. Although there are ---- brilliant students in this state, only a few will choose to remain in the state after graduation.
   a. plenty       b. Much          c. many         d. none
7. ---- of the animals that live in the desert are nocturnal.
   a. much         b. some          c. each         d. every
8. The dietary habits of a child often have ---- to do with that child’s eating habits as an adult
   a. little       b) whole       c) every       d) a great amount  e) most
9. In the first ---- months of life, an infant learns how to lift its head, how to smile and how to recognize its parents.
   a. many        b) a lot        c) any         d) the number of  e) few
Useful Expressions

Cibophobia – 13 Weird Food Phobias People Actually Have

Lachanophobia
Xocolatophobia
Alliumphobia
Deipnophobia
Mageirocophobia
Mycophobia
Arachibutyrophobia
Fructophobia
Acerophobia
Méthyphobia
Ichthyophobia
Alektrophobia
Consecotaleophobia

Source: 13 Weird Food Phobias People Actually Have | Eat This, Not That!
Idiomatic Expressions

What do the following idioms mean?

Her attitude was as sour as vinegar making it difficult for her to keep friends.

My neighbor is a salt of the Earth type and always helps out when she can.

In the end, her hard work bore fruit and she was accepted into the college of her dreams.

My aunt and mom are like two peas in a pod and think exactly alike.

Use the idioms to make sentences.
Express Yourself

1. How often do you think about food?
2. Can you eat anything?
3. Can you go without food for a whole day?
4. Do you have to watch what you eat?
5. Do you think your country’s food is the best?
6. What kinds of international cuisine do you like?
7. Have your favourite kinds of food changed over the years?
8. What do you think about food additives?
9. Do you care where the food you eat comes from?
10. What national dishes from your country would you recommend to the world?
11. Do you worry about the rising cost of food?
12. Do you think the world’s food will ever run out?
13. What do you think of genetically-modified (GM) food?