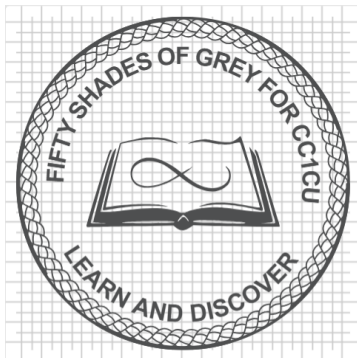




INTRODUCTION TO COOKING

Intermediate level



The course is available in colour
with active links on
romyswebsite.org

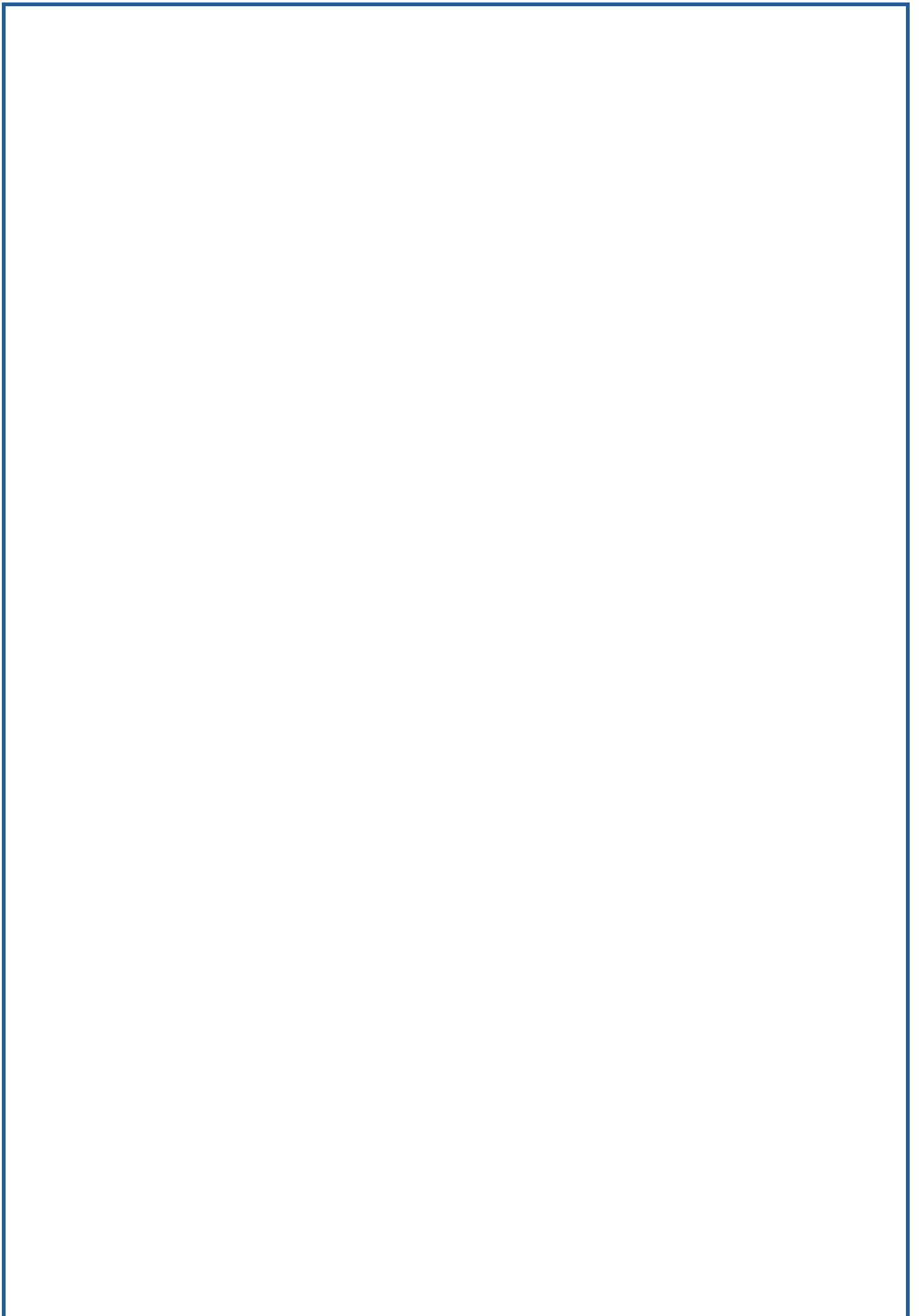
This booklet belongs to

- full name
- class

TOPIC I

THE CV AND THE COVER LETTER

1. Characteristics of a good CV
2. Qualities of good employers and employees
3. The cover letter
4. Create your own CV and cover letter



1. CHARACTERISTICS OF A GOOD CV



Study the following CV carefully to see how the information about Romy Schmit is presented.

- It is concise: the information is presented on one page. It can thus be scanned and filtered by an Applicant Tracking System (ATS).
- There are no distractive elements (images, logos or backgrounds).
- The photo will be attached with a paper clip.
- The texts are properly aligned.
- The font is simple and clear.
- The professional experience and the professional development as well as the educational summary have been presented in reverse chronological order.
- The CV has been proofread (spellchecked) carefully.
- Potential employers will receive the document as a PDF file.
- The CV focusses on a job in education.
- The job includes only essential personal details (no date/place of birth, ethnicity, gender, sexual orientation, marital status, etc.).
- There is no or little information on early schooling or hobbies.

Complete the CV with the headings from the box.

Communication skills	Interests	Professional Development
Digital competence	Languages	Professional Experience
Educational Summary	Personal Details	Other skills

CURRICULUM VITAE

Romaine (Romy) Schmit
10a Baachhiel
L-5682 DALHEIM
Telephone (mobile) (+352) 621 31 81 48
E-mail romaine.schmit@education.lu
Date of birth 15 January 1966
Nationality Luxembourger



2.

September 2017 – present EFL-teacher working at the 'Ecole de la Deuxième Chance' [now 'Ecole nationale pour Adultes'], Luxembourg
2007 - 2015 EFL-teacher working part-time at the Ministry of Education, developing policies on language teaching and media studies
2005 - 2017 EFL-teacher at the Lycée Technique 'Ecole de Commerce et de Gestion', Luxembourg
1993 - 2005 EFL-teacher at the Centre de Langues [now 'Institut National des Langues'], Luxembourg

3.

1999 - present Regular training (standardisation) sessions by Cambridge ESOL for oral examiners (I am currently accredited for KET, PET, FCE and CAE)
July 2010 Language testing at Lancaster (weeks 1 and 2)
July 2007 Department of Linguistics and English Language, Lancaster University
July 2004 Multimedia and New Technology in Language Education
Norwich Institute for Language Education, Great Britain

4.

1999 Degree of Master of Education,
1996 - 1999 University of Nottingham, Great Britain
1989 Degree of Bachelor of Arts in English with the award of Honours Class II(ii)
1986 - 1989 University of Leicester, Great Britain
1986 Certificat d'Études Littéraires et de Sciences Humaines
1985 – 1986 Cours Universitaires de Luxembourg, Département des Lettres et des Sciences Humaines, Section des Lettres anglaises
1985 Diplôme de Fin d'Études Secondaires
1978 - 1985 Lycée Robert-Schuman, Luxembourg

5.

Mother tongue Luxembourgish
Other languages German C2, English C2, French C2, Italian B1, Dutch A2

6.

I lived in various countries and have a good command of several languages. Consequently, I find it easy to communicate with all kinds of people.

7.

Good command of Microsoft Office Word and PowerPoint
Working knowledge of various kinds of software and tools

8.

Travelling, cooking, doing handicrafts

9.

Driving licence: A and B

2. QUALITIES OF EMPLOYERS AND EMPLOYEES

Make sure you know what the following adjectives mean. Look up any adjective you do not know.

accountable / responsible	creative and innovative	enthusiastic	proactive
accurate	curious	goal-oriented	productive
adaptable / flexible	customer-focused	honest	professional
ambitious	decisive	independent	punctual
approachable	detail-oriented / meticulous	intuitive	reliable / dependable
charismatic	determined	loyal	resilient
committed	diligent	motivated	result-oriented
communicative	eager to learn	organised	team-oriented
competent	easy-going	patient	tech-savvy
confident	efficient	perceptive	trustworthy
dependable	open-minded	positive	versatile

Work in teams of 3 or 4.

Which qualities are the most important for employers and which for employees?

Are there qualities which both should have?

The teacher will give you cards with the above adjectives.

Decide which 10 adjectives are relevant to refer to employers and which 10 adjectives are relevant to refer to employees. Place them on the Venn diagram on the respective space by order of relevance (from most important at the top to least important at the bottom)? If there are qualities that are important for both, place them in the middle of the diagram (intersection).

Compare your diagram with the diagrams of other teams.

3. COVER LETTER

Fill the gaps (1-11) with the passages (a-k) to complete the letter of application.

1.

2.

3.

4.

5.

6.

7.

8.

9.

[signature]

10.

a. Romaine (Romy) SCHMIT

Romaine (Romy) SCHMIT

b. 10 a Baachhiel

L-5682 DALHEIM

c. Dear Sir or Madam

d. I am attaching my curriculum vitae for your information, and I would like to thank you for taking time to consider this application. I would be pleased to discuss my curriculum vitae with you in more detail at an interview. In the meantime, please do not hesitate to contact me if you require further information. I look forward to hearing from you.

e. I am writing to enquire if you have any vacancies for internships in your company. Currently, I am attending a [class] at ENAD (École nationale pour Adultes), 17, rue Marguerite de Brabant, L-1254 Luxembourg. As part of my course, I am required to do an internship in which I can learn about the responsibilities of the work profile I would like to have in future. The internship is for [mention the duration and time/date].

f. I am a conscientious person who works hard and pays attention to detail. I am flexible, quick to pick up new skills and eager to learn from others. I also have lots of ideas and enthusiasm. I am keen to work for a company with a great reputation and high profile like [name of the company you are applying to].

g. Application for internship

h. Ministère de l'Éducation
nationale, de l'Enfance et de la
Jeunesse
L-2926 LUXEMBOURG

j. Yours faithfully

k. 26th July 2024

Write your answers here

1	2	3	4	5	6	7	8	9	10

4. CREATE YOUR OWN CV AND COVER LETTER

There is no need for you to start from scratch when you need a CV and / or a cover letter in English. There are a lot of excellent examples of such documents on the internet. However, whatever you select from these examples must fit the post you are applying for perfectly.

Write your own CV and write a cover letter in English. You can use the websites below for inspiration. You can also create a digital version of your CV on

<https://europa.eu/europass/en>

CV or resumé

[Chef Resume Examples & Templates \(2024\) – Resume .io](#)

[Chef Resume Examples – Templates, Skills & Writing Tips \(resume-now.com\)](#)

Cover letter

[How to write a chef cover letter \(with template and example\) | Indeed.com UK](#)

[Chef Cover Letter Samples \[Writing Tips & Guide\] \(jobhero.com\)](#)

[Chef Cover Letter Sample \[Free Download\] \(resumegenius.com\)](#)



Make sure your CV stands out
for the right reasons....

TOPIC II

DEALING WITH CUSTOMERS

- 1. Making reservations**
- 2. Dates and times**
- 3. Welcoming diners**
- 4. Taking orders and presenting the bill**

1. MAKING RESERVATIONS

Booking a table

Useful phrases

Customer



Reason

I would like to make a reservation for this evening.

I'd like to make a reservation for this evening.

I would like to book a table for this evening.

I'd like to book a table for this evening.

Do you have any tables available this evening?

Number of people

I need a table for five people for 6 pm.

Position of the table

Can I have a table by the window?

Can I have a table on the terrace?

We would like to be seated inside?

Occasion

It is my daughter's birthday. Can we have a birthday cake?

Employee of the restaurant



Greeting

Good evening. ELT restaurant how can I help you?

Date / time

When would you like to come?

Number of people

How many people will be coming?

Location

Would you like a table inside or outside?

Offer

I have a table on the terrace for five available at 6.15 pm.

Would that suit you?

Refusal

I am sorry. We don't have anything available at 6 o'clock. Would 7.30 be OK?

I am afraid we have no more tables available tonight.

I am afraid we are booked out tonight.

Booking

Could I have your name, please?

How do you spell that?

Role play 'Booking a table at a restaurant'

Work with different partners. Play alternately the role of the customer who phones to book a table and the role of the restaurant employee who makes a reservation. Sit back-to-back to simulate a telephone conversation.

Remember!

The restaurant needs the following pieces of information:

- the name;
- the number of people;
- the date and the time.

TABLE RESERVATION

Template

Table Reservations

Date: _____

Time	Party Size	Name	Phone Number	Table No	Notes



Watch the video I'd like to make a reservation - A family lunch (3:48)

<https://www.youtube.com/watch?v=ZodU-8P36vo>

2. Dates and times

Saving the date

Different ways of writing the date

There are several different ways to write the date in English. They vary from formal (longer versions) to informal, and there are differences between British and American English. Whereas in British English the day comes before the month, in American English the month comes before the day. The months start with a capital letter.

The following tables show some typical formats.

UK	
1.	15 th January 2020
2.	15 March 2020
3.	15/3/2020
4.	15/3/20
5.	15/03/20

US	
1.	January 15 th , 2020
2.	March 15, 2020
3.	3/15/2020
4.	3/15/20
5.	03/15/20

The numerical formats may use a full stop (.) or hyphen (-) instead of a slash (/), e.g. 14.3.2020 or 03-14-20.

When filling in forms, you are often told which format to use

e.g. UK (dd/mm/yyyy) or US (mm/dd/yyyy).

When you have a form with boxes to fill in, write one number in each box.

If the date consists of single numbers, you have to put a 0 first to fill all the boxes.

Example	5th January 2023																
	<table border="1"><tr><td>0</td><td>5</td><td>0</td><td>1</td><td>2</td><td>0</td><td>2</td><td>3</td></tr><tr><td>0</td><td>5</td><td>0</td><td>1</td><td>2</td><td>3</td><td></td><td></td></tr></table>	0	5	0	1	2	0	2	3	0	5	0	1	2	3		
0	5	0	1	2	0	2	3										
0	5	0	1	2	3												

Saying a date

If you want to ask what day of the week it is, say:

*What day is it today? or What's the day today?
What day is it tomorrow? or What's the day tomorrow?*

To answer these questions you can say,

*It's Monday today. or Today is Monday.
It's Tuesday tomorrow. or Tomorrow is Tuesday.*

If you want to ask what the date is, say:

*What's the date today? or What's today's date?
What's the date tomorrow? or What's tomorrow's date?*

To answer these questions you can say,

*It's 1st January. / Today is 1st January.
Tomorrow is 2nd January.*

In English ordinal numbers are used to refer to the days in dates, even if they are not written. Moreover, the words 'the' and 'of' are added.

e.g. *The New Year begins on 1 January. Is said /The New Year begins on the first of January./*

The way you say the year depends on the year:

Year	You say	Example
up to 1000	the number you see	
from 1000 to 2000	the year as two numbers	1066 – ten sixty six 1985 – nineteen eighty-five
from 2000 to 2010	the word 'thousand'	2000 – two thousand 2002 – two thousand two
from 2010	the year as two numbers or the word 'thousand'	2023 – twenty twenty-three or 2023 – two thousand twenty-three
<i>Note</i> 1400 – fourteen hundred, 1800 – eighteen hundred For the first years of previous centuries, we add '0' is added, e.g. 1801 – eighteen o one		

Centuries and decades

Ordinal numbers are used to refer to centuries whereas cardinal numbers are used to refer to decades.

Centuries are periods of one hundred years.

e.g. 0-99 = the first century, 1800-1899 = the nineteenth century, 1900-1999 = the twentieth century

Decades are periods of ten years.

1920-1929 = the twenties / the 20s, 1960-1969 = the sixties / the 60s

Historical dates

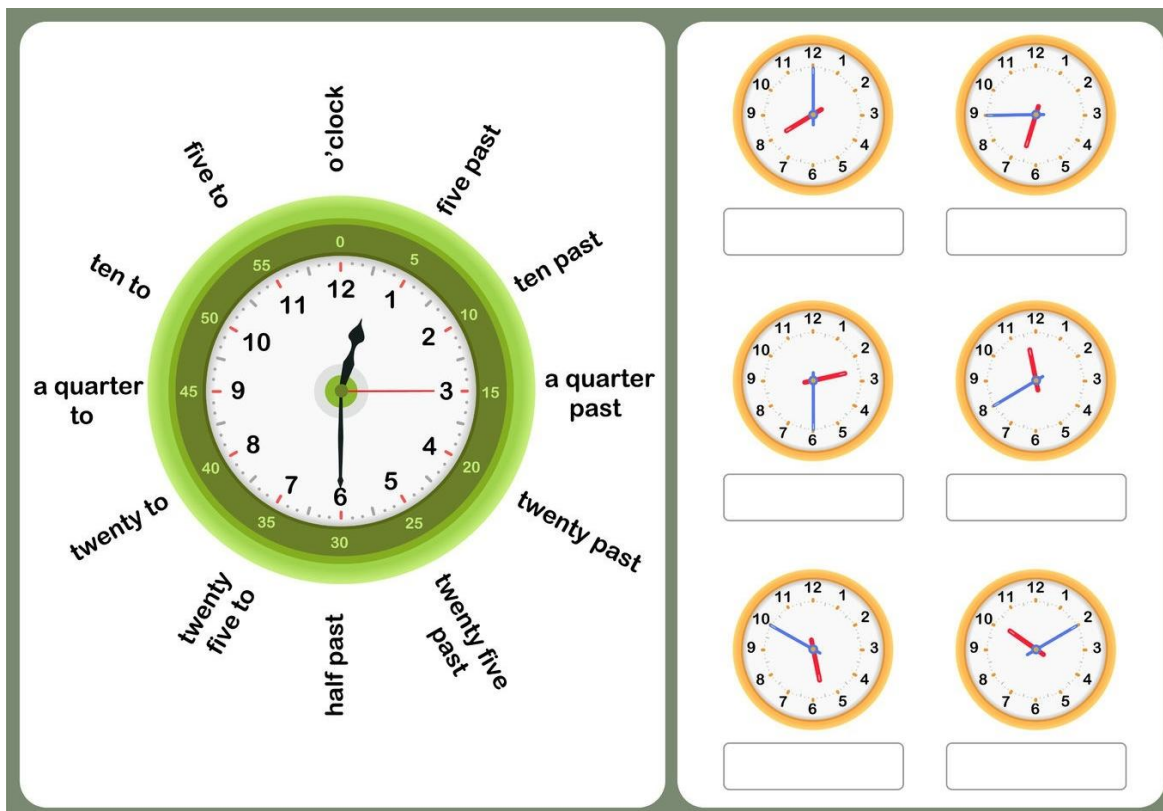
When you talk about a year in the distant past, you can use

- B.C. for 'before Christ', e.g. *The first Olympic Games were in 776 B.C.*
- A.D. for 'Anno Domini' – the year of the Lord, marking the birth of Christ

However, it's only necessary to add A.D. when it is unclear which time period is being referred to, e.g. *Romulus Augustulus was the last Roman Emperor from 475-476 A.D.*

2. Telling the time

What is the time? or What time is it?



There are a number of ways to tell time in English. For example, 12:30 can be expressed as:

half past twelve or twelve thirty

Look at the rules for telling time in English.

Use "past" to say times after the hour until half past, or 30 minutes past the hour.

Use "to" to say times before the hour from 31 minutes until the full hour.

Use "o'clock" only at the full hour e.g. It's eight o'clock

To avoid using "past" and "to", say the time by hour and then minutes, e.g. It's seven twenty-five.

When speaking about the different times of the day use in the morning, in the afternoon, in the evening.

Write AM/am and PM/pm















Be careful! Use at night NOT in the night.

Example: My Day

I get up at a quarter past seven - that's seven fifteen in the morning. I have breakfast at eight o'clock and then take the bus to work at half past eight. I usually arrive at work at a quarter to nine. Sometimes, the bus is late and I arrive at about nine. My mornings are pretty busy and I like taking a coffee break at twenty to eleven if possible. I then work until lunchtime. In the afternoon, I usually have another break at three fifteen. I usually finish work at a quarter to five and arrive home around six in the evening. At night, I usually go to bed at eleven o'clock.

Practice

What time is it? or What's the time? Match the digital clocks (1-7) with the analogue clocks (a-g).

1.			a.
2.			b.
3.			c.
4.			d.
5.			e.
6.			f.
7.			g.

Write your answers here

1	2	3	4	5	6	7
d						

For online practice, go to the

<https://www.visnos.com/demos/clock>



What dog keeps time best?

A watchdog.

What time is it? or What's the time?



Why did the student throw his watch out of the school window?

He wanted to see time fly

Match the time expressions (1-20) with the alternatives or explanations (a-u). There is an example (0).



TIME EXPRESSION	ALTERNATIVE OR EXPLANATION
0. afternoon	a. a period of 24 hours
1. autumn / fall	b. a period of seven days, either from Monday to Sunday or from Sunday to Saturday
2. century	c. a period of 10 years
3. day	d. a period of 100 years
4. decade	e. a period of 1000 years
5. evening	f. any day except Saturday and Sunday
6. millennium	g. any of the four main periods of the year
7. month	h. any of the twelve periods of time into which the year is divided
8. morning	i. any of the three periods that for example the school year is divided into
9. night	j. any of the two periods that for example the school year is divided into
10. season	k. Saturday and Sunday
11. semester	l. season of the year when the leaves change colour and the weather becomes colder
12. spring	m. the coldest season of the year
13. summer	n. the part of the day when there is no light
14. term	o. the part of the day from noon to evening
15. week	p. the part of the day when most people have time to relax and socialise
16. weekday	q. the part of the day when most people start being active
17. weekend	r. the period from 1 January to 31 December, that is 365 / 366 days
18. winter	s. twenty-four hours a day, seven days a week (used to mean 'all the time')
19. year	t. the season when the plants begin to grow
20. 24/7	u. the warmest season of the year

Write your answers here

0	1	2	3	4	5	6	7	8	9	0	11	12	13	14	15	16	17	18	19	20
o																				

Match the time expressions (1-18) with the alternatives or explanations (a-s). There is an example (0).



TIME EXPRESSION		ALTERNATIVE OR EXPLANATION	
0.	alarm clock	a.	12 o'clock at night
1.	am/a.m./AM/A.M.	b.	12 o'clock in the middle of the day
2.	analogue	c.	a strip of material (e.g. leather) that is used to keep something in place (e.g. the watch on the wrist)
3.	clock	d.	a type of small clock that you wear on your wrist or carry in your pocket
4.	digital	e.	a clock that you can set to ring a bell at a particular time and wake you up
5.	day	f.	a period of 24 hours
6.	face	g.	a watch that you can stop and start by pressing buttons, in order to time a race accurately
7.	hands of the clock	h.	after 12 o'clock noon
8.	hour	i.	an instrument for measuring and showing time in a room, on the wall or on a computer screen
9.	midday / noon	j.	between midnight and midday
10.	midnight	k.	each of the 60 parts of an hour that are equal to 60 seconds
11.	minute	l.	one of the 24 parts that a day is divided into
12.	pm/p.m./pm/p.m.	m.	part of the clock or watch that points to the numbers (hour hand, minute hand, second hand)
13.	second	n.	showing the time by using figures
14.	stopwatch	o.	showing the time using hands that point to numbers
15.	strap or band	p.	the front of a clock or watch that has the numbers or marks that show what time it is
16.	watch	q.	unit for measuring time, there are sixty seconds in one minute
17.	water-resistant	r.	which does not let water through easily
18.	waterproof	s.	which does not let water through

Write your answers here

0	1	2	3	4	5	6	7	8	9	0	11	12	13	14	15	16	17	18
e																		

Read the following article and decide if the sentences (1-8) are true or false. If there is not enough information in the text, tick '?' for doesn't say. There is an example at the beginning (0).¹



Clock switch to summer time

Hour advance on Sunday morning -
spring has sprung now clocks go forward

Published on Saturday, 25 March 2017 at 08:46

Spring officially began last Monday with the days becoming longer and the nights shorter. This means an annual time change is due and on Sunday, March 26, clocks go forward one hour.

The 60-minute time change across Europe officially happens at 2am when the clock hands should be advanced to 3am.

It won't be until October this year that the return to winter time will occur, a preferred time change for many, as we gain an extra hour in bed.

There are actually three time zones across the continent with Ireland, the United Kingdom and Portugal sharing Greenwich Mean Time (GMT) while most of Europe is on Central European Time (CET), also known as "Berlin Meridian" or GMT+1. Finland and eastern European countries are an hour ahead of CET and enjoy Eastern European Time (EET).

The time changes are in fact a European directive which states that all countries across the continent must begin summer time on the last Sunday of March and winter time on the last Sunday of October regardless of which time zone they are in.

	True	False	?
0. The clocks are changed when spring begins.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
1. Spring always begins on Monday.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. The change is a 60-minute time change.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. In Europe people get up at 2 am to change their clocks.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. According to the article, this year winter begins in October.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. In Europe there are three time zones.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. In autumn people are allowed to sleep longer thanks to the time change.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. GMT stands for General Mean Time.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. All the European countries change time every year.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

¹ Article adapted from: <http://www.wort.lu/en/lifestyle/hour-advance-on-sunday-morning-spring-has-sprung-now-clocks-go-forward-58d620e1a5e74263e13ac897>

Welcoming diners²

Put the sentences in the boxes below in the correct order. The first one has been done for you.

Then listen to the recordings of the respective conversations to check your answers.

	_____	Certainly. Let me give you some menus.	
	_____	1 Good evening, sir, madam.	
D A N I E L L E	_____	I'll come back to take your order in a few moments.	_____
	_____	May I take your coats?	_____
	_____	Of course, we also have some specials on the board.	_____
	_____	The specials today are rack of lamb, lemon sole and a vegetarian pasta dish.	_____
	_____	Welcome to the Metro restaurant.	_____
	_____	Would you like an aperitive before you order?	_____
			D I N E R S

Taking orders and presenting the bill

For starters

Put the sentences in the boxes below in the correct order. The first one has been done for you.

Then listen to the recordings of the respective conversations to check your answers.

	_____	An excellent choice, madam. Are you going to have a glass of wine?	_____
	_____	1 Good afternoon, madam. Are you ready to order?	_____
D A N I E L L E	_____	Of course. I'll be back in a moment.	_____
	_____	Of course. Still or sparkling?	_____
	_____	Very good, madam. What are you going to have?	_____
	_____		_____
	_____		_____
			D I N E R

² From Mike Seymour (2011) *Hotel & Hospitality English*, Collins

After the main course

Put the sentences in the boxes below in the correct order. The first one has been done for you.

Then listen to the recordings of the respective conversations to check your answers.

D A N I E L L E	_____	Can I bring you anything else? A coffee or a digestif, perhaps?	_____	And then could I have the bill please?
	_____	Here's your bill, sir. Please put your card in the terminal, enter your PIN, and then press the green OK button.	_____	Can I pay by credit card?
	_____	How were your main courses? Was everything OK?	_____	Could we just have two espressos?
	_____	Of course.	_____	OK. Then I'll use my VISA card.
	_____	Of course, sir. I'll be back right away with your coffees.	_____	No, thank you. I think we'll skip the dessert.
	1	Sorry to interrupt. May I clear away your plates?	_____	Yes, please do. We've finished.
	_____	Would you like to see the dessert menu?	_____	Yes, thank you. It was all excellent.
	_____	Yes, sir ... Oh, I'm afraid we don't accept that kind of credit card, sir, only VISA and Mastercard.		

**D
I
N
E
R
S**

TOPIC III

POLITE BEHAVIOUR




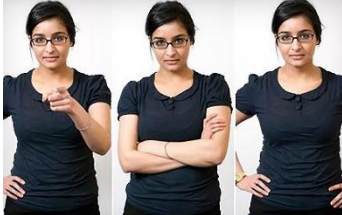
- 1. Good and bad manners in and around Luxembourg**
- 2. Good and bad manners around the world**
- 3. Non-verbal communication - mind your fingers**

1. GOOD AND BAD MANNERS IN AND AROUND LUXEMBOURG

Bad manners, gestures and body language

Describe the pictures with expressions from the word bank. Discuss with your neighbour if the behaviour represented is acceptable in Luxembourg, in other countries or not?

- bowing
- breast feeding
- coughing and sneezing
- eating with hands
- making eye contact
- making hand gestures
- holding hands
- hugging
- kissing in public
- leaving food on plate
- adopting certain postures
- shaking hands
- slurping food (eating noisily)
- keeping social distance
- spitting in the street

		
1.	2.	3.
		
4.	5.	6.
		
7.	8.	9.
		
10.	11.	12.
		
13.	14.	15.

Rude behaviour³

You will hear five people talk about rude situations. Number the situations from 1 to 5. There is one extra situation, so just leave one square empty!



Listen

again and tick what each person would probably say about the situation?

	It doesn't bother me."	It bothers me a little."	It drives me crazy!"
1.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

³ [Practice Listening English Exercises for B2 - Manners - English Practice Online \(english-practice.net\)](http://www.english-practice.net)

For an online exercise on dos and don'ts, go to

<https://wordwall.net/resource/95891006>

For online videos on manners, go to



The history of manners

https://ed.ted.com/best_of_web/47qL79mj

What it means to have "good manners" is constantly changing. What is considered appropriate.

Duration

14:46

Table Manners 101: Basic Dining Etiquette <https://www.youtube.com/watch?v=FDGGv7z5r2c>

Table Manners - Ultimate How-To Guide To Proper Dining Etiquette For Adults & Children

<https://www.youtube.com/watch?v=SQvV4SNeH-U>

Top 10 STRANGEST Etiquette in other Cultures! List of Table Manners...

<https://www.youtube.com/watch?v=5Bit-zAZ06Q>

Gentlemen's Body Language Etiquette: Polite Ways to Sit, Stand & Walk

<https://www.youtube.com/watch?v=IYgAMHRRPnE&t=18s>



2. GOOD AND BAD MANNERS AROUND THE WORLD

Dining in different countries involves learning the local etiquette – at least if you want to avoid any cultural faux pas. Trying the local cuisine is one of the highlights of discovering foreign countries. But what’s acceptable at the dinner table in one country may not be the case in another.

The paragraphs below describe dining etiquette practices from around the world. Identify these places and complete the text with the correct nationality words (countries, inhabitants, adjectives). Some places occur several times.

Use the ‘Read aloud’ feature of Microsoft word (Review), to learn how the texts are pronounced.

I.	<p>‘Don’t be on time, be late’ in Central America</p>  <p>In 1. _____ and 2. _____, being late for a social event and even a business meeting is socially acceptable. In fact, it is considered rude to be early or on time for an event and being up to 30 minutes late is the norm.</p>
II.	<p>Don’t leave your chopsticks sticking up</p> <p>Never stick your chopsticks vertically in a bowl of rice. However, in 3. _____, it’s an extreme taboo because it reminds people of funerals where a bowl of rice is offered with two chopsticks standing vertically in the centre as an offering to the deceased. Instead, place them across the top of the bowl or next to the bowl if you’re still eating.</p> 
III.	<p>Avoid salt and pepper shakers in 4. _____ and 5. _____</p>  <p>The chances are, you won't find any on an 6. _____ or a 7. _____ table. However, if you feel the need to ask for salt or pepper, be prepared for some mean looks coming in your direction. Asking for salt or pepper is telling the chef that he or she didn't season the dish correctly. You may as well slap the host in the face and say, "This tastes awful."</p>
IV.	<p>Burping / belching at the dinner table is acceptable in much of the Far East.</p> <p>Burping (gently) is seen as a sign of gratitude to the chef in 8. _____ and 9. _____. While you don’t have to participate if you don’t want to, you should remain open-minded to hearing a burp or two at the dining table.</p> 

Slurp loud and proud



V.

Noodle dishes are popular everywhere, but how we show our enjoyment of them varies. In Western culture, we eat as silently as possible. Making any kind of noise is considered rude to those around us. In 10. _____ and 11. _____, it's the opposite.

If you are greeted with a delicious noodle meal, you should slurp for all you're worth. It is considered a great compliment to the chef who prepared your meal. Slurping is the equivalent of saying, "This is absolutely delicious. My compliments to the chef," after your first bite.

Don't lick your fingers in 12. _____

Sharing is at the heart of 13. _____ cuisine. Most dishes are brought out on injera, a large, spongy flatbread which also serves as cutlery. The platter is placed in the middle of the table so that



VI.

everyone can tear off pieces of bread and use it to pick up colourful morsels of stews, curries and salads. Additionally, like in India, eating should only be done with the right hand. It can take a little while to master the art of scooping food with injera, so be prepared to get messy. However, as tempting as it may be, don't lick your fingers during the meal as it's considered rude. Hold out till the end when you wash your hands.



VII.

Don't leave without tipping in 14. _____

Leaving a sit-down restaurant without tipping in 15. _____ is unheard of. You'll often find that waiters go the extra mile to ensure you're well looked after, and if you exit without leaving a gratuity, you

could be seriously impacting their wages. 16. _____ hospitality and service staff rely on tips as they're usually paid below the federal minimum wage. The latter is very low compared to other countries. The accepted amount to tip is 15 to 20 per cent of the bill. In bars, it's standard to tip USD \$1 per drink, so ensure you have some loose bills in your purse.

Always break your bread in 17. _____



VIII.

18. _____ bread is so delicious that it's tempting to dig straight in, but breaking your bread into small pieces is the right thing to do at the table. Don't even think about asking for butter, either; you're supposed to use your bread to mop up the food, as it shows you've really enjoyed the meal.

Don't cut pasta in 19. _____

Never, ever, cut your pasta with a knife in Italy. It's considered sacrilege. Okay, cutting tagliatelle or spaghetti might be more practical than twirling them around your fork, but to do so would mean you miss the whole point of 20. _____ cuisine: to



take your time and savour each bite. If you'd prefer a bite-size pasta, order a rigatoni or orecchiette dish – you'll find plenty of options on the menu. The same rule applies to cooking pasta at home. Breaking pasta in half before adding it to a pan of boiling water is a severe culinary sin in the eyes of an o. _____.

IX

Never flip a fish in 21. _____



If you're served a whole fish while dining out in 22. _____ – which is very common, especially at New Year – you should never flip it over. This is because it's associated with fishermen's boats capsizing and considered a symbol of bad luck. Instead, remove the backbone and set it aside to get to the flesh underneath.

X.

Don't eat with your left hand in 23. _____

Eating with your hands is the norm in many parts of 24. _____. Locals even say it makes the food taste better.



However, you should only ever use your right hand - even if you're left-handed. The left hand is traditionally used for 'unsavoury' activities like wiping yourself after using the bathroom, so using it to eat is considered unclean. You may get away with using your left hand in urban or touristy areas, but you'll probably get a funny look or two in more remote or rural places.

XI.

'You invite, you pay' in 25. _____



Be careful about casual invitations to drinks and meals if you're ever in 26. _____. You may say something like, "Hey, you guys want to grab drinks later?" and think nothing of it. But to 27. _____s it means "Hey, I'm buying drinks for everyone later, tonight's on me!" If you invite people out and don't pay, it is considered extremely rude, and you may lose a few friends over it.

XII.

Never fill your own glass in 28. _____

Here, as in most countries, you pour your own drink when you're thirsty. In 29. _____, this is considered greedy,

XIII.

narcissistic, and even anti-social. In other words, you are being incredibly rude by pouring your beer, wine, or sake into your own

glass. Instead, it is proper to pour for other people at the table first, and they will in turn reciprocate the gesture. If you finish your glass before others do, simply top them off, and you will get the same treatment.



Don't drink a milky coffee after 11 am in 30. _____



XIV.

If you order a cappuccino in 31. _____ after 11 am or – heaven forbid – after lunch or dinner, be prepared to be met with a look of disdain, or maybe even an outright refusal from your waiter. There's an unwritten rule in Italy that cappuccinos should only be consumed at breakfast. Italians

think milk is heavy and filling and believe drinking it later in the day can disrupt digestion. But

what about if you overdo the carbs and fancy (read: need) a post-lunch boost? Do like the

32. _____s and order "Un caffè, per favore". You'll be served a small but caffeine-

packed shot of espresso – most locals drink it with a teaspoon of sugar. Or, if you have room, why

not treat yourself to an indulgent affogato, a dessert of gelato 'drowned' in espresso (affogato

means 'drowned in 33. _____'). Another thing to note is that a cappuccino in

34. _____ doesn't come dusted with chocolate powder; it's more like a flat white.

Oh, and don't ask for a 'latte' unless you want a glass of milk – ask for a "caffè latte".

'No tipping, please' in 35. _____ and 36. _____

In many countries, tipping is not the common practice. In England, for

instance, you tip when the service is exceptional. This is because the

wages of staff are not based on tips. However, in 37. _____,

XV.

tipping is actually considered to be insulting. By tipping, you are

basically saying, "Hey, here's some extra money. Go and get some

training, because you need it." If they don't believe you're being rude, they can also be very

confused by the extra money, thinking you have overpaid. Whether it's a taxi driver or a server,

don't tip in Japan. It's not good manners.



3. NON-VERBAL COMMUNICATION

Communication is far more than just verbal communication

A lot of information is actually conveyed without the use of words. Facial expressions, gestures, body language and eye contact are used across communities and cultures as non-verbal forms of communication. However, hand signs and gestures can vary significantly with regards to meaning depending on the community or the cultural context. Quite a number of them are downright rude. It is therefore important to know their precise meaning before using them.

Mind your fingers

To find out what the different parts of the hand are called, go to

<https://wordwall.net/resource/95996896>

Famous hand gestures and famous people

Read the following excerpts from Wikipedia. Then decide if the statements below the excerpts are true or false. If there is not enough information, tick '?' for does not say.

a. V-sign⁴

From Wikipedia, the free encyclopedia

The V sign is a hand gesture in which the index and middle fingers are raised and parted to make a V shape while the other fingers are clenched. It has various meanings, depending on the circumstances and how it is presented.



When displayed with the palm inward toward the signer, it can be an offensive gesture in some Commonwealth nations (similar to showing the middle finger), dating back to at least 1900. When given with the palm outward, it is to be read as a victory sign ("V for Victory"); this usage was introduced in January 1941 as part of a campaign by the Allies of World War II and made more widely known by Winston Churchill. During the Vietnam War, in the 1960s, the "V sign" with palm outward was widely adopted by the counterculture as a symbol of peace and still today in the United States and worldwide as the "peace sign".



Usage

The meaning of the V sign is partially dependent on the manner in which the hand is positioned. When the palm of the hand is facing inward toward the signer (i.e. the back of the hand faces the observer), this is seen as insulting gesture in Australia, Ireland, New Zealand, South Africa and the United Kingdom.

⁴ https://en.wikipedia.org/wiki/V_sign

b. Hand heart⁵

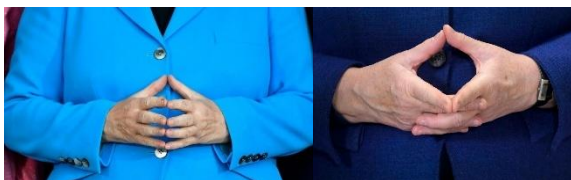
From Wikipedia, the free encyclopedia

A hand heart is a gesture in which a person forms a heart shape using their fingers. The "hand heart" is typically formed by one using both thumbs to form the bottom of the heart, while bending the remaining fingers and having them connect at the fingernails in order to form a heart shape. However, in recent years, the practice has evolved to include people using the index and middle fingers to form the heart, as opposed to using the entire hand. Often, two people will each form half of a heart, conjoining the two as a sign of affection.



c. The Merkel-Raute, former German Chancellor Angela Merkel's trademark gesture⁶

From Wikipedia, the free encyclopedia



The Merkel-Raute (German for "Merkel rhombus"), termed the Merkel diamond, Triangle of Power, or simply, Merkel Hands, by English-speaking media, is a hand gesture made by resting one's hands in front of the stomach so that the fingertips meet, with the thumbs and index fingers forming a rough quadrangular shape. This signature gesture of Angela Merkel, former Chancellor of Germany, has been described as "probably one of the most recognisable hand gestures in the world". Asked about how the *Merkel-Raute* was introduced as her trademark, Merkel stated that "there was always the question, what to do with your arms, and that's how it came about." She chose the gesture without having been assisted by a counsellor because "it contains a certain symmetry".

d. The Vulcan salute⁷

From Wikipedia, the free encyclopedia



The Vulcan salute is a hand gesture popularized by the 1960s television series *Star Trek*. It consists of a raised hand with the palm forward and the thumb extended, while the fingers are parted between the middle and ring finger. The gesture was devised by *Star Trek* actor Leonard Nimoy as a salute for the alien Vulcan species and is popular within the science fiction fandom and nerd culture. The blessing phrase "live long and prosper" (written by Theodore Sturgeon) is frequently spoken alongside the salute.

⁵ https://en.wikipedia.org/wiki/Hand_heart

⁶ <https://en.wikipedia.org/wiki/Merkel-Raute>

⁷ https://en.wikipedia.org/wiki/Vulcan_salute

	True	False	?
1. Winston Churchill invented the V sign.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Winston Churchill was the British prime minister during World War II.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Winston Churchill used the V sign to mean 'victory'.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
In the 1960s, the hippies used the V-sign to mean 'peace'.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. The hand heart is frequently used to pick up people.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Initially the whole hand was used to produce a hand heart.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Two people can produce a hand heart together.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Angela Merkel was always wearing diamond rings.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Angela Merkel is associated with her hand gesture all over the world.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Angela Merkel did not think about doing the Merkel Rhombus, she did it instinctively.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Angela Merkel adopted the gesture because she did not know what else to do with her arms.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. <i>Star Trek</i> was a famous Hollywood blockbuster in the 1960s.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Science fiction fans still use the Vulcan salute to greet one another.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. People often utter a blessing when doing the Vulcan salute.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



Gestures, which are frequently used in Luxembourg

Identify the gestures represented in the online exercise.

<https://wordwall.net/resource/96116480>

Gestures, which can be interpreted in different ways

Find out about the meaning of the following gestures in different cultures. Take notes.

There is an example.

-
In parts of Middle East,
South America, West Africa
giving the middle finger

+
In Western Europe, UK, US,
Australia, Egypt, Israel, Greece,
Sardinia
gesture of approval

thumbs up

thumbs down

'call me' sign or 'shaka' sign

index finger pointing upwards

'rock on' or horn fingers

crossed fingers

okay sign

chin flic

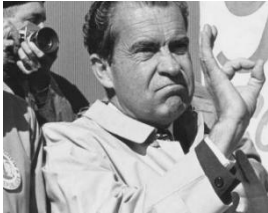
fist pump

looking at / pointing at a watch

Gaffe or not?



In an attempt to be friendly to a group of protesters in Australia, President George H.W. Bush unintentionally delivered the British equivalent of extending the middle finger



When Richard Nixon was the American Vice-President in the 1950s, he visited Sao Paulo in Brazil. On stepping from the plane, he raised his arms offering the OK gesture to the people. In the UK this would have been great but in Brazil it was the equivalent of giving the “middle finger”! Oops!



On 14 December 2008, Iraqi journalist Muntadhar al-Zaidi removed his **shoes** and threw them at United States president George W. **Bush** at a press conference in Baghdad, Iraq. The following video shows the incident and George W. Bush’s reaction:

<https://www.youtube.com/watch?v=RFH7C3vkK4>

For more information about appropriate behaviour in different countries, go to

<https://www.mindtools.com/pages/article/cultural-faux-pas-body-language.htm>

<https://www.verywellmind.com/top-bad-handshakes-3024313>

For more gaffes in relation to etiquette and proper behaviour, go to

Michele Obama hugging the Queen <https://www.youtube.com/watch?v=ZhyfvB0tf14>

Trump’s handshakes <https://www.youtube.com/watch?v=T84se4fc4KU>

Trump appears to ignore requests for a handshake with Angela Merkel

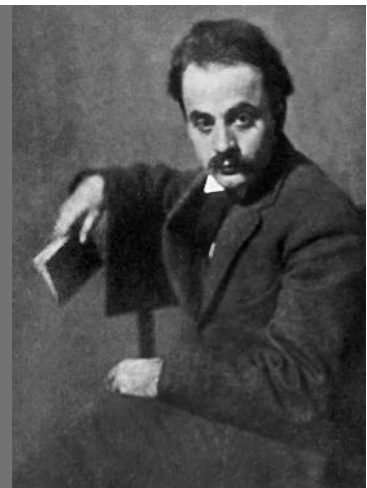
<https://www.youtube.com/watch?v=uLfukuEutIU>

Spanish football boss criticised for kissing World Cup winner

www.youtube.com/watch?v=iHQjV4oiec

‘The real test of good manners is to be able to put up with bad manners pleasantly.’

Gibran Khalil Gibran - جبران خليل جبران
Writer, poet and visual artist, philosopher



TOPIC IV

FARMING

1. The farm – the place where our food is produced
2. Seasonally and locally produced foods
3. Two Luxembourg farms

THE FARM – THE PLACE WHERE MOST OF OUR FOOD IS PRODUCED

The farm – a place where a lot of our food is produced

LET'S DISCOVER LUXEMBOURG – Munshausen

Tourist Centre 'Robbesscheier'

Address

1, Frummeschgaass

L-9766 Munshausen

Tel.: +352 92 17 45 1

Fax: +352 92 93 47

info@touristcenter.lu

www.touristcenter.lu

Discover the lifestyle of our ancestors in 14 exciting and interactive workshops, you can witness how our Blacksmith adapts a new horseshoe, discover how our beekeeper maintains the bee colonies, learn everything about the production of honey, operate old agricultural machinery, visit our old sawmill and learn more about the hay harvest. Learn how farmers once lived with all your senses; see, hear, feel, taste, on a 6-acre site in Munshausen, in the yard in Cornelyshaff Heinerscheid with the small craft brewery in the Water Mill "Rackésmillen in Enscherange.

Opening times

01.03. – 01.01.

Monday – Sunday

10:20 - 16:30

Monday -Tuesday

Open on public holidays

Services

Disabled access

✓

Guided tour

x

Cafeteria / Restaurant

✓

Shop

✓

Label the pictures below with the words form the box.

farmhouse with barn and stables
fields

garden
meadow

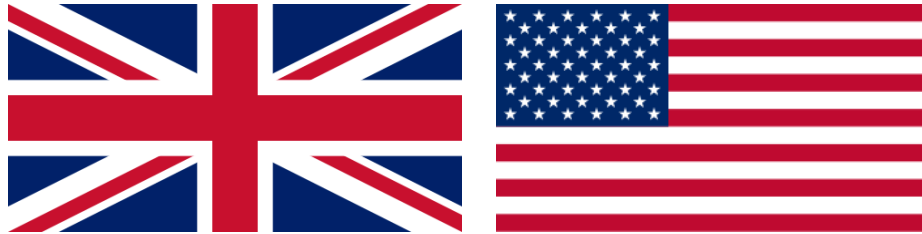
orchard
vineyard



2. SEASONALLY AND LOCALLY PRODUCED FOODS

British English and American English: same food item – different name

Match the British terms on the left with the American equivalents on the right.



Fruits and vegetables

- | | |
|------------------------------|---------------------------|
| 0. aubergine | a. aragula |
| 1. beetroot | b. beets |
| 2. chicory | c. corn |
| 3. courgette | d. eggplant |
| 4. gherkin | e. endive |
| 5. mange tout | f. green onion / scallion |
| 6. (sweet) pepper / capsicum | g. rutabaga |
| 7. rucola | h. (bell) pepper |
| 8. spring onion | i. pickle |
| 9. sweetcorn | j. snow / sugar peas |
| 10. swede | k. zucchini |

Write your answers here	0.	1	2	3	4	5	6	7	8	9	10

For an online exercise on British and American terms for food items, go to

<https://wordwall.net/resource/96247818>

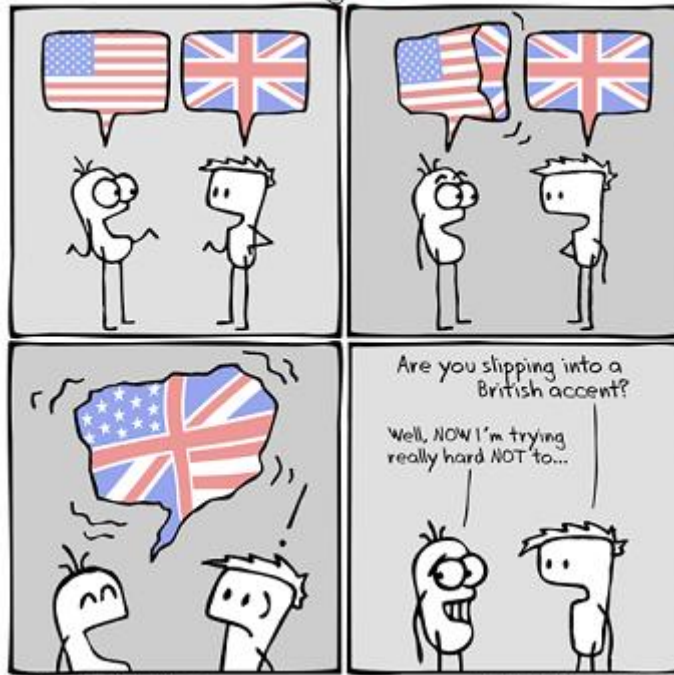


Other foods

- | | |
|---------------------|-----------------|
| 1. banger / sausage | a. candy |
| 2. biscuit | b. chips |
| 3. coriander | c. cilantro |
| 4. crisps | d. cookie |
| 5. chips | e. fish sticks |
| 6. fish fingers | f. French fries |
| 7. gammon / ham | g. granola |
| 8. jam | h. ham |
| 9. lolly | i. jelly |
| 10. muesli | j. popsicle |
| 11. prawns | k. sausage |
| 12. sweets | l. shrimps |

Write your answers here	1	2	3	4	5	6	7	8	9	10	11	12

ITCHY FEET in England



© 2015 - Malachi Ray Rempen

www.itchyfeetcomic.com

Botanical classification and culinary classification: one food item – two classifications

The infographic is divided into two main sections: 'botanical classification' and 'culinary classification'.
Botanical Classification:
- **vegetable:** Illustration shows broccoli, carrot, and green beans. Text: 'a 'vegetable' is a general term encompassing all other edible aspects of the plant, the roots, stems & leaves'.
- **fruit:** Illustration shows a whole tomato and a sliced tomato with seeds. Text: 'a 'fruit' is the plants' way of spreading its seeds; a botanical fruit would have at least one seed & grow from the flower of the plant'.
Culinary Classification:
- **vegetable:** Illustration shows a bowl of mixed vegetables and a bowl of soup. Text: 'a 'vegetable' usually has a tougher texture, tastes blander & often requires cooking in dishes like stews, soups or stir-fries'.
- **fruit:** Illustration shows a jar of strawberry jam and a slice of watermelon. Text: 'a 'fruit' has a soft texture, tends to be either sweet or tart & is often enjoyed raw or in desserts or jams'.
The Eufic logo is in the bottom right corner.

Eating regionally and seasonally produced food

To find out why local and seasonal foodstuffs are setting the trend, go to

<https://regionalsaisonal.lu/en/regional-seasonal/>

The 'regionalsaisonal' calendar tells you which fruits and vegetables you can buy if you want to adopt a sustainable lifestyle.

https://regionalsaisonal.lu/regional/wp-content/uploads/2024/04/MA_Saisonskalenner_EN.pdf

You can find a further tool that helps you to find out when fruits and vegetables are in season across Europe at the following web address

<https://www.eufic.org/en/explore-seasonal-fruit-and-vegetables-in-europe>

Use the tool by EUFIC to find the figures for the current month, namely _____.

Compare and explain the figures of the different countries.

1. How many fruits are seasonal in Luxembourg at the moment / in six months?
2. How many fruits are seasonal in Finland at the moment?
3. How many fruits are seasonal in Malta at the moment?
4. How many vegetables are seasonal in Luxembourg at the moment?
5. How many vegetables are seasonal in Finland at the moment?
6. How many vegetables are seasonal in Malta at the moment?

3. TWO LUXEMBOURG FARMS

'Schéiferei An Dottësch'⁸



HOME ABOUT EVENTS OUR PRODUCTS NEWS

Our products

Home / Our products



Yoghurts

Our yoghurts are made from ewes' milk. They are basically plain yoghurts, but they can be flavoured with seasonal fruit or other flavourings according to your taste.

Ice creams

Our homemade ice creams owe their unique flavours to the top-quality ingredients we use: fresh milk from our pasture-raised ewes, seasonal fruit grown in our own orchards, natural vanilla, cocoa powder etc. Alongside the traditional flavours (such as vanilla, chocolate or coffee), which are on offer all year round, we produce ice cream made with seasonal fruit (such as strawberries or mirabelle plums) or special flavourings, such as speculoos, for instance.



Our prices

Ice cream made from ewes' milk (seasonal and traditional) - 950 ml:	€ 16,00
Ice cream made from ewes' milk (seasonal and traditional) - 480 ml:	€ 8,50
Plain yoghurt - 180 ml	€ 2,50



Bergerie An "Dottësch"
9 A r. du Schlammestee
L-5770 Weiter-la-Tour
Luxembourg



[\(+352\) 26 67 22 17](tel:+35226672217)



[\(+352\) 621 181 707](tel:+352621181707)



dottesch@pt.lu

To obtain our newsletter

Your email address

Opening hours:

Thursday: 4 – 6 pm | Friday: 4 – 7 pm | Saturday: 3 – 7 pm (by appointment)

Mentions légales

Plan du site

Politique de protection des données

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⁸ Inspired by [Produits laitiers pur brebis | Bergerie An "Döttesch" - bergerie-an-dottesch.lu](https://www.bergerie-an-dottesch.lu/fr-FR/Page/Nos-produits)
<https://www.bergerie-an-dottesch.lu/fr-FR/Page/Nos-produits>

Decide if the following statements are true or false.

Tick the respective boxes. If there is not enough information in the text, tick '?' for 'does not say'.

	True	False	?
1. The 'Schéiferei's' offer varies depending on the season.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. The 'Schéiferei' uses normal milk to produce their yoghurts and ice-cream.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. The 'Schéiferei' adapt their products to their customers' desires.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. The 'Schéiferei' have orchards where they grow fruit.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. The 'Schéiferei' produce delicious cheese.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. The 'Schéiferei' is located in Weiler-la-Tour.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. You can buy Mirabelle plum ice-cream all year round.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. It is cheaper to buy ice-cream in bulk (in a large quantity).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. The 'Schéiferei' sell their products on the farm, but also at events, at markets and in supermarkets	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. The 'Schéiferei' is open for visitors at the weekend.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>





STRAUSSEFEST

OSTRICH FESTIVAL

DATE

14th & 15th MAY 2022

TIME

From 11.00 am to 07.00 pm

VENUE

Straussefarm Contern
38, rue des Prés
L-5316 Contern

Big sale of products made from ostriches

- Steak, burgers, sausages
- Eggs
- Leather goods (purses, wallets, bags, belts, shoes...)
- Jewellery

Fun and entertainment



ZAK

For the young ones

- Workshops with Zak (Zesummen Aktiv)
- Bouncy castle
- Pony rides

For all ages

- Guided tours of the farm every half an hour
- Exhibition of painted ostrich eggs

Food and drinks

- Ostrich steak with sautéed potatoes (Luxembourg style) and salad
- Ostrich burgers and sausages
- Veggie burgers and sausages
- Home-made fruit pies and coffee
- Waffles made from ostrich eggs
- Soft drinks (mineral water, coke, fruit juices)
- Luxembourg crémant, beer, wine

Live music from 03.00 pm on both days

- FADE TO GRAY on Saturday
- VOCALINO ON TOUR on Sunday



⁹ Inspired by <https://www.strausenfarm.lu/>

Complete the sentences below by ticking the right box (a, b or c)



1. You are supposed to read and understand
- £ a. an event poster
 - £ b. a web page
 - £ c. a newspaper article



2. The ostrich festival is
- £ a. an afternoon event
 - £ b. a one-day event
 - £ c. a two-day event



3. The event finishes at
- £ a. 3 o'clock in the afternoon
 - £ b. 7 o'clock in the evening
 - £ c. 11 o'clock at night



4. The event takes place
- £ a. on a farm
 - £ b. in a field
 - £ c. on a meadow (= pré, Wiese)



5. There are workshops for
- £ a. Children
 - £ b. Adults
 - £ c. Everybody



6. People CANNOT get
- £ a. leather goods made from ostrich
 - £ b. ostrich egg art
 - £ c. ostrich farming products



7. Visitors can taste
- £ a. barbecued ostrich products
 - £ b. gourmet food made from ostrich
 - £ c. South African cuisine



8. There are bands playing at
- £ a. all day long
 - £ b. at lunchtime
 - £ c. in the afternoon



TOPIC V

FOOD PROCESSING AND PROCESSED FOOD

1. Past participles used as adjectives
2. What is food processing?
3. What is processed food?
4. The present passive – making olive oil

1. PARTICIPLES USED AS ADJECTIVES

Adjectives to describe food

When working in a restaurant, one has to be able to describe food. There are adjectives which describe the quality of the food such as delicious, scrumptious, divine, mouthwatering, etc., but also fresh, healthy, light, tasty etc.. Moreover, adjectives can provide details on the texture (crisp, creamy etc.), flavour (spicy, hot, etc.), colour (golden etc.) and temperature (icy, etc.) of food.

Word formation

A feature which plays an important role in English is word formation. New words are created through processes such as affixation (adding prefixes and suffixes) and compounding (combination of different words).

Participles are verb forms created by adding -ing (present participle) or -ed (past participle) to the verb. Both present and past participles can be used as adjectives.

PRESENT PARTICIPLE	Verb + -ing
PAST PARTICIPLE	Verb + -ed or 3 rd basic form

Example

To surprise

+ -ing = surprising *The variety of dishes on the buffet was surprising.*

+ -ed = surprised *The guests were surprised by the variety of dishes on the buffet.*

To disgust

+ -ing = disgusting *They left the kitchen in a disgusting state.*

+ -ed = disgusted *He was disgusted when he saw the mould on the food leftovers.*

Present participle adjectives

Present participle adjectives are used to describe nouns that cause an emotion or perform actions. Food and drinks can be interesting, boring exciting, amazing, surprising, mouth-watering, refreshing, etc.. Certain kitchen appliances and utensils are used to perform specific actions. In cooking English, such present participles are often part of compound nouns (a combination of words that function as a single word), the 'washing machine', the 'frying pan', the 'serving spoon' etc..

Match the adjectives on the left with the nouns on the right to form compound nouns.

Present participle		Noun	
0.	baking	a.	wine
1.	carving	b.	water
2.	carving	c.	spoon
3.	chopping	d.	powder
4.	frying	e.	pin
5.	roasting	f.	pan
6.	rolling	g.	pan
7.	serving	h.	knife
8.	sparkling	i.	fork
9.	sparkling	j.	board

Write your answers here									
0	1	2	3	4	5	6	7	8	9
d									

Past participle adjectives

Past participle adjectives are used to describe the state of being of nouns as well as the emotions people experience when they are faced with certain situations. Food and drinks often undergo actions before they are used to prepare dishes or to be consumed. Vegetables are washed and cut, fruit are peeled, drinks are cooled, for instance. People can be interested, bored, excited, amazed, surprised, refreshed, etc. by food and drinks, the way food is prepared, the state of a kitchen, etc..

Examples

- chopped Add the **chopped** herbs to the sauce!
- decorated The **decorated** cake looked stunning.
- cooked The **cooked** dinner was ready to be served.
- satisfied The **satisfied** customers left the restaurant with a smile on their faces.

Eight different ways to cook onions



Use the expressions from the word bank to complete the titles overleaf.

boiled	roasted
caramelised	roasted whole
grilled	sautéed
pickled	sweated

1. _____ onions

You obtain these lovely sweet and soft onions by cooking them in oil, butter and brown sugar until they are sweet and golden. Almost any kind of onions can be cooked this way, but red onions work best because of their rich colour and sweetness. These kinds of onions are delicious with frittata or omelette.

2. _____ onions

These onions are perfect for pasta, burgers or pizza. Simply cook sliced onion in oil over a high heat until tender and golden. Shallots are the perfect choice for doing so.

3. _____ onions

Bake **onions** in the oven to achieve sweet and mellow flavours. They are perfect for accompaniment to sausages and mash, steak or a roast dinner. You achieve the best result if you use a large white and yellow onions as their flavour deepens with the slow and low cooking method.

4. _____ onions

These onions are ideal for rice pilaf and white sauces as they retain their translucence as a result of the cooking process where the onions are cooked in a pot over the stove with the lid on. White onions are ideal as they will keep their subtle flavour.

5. _____ onions

Simply heat whole onions in a pan of boiling water to tenderise them so they can be added to dishes like boeuf bourguignon. You can use all kinds of onions, but small pearl onions are ideal.

6. _____ onions

Charring onions on the grill gives them a whole new dimension of smoky sweetness. They are perfect for pairing with grilled meats, burgers or hot dogs. You can use any kind of onion works, red onions, however, are ideal.

7. _____ whole onions

These onions can be roasted in their skin until they are sweet and spreadable. Large white and yellow onions work very well as the skin gives a delicious rich flavour to the delicate flesh. These onions are a perfect accompaniment to tacos, enchiladas or sandwiches.

8. _____ onions

If you want to enjoy the zesty tanginess of onions all year round, you can preserve them in vinegar. Smaller onions work best, as they can be put in the vinegar whole. They are best when they are served with traditional meals such as fish & chips, ploughman's lunches and pies.

Hyphenated past participle adjectives

Sometimes, a simple adjective isn't enough to describe a noun.

Adjectives for more complex descriptions can be created by putting 'well-', 'under-' and 'over-' before a past participle and combining them with a hyphen.

Example

Seasoned A meal should be **well-seasoned**. No one likes **under-** or **over-seasoned** food.

Done A lot of people order their steak **well done**.

Cooked **Under-cooked** chicken is a health hazard, **over-cooked** chicken, on the other hand, tends to be too dry.

UNDERSTANDING FOOD PROCESSING: EXAMPLES, BENEFITS AND RISKS



Food processing can be defined in many different ways, but generally refers to any process that changes a food's original form.

Food processing can take place at home and at industrial level.



Different methods of food processing:



heating



canning



freezing



fermenting



milling



drying



additives



pasteurization



smoking



modified atmosphere packaging



pulsed electric fields technology (PEF)

Take a tomato,

As soon as you've chopped it, your food processing journey has begun. Add a few more steps into the process in your kitchen and you have tomato soup. Or give it to a food manufacturer, with a few other crucial ingredients, and they can create and bottle a tomato sauce that can live safely on your shelf for months.

Indeed, food processing is any method used to turn agricultural produce and ingredients into edible, safe, and nutritious food and drink. This can involve heating, smoking, curing, maturing, drying, marinating, packaging and many more methods.

During food processing, manufacturers can make foods in many different ways by adding ingredients, to enhance flavour, to maintain good taste and texture, and extend shelf life.

Food processing can also improve the nutritional quality of the food, by adding vitamins and minerals, reformulating existing products to be more nutrient-dense, and bringing innovative products to the market.

Almost all foods require processing to some degree to be digestible (such as grains), safe (such as pasteurised milk) or available all year round (such as canned, dried or frozen fruit and vegetables).

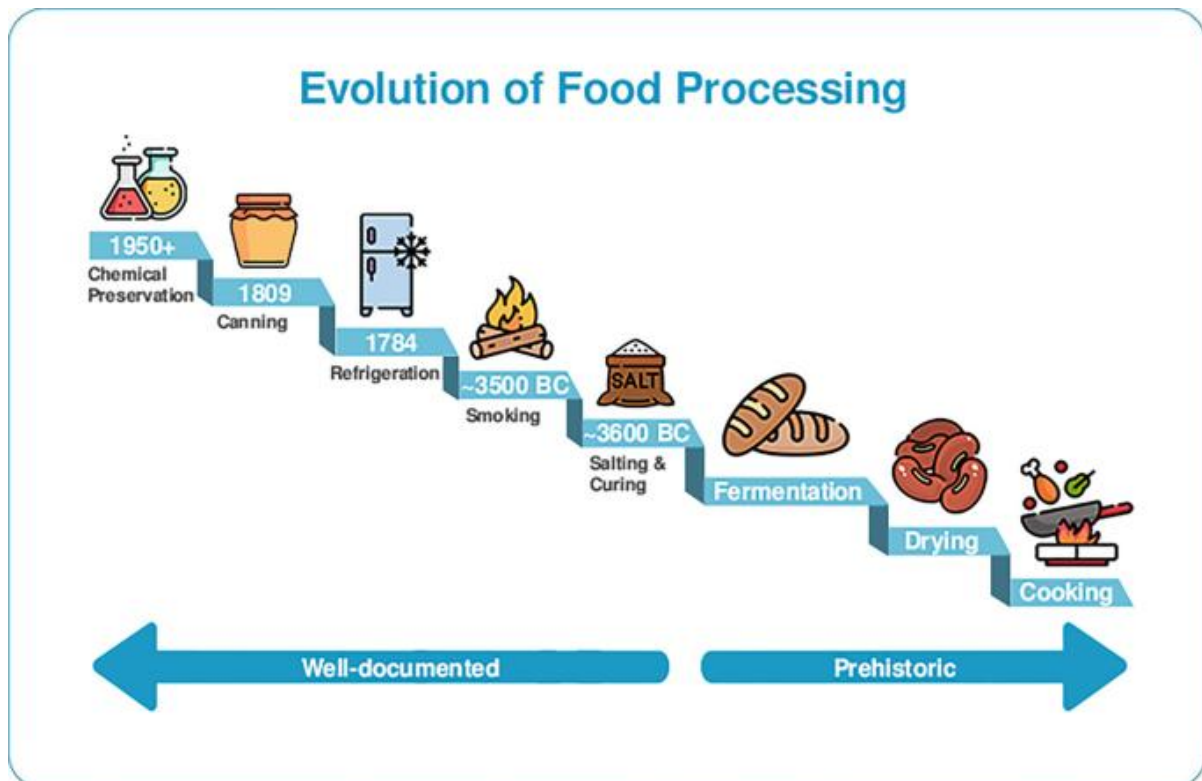
¹⁰ <https://www.fooddrinkeurope.eu/food-processing-explained/>

Read the text. Decide if the statements are true or false. If there is not enough information in the text, tick '?' for 'does not say'.

1. Tomatoes are always processed.
2. Tomato soup is processed food.
3. Tomato sauce from manufacturers can be stored for months.
4. Food processing refers to processes which change food so that it can be eaten.
5. **!** Drying is also known as dehydration.
6. Processed food is safe to eat.
7. Packaging is a way of processing food.
8. Processed food is healthier than non-processed food.
9. There are few foods that are not at all processed.

True	False	?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Look at the diagram. Decide if the statements are true or false. If there is not enough information in the text, tick '?' for 'does not say'.



1. There is not a lot of data on food processing in prehistoric times.
2. Canning was invented over 200 years ago.

True	False	?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

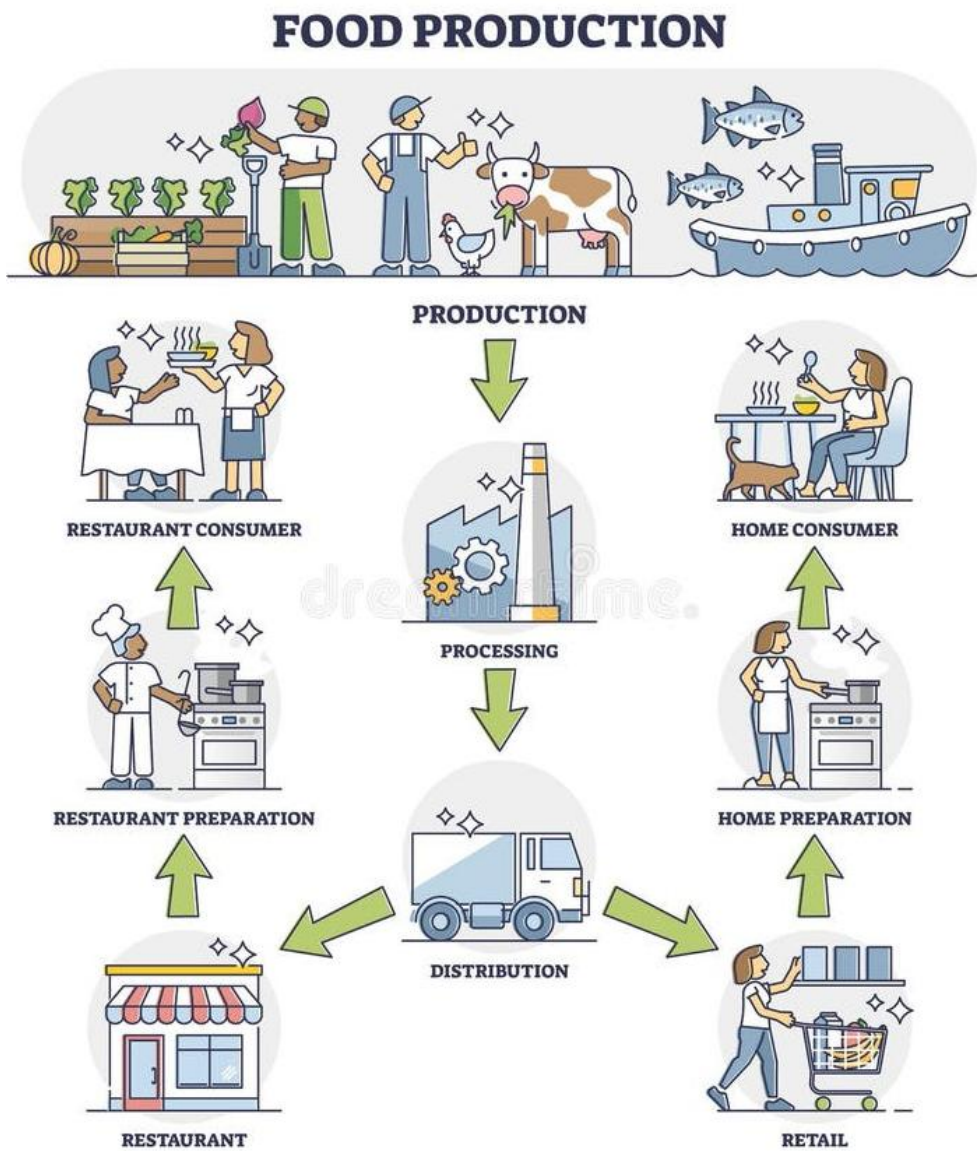
Read the previous text again and identify four potential benefits of food processing.

1. _____
2. _____
3. _____
4. _____

Can you think of two potential negative effects of food processing.

1. _____
2. _____

Look at the diagram below and describe how food is being produced



4. THE PRESENT PASSIVE - MAKING OLIVE OIL



First the olives are harvested and packed into boxes.
 The boxes with the olives are transported to the factory.
 Then the olives get washed and crushed.
 After this, the oil is extracted from the olives.
 Next the oil is separated from the fruit mash.
 The oil is filled into bottles, which in turn are taken to the shops.

Look at the examples of the present passives, then complete the table.

PRESENT SIMPLE PASSIVE	
Auxiliary	Main verb

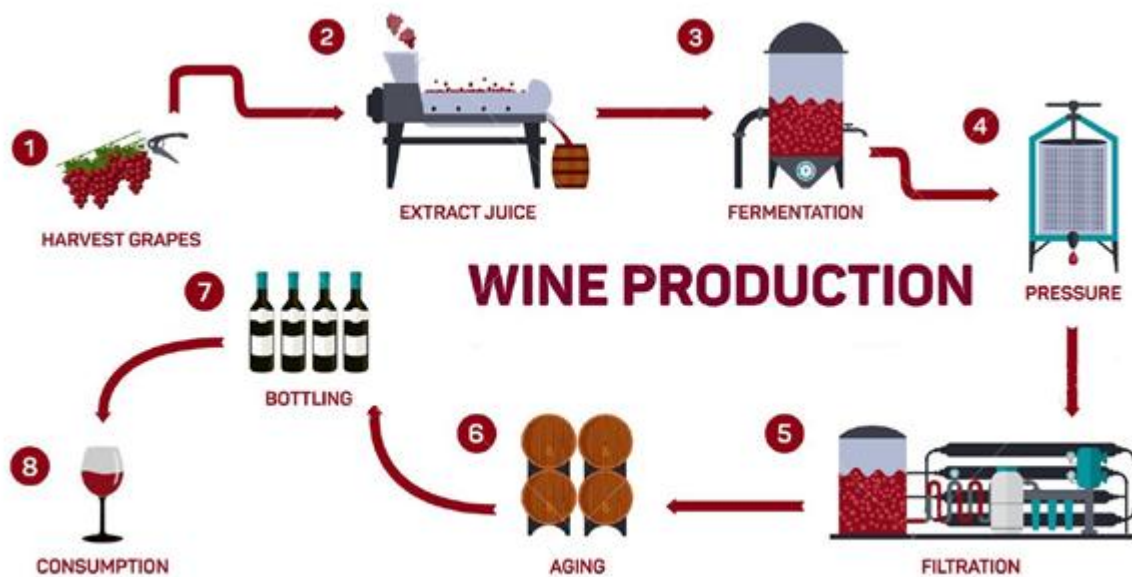
What difference does the use of the passive make?

Note

- ⇒ The passive is used when the focus is on the action. It is not important or known who is / was performing the action.
- ⇒ If the agent is mentioned, it is added at the end of the sentence. It is preceded by the preposition 'by'.



The winemaking process¹¹



The sentences below describe the wine-making process.

Decide whether the active or passive form is better for each one.

1. After the harvest, _____ for primary fermentation.
 - a. the grapes are taken to a winery
 - b. the vineyard workers take the grapes to a winery

2. where they _____
 - a. press the grapes
 - b. are pressed

3. and in the case of white wine, _____
 - a. they discard the skins.
 - b. the skins are discarded.

4. In the case of red wine, _____ in the fermentation process.
 - a. they use the skins
 - b. the skins are used

5. To start primary fermentation, _____ to the pulp
 - a. yeast may either be added
 - b. they may either add yeast

¹¹ From: http://www.elbase.com/quiz/018_03.htm

6. or it may _____ naturally on the skins of the grapes.
- a. be occurred
 - b. occur
7. _____ during the process.
- a. The yeast converts most of the sugars in the grape juice into alcohol and carbon dioxide
 - b. The sugars in the grape juice are converted into alcohol and carbon dioxide by the yeast
8. When this process is complete, _____
- a. the wine is pumped off into tanks.
 - b. the winery workers pump the wine into tanks,
9. _____ warm at this stage
- a. It has to be kept
 - b. They have to keep it
10. while _____.
- a. the remaining sugars are converted into alcohol and carbon dioxide.
 - b. the yeast converts the remaining sugars into alcohol and carbon dioxide.
11. The secondary fermentation stage is a bacterial fermentation process which _____.
- a. converts malic acid to lactic acid.
 - b. malic acid is converted into lactic acid.
12. _____.
- a. This decreases the acid in the wine and softens the taste.
 - b. The acid in the wine is decreased and the taste is softened.
13. The time from harvest to drinking _____ from a few months for Beaujolais nouveau wines, to over twenty years
- a. can be varied
 - b. can vary
14. for those that _____ as vintage wine.
- a. will be sold
 - b. the vineyard will sell
15. However, only about 10% of all red and 5% of white wine _____ better after five years than after just one year.
- a. tastes
 - b. is tasted

Read the hotel information and write sentences as in the example. Use the present passive.

Hotel Service



Breakfast
Continental, American,
Gluten-free buffets
at the Veranda
7:00 – 10:00 am



Dinner
Gastronomic, Mediterranean,
Japanese Cuisine
in three fabulous restaurants
8:00 – 10:30 pm



Housekeeping Service
on demand
24/7



Free WiFi
Guests consistently rate the
WiFi as excellent



Excellent wellness facilities:
seawater pool, massages and
beauty treatments
at the House of Beauty Spa
9:00 am – 6:30 pm

*Hotel Metropolis wishes
you a pleasant stay*

- | | |
|--|---|
| 1. Breakfast / to serve
– where and when? | Breakfast is served at the Veranda
_____ between 7:00 and 10:00 am.
_____ |
| 2. Gastronomic cuisine / to serve
– when? | _____
_____ |
| 3. Japanese cuisine / to serve
– where? | _____
_____ |
| 4. Rooms / to clean
– how often? | _____
_____ |
| 5. WiFi / can / to use
– for how much? | _____
_____ |
| 6. Beauty treatments / to provide
– where and when? | _____
_____ |

Make sentences with the elements below.

1. Our restaurant / to clean / every day.
2. The bread and the pasta / to home-make.
3. Alcohol / not to serve / to youngsters under 16.
4. Pizza / to deliver / from 6 to 10 pm in the evening.
5. The ingredients for our meals / regularly / to order / from Provençale.
6. We prefer ingredients that / to produce/ locally.
7. Organic food / must / to produce / without the use of chemical fertilizers, pesticides, or other artificial chemicals.
8. So far, our concept / to appreciate / the public.

For online exercises on the present perfect, go to

<https://agendaweb.org/exercises/verbs/passive-write-1.htm>
<https://www.perfect-english-grammar.com/passive-exercise-1.html>

TOPIC VI

LUXEMBOURG FOOD

1. ...

A TASTE OF LUXEMBOURG

Food in Luxembourg

CUISINE OF LUXEMBOURG¹²

From Wikipedia, the free encyclopedia

Luxembourg's cuisine reflects the country's position between the Latin and Germanic countries, influenced by the cuisines of neighbouring France, Belgium and Germany. Recently, it has been influenced by the country's many Italian and Portuguese immigrants. As in Germany, most traditional, everyday Luxembourg dishes are of peasant origin, in contrast to the more sophisticated French fare.

Read the text. Decide if the statements below are true or false. If there is not enough information in the text, tick '?' for 'does not say'.

	True	False	?
1. Luxembourg has its own cuisine which is one-of-a-kind.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Luxembourg's cuisine is refined.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

4.3.2. Traditional Luxembourg dishes

DINING & DRINKING - KNOW THY FOOD

The Grand Duchy's Best Known Dishes¹³

RTL|Update: 29.07.2021 16:27

You live in Luxembourg and you've likely eaten in many of Luxembourg's restaurants. But how many Luxembourgish dishes have you tried, or even know?

When you think of food in Luxembourg, some of the first things that spring to mind are large portions, plenty of meat, a fair amount of fish, heaps of potatoes and piles of beans. Lashings of cream and wine are also at the front of the pantry. Indeed, much of Luxembourg's plated offerings reflect the country's traditions, that being a heavy reliance on farming and history.

These are perhaps the most well-known dishes that Luxembourg has to offer:



Bouneschlupp

Bouneschlupp - one of the most classic Luxembourgish dishes. It is a soup which is made with green beans, potatoes, smoked bacon, and onions. Regional variations of this dish may include additional ingredients such as carrots, leeks, or celery. Metworst or other types of heavily spiced sausages may be added as well.

¹² Adapted from https://en.wikipedia.org/wiki/Cuisine_of_Luxembourg

¹³ Adapted from <https://today.rtl.lu/luxembourg-insider/dining-and-drinking/a/1628340.html>

F'rell am Rëisleck

Luxembourg trout in a delicious Riesling sauce is a lovely main dish. The abundance of trout in the rivers of Luxembourg means that this is a popular dish in many eateries. The fish is fried first in a bit of butter and batter and then added to that wonderful sauce. A perfect summer meal.



Friture de la Moselle

This traditional Luxembourgish dish hits home as this is essentially fried fish in a flour batter. If you've ever had the classic fish and chips in Britain, you are sure to enjoy the Friture de la Moselle - especially popular during the Octave and Schueberfouer. It is eaten with a drop of lemon and you can always add some fries on the side.

Gromperekichelcher

The daddy of the list (or, if we must tread carefully, the big cheese). Luxembourg potato fritters called Gromperekichelcher are synonymous with living in the 'Burg'. They are crispy fritters made of grated potatoes, onions, shallots and parsley, held together with some flour and eggs. Typically these are made flat and ideally should be formed like a small pancake. Can be served with apple sauce and pair well with Trout in Riesling sauce (see above).



Huesenziwwi

During the game/hunting season — October to December — you might find Huesenziwwi on the menus of some Luxembourg restaurants. Essentially wild hare stew, the hare is first marinated between 48 and 72 hours and is then fried in lard and flambéed with cognac. The hare is served with a sauce made from hare or calf's blood, red wine, and even more cognac.

Judd mat Gaardebounen

A savory dish of smoked pork collar and broad beans is, arguably, one of the country's most widely recognized national dishes. Largely associated with the village of Gostingen in the south-east of the country, this is where the inhabitants have



earned the nickname of Bounepatscherden, reportedly as a result of their excellent broad beans.



Paschtéit or Bouchée à la Reine

Possibly, maybe, half-inched from neighbouring France, Bouchées à la Reine are very small flaky pastries that are essentially vol-au-vents - something Brits will recognize from pretend posh parties. Usually including chicken breast, [...], the pastry is garnished with a dollop of a savoury mixture bound together with a creamy white sauce.

Rieslingspaschteit or pâté au Riesling

This is a traditional Luxembourg dish – a wonderful meat pie into which a fragrant Riesling jelly is poured and left to set. For some (this editor, for example) the cold jelly is an absolute deal-breaker. For others, and there are many, it is quite a delicacy.'



Quetschentaart

Quetschentaart, one of the classics of Luxembourgish baking. The simple fruit tart is a traditional autumn treat, and you'll find it at bakeries across the country at this time of year. Damson tart is made with 'Quetschen', which translates into damson, but it's not really (exactly) the same.'

Note

For a free calendar on seasonal fruits and vegetables, go to

- [MA Saisonskalenner EN.pdf \(regionalsaisonal.lu\)](https://regionalsaisonal.lu/regional/wp-content/uploads/2024/04/MA_Saisonskalenner_EN.pdf)

https://regionalsaisonal.lu/regional/wp-content/uploads/2024/04/MA_Saisonskalenner_EN.pdf

You also find information on local and seasonal fruits and vegetables on

- [#regionalsaisonal – SOU FRËSCH, SOU LËTZEBUERG](https://regionalsaisonal.lu/en/)

<https://regionalsaisonal.lu/en/>

- [Luxembourg specialities, buy and eat local \(justarrived.lu\)](https://www.justarrived.lu/en/practical-information/luxembourg-culinary-specialties-local-products/)

<https://www.justarrived.lu/en/practical-information/luxembourg-culinary-specialties-local-products/>

- [From farm to table: eating fresh, organic and local in Luxembourg \(justarrived.lu\)](https://www.justarrived.lu/en/practical-information/markets-local-producers-luxembourg/)

<https://www.justarrived.lu/en/practical-information/markets-local-producers-luxembourg/>



4.3.3. For the sweet-toothed

Anne¹⁴ Faber is a famous food journalist and cookbook author from Luxembourg. Read what she writes about different Luxembourg pastries on her website. You will also find the respective recipes on the website.

Bamkuch



‘Bamkuch’ is reserved for life’s major occasions, and it has a special place in every Luxembourger’s heart. I had a big one for my first Holy Communion and it is the country’s most popular wedding cake. Its name translates as ‘tree cake’ because, when the classic log-shaped version is cut open, you see the baked rings like the rings of a tree trunk.

Making Bamkuch the traditional way at home is virtually impossible, unless you happen to have a horizontal spit in your kitchen: the cake is made by drizzling batter onto the spinning spit, grilling layer after layer.’



Boxemännchen

As for ‘Boxemännercher’, she writes

‘In December all the bakeries in Luxembourg sell these cute little men- and more recently women- shaped brioche, called a Boxemännchen! It’s the perfect breakfast treat around Christmas time, and it’s really not hard to make!’

Pretzels

‘Luxembourg has lots of quaint traditions, but above all, ‘Bretzel-Sonnden’ is one really lovely example. Every year, on the third Sunday of Lent, we celebrate ‘Pretzel Sunday’. Here, a man should offer his beloved a sweet pretzel. If she accepts, she in return will have to give her man a chocolate Easter egg for Easter. If she refuses, she gives him a basket – hence the Luxembourgish expression ‘hie krut de Kuef’ (he got the basket) if you get dumped... In leap years, the tradition reverses. Then, the woman is due to offer a pretzel in return for an Easter egg. It’s said that in old times, ‘Pretzel Sunday’ set the seal on many marriages.’



¹⁴ Adapted from [Anne's Kitchen *Anne's Kitchen \(anneskitchen.lu\)](https://www.anneskitchen.lu/)

Verwuerelter (Fuesentkichelcher)



'As soon as gloomy January is over, Luxembourg dives right into festive mode with the start of Fuesent – carnival season. Besides fancy dress parties and cavalcades across the country, carnival is really the time to head to your local bakery and try out Verwuerelter, which are only around at this time of year. Verwuerelter are deep-fried pastry knots dusted with icing sugar. They're also fondly called Verwuerelt Gedanken, "scrambled thoughts" – the origin behind this curious nickname remains unknown to me.'

Which of the above dishes is a ...

Starter	Main course	Dessert	Snack

Which of them is likely to contain pork meat?

Which of them could be served to a vegetarian, i.e. which of them does not contain any meat or fish?

Which of them could be served to a vegan, i.e. which of them does not contain any animal products?

Do you know any drinks produced in Luxembourg? Can you name them (kind of drink, brand)

Soft drinks	Alcoholic drinks

TOPIC VII

DIETS AND NUTRITION

1. What is nutrition?
2. Different kinds of diet.
3. Food labels
4. What is a balanced diet
5. Nutritional trends and fashion

1. WHAT IS NUTRITION

Nutrition¹⁵

Nutrition is the process of how people get the food that is needed to grow strong and healthy along with obtaining the necessary vitamins and nutrients to help bodies grow and function.

For children, good nutrition is especially important and it is necessary to eat healthy foods because kids are constantly growing. Good nutrition will lead to healthy bones and muscles, and without receiving the correct vitamins and nutrients while growing, a child will not grow as tall and as strong as they could be.

There are many aspects of nutrition including knowing about the different food groups, understanding calories, and learning about the different vitamins, nutrients, and minerals a body needs, and what to avoid.

There are five main food groups that should be eaten each day. Eating a variety of foods in each group will lead to receiving most important nutrients to remain strong and healthy. The first food group includes grains such as breads, cereals, pasta, and rice. The second food group is dairy, which includes milk, cheese, yogurt, and other dairy products. Apples, oranges, grapes, bananas, and much more are a part of the third food group, fruits. Of course, vegetables is in its own food group as well. There are many, many vegetables available to eat including beans, broccoli, peas, carrots, corn, and others. Finally, the fifth and final food group is protein, which can be found in beef, chicken, eggs, nuts, fish, and pork.

The portion size of each food group is not the same. For example, it is recommended that a person eat slightly more vegetables and grains than fruit and protein for each meal. There are also other guidelines on how to eat healthier, some of which includes drinking skimmed milk instead of whole milk, water instead of sugary drinks, and eating wheat bread instead of white bread.

Calories are a measure of the amount of energy in food items. Calories are necessary to eat to get the energy needed to play, work, and move around. The calories get burned off during movement, so eating will replenish them. But if a person eats more calories than they burn, the excess is stored as fat. There are also some foods that contain empty calories, meaning they have very little nutritional value such as solid fats and sugars.

There are many healthy foods to eat in order to receive the vitamins and minerals needed. For example, vitamin A is found in milk and helps keep the immune system healthy; Vitamin C is found in oranges and other vegetables, which is good for blood vessels, teeth, healing, and the brain. Vitamin D and calcium is great for healthy bones and can be found in milk. Iron is needed for the blood and is available in red meat, poultry, fish, and leafy vegetables. These are just a few of the minerals and vitamins that keep a person healthy.

In summary, good nutrition leads to good health. When a person wants to lose weight, it can be done by eating healthier and exercising regularly. Nearly all foods contain some of the vitamins and minerals needed for the body, but it is also important to eat the right amount of foods from the five food groups: grains, dairy, fruits, vegetables, and protein.

¹⁵ Adapted from https://www.softschools.com/language_arts/reading_comprehension/science/

1. Why is it most important for children to eat healthy food?
 - a. children are growing.
 - b. children love healthy food.
 - c. children move a lot.

2. Which of the following food groups includes beef, chicken, and eggs?
 - a. dairy
 - b. grains
 - c. protein

3. Which of the following two food groups are needed slightly more than fruit and protein?
 - a. dairy and grains
 - b. dairy and vegetables
 - c. vegetables and grains

4. Which of the following is the measure of energy in food?
 - a. calories
 - b. percent
 - c. values

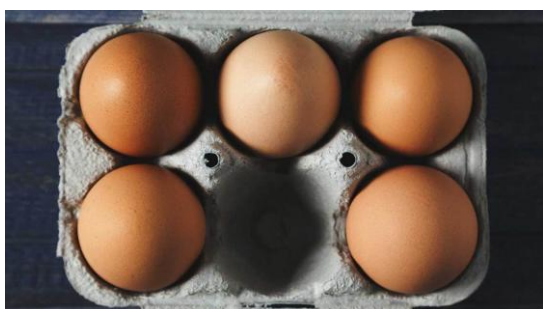
5. What happens when more calories are eaten than burned off?
 - a. Fat is burnt off.
 - b. Fat is released.
 - c. Fat is stored.

6. Which of the following is good for healthy bones?
 - a. iron
 - b. vitamin C
 - c. vitamin D

Six essential nutrients and why your body needs them

There are 6 basic nutrients - proteins, carbs, fats, vitamins, minerals and water. A balanced diet ensures you obtain a sufficient quantity of each of them. Essential nutrients are compounds that the body cannot make or cannot make in sufficient quantity. These nutrients must come from food: they help the body to grow and to function and they are vital for disease prevention and good health.

While there are many essential nutrients, they can be broken into two categories: macronutrients and micronutrients. Macronutrients are eaten in large amounts and include the primary building blocks of one's diet — protein, carbohydrates, and fat. Vitamins and minerals are micronutrients; they are required in small doses only.



1. Proteins

Proteins are important and not just in the workout community. Proteins provide the building blocks of the body as every cell, from bone to skin contains proteins. A startling 16 percent of the average person's body weight is made up of proteins. Proteins are used

primarily for growth, health, and body maintenance. All of your hormones, antibodies, and other important substances are made of proteins.

However, proteins are not used to fuel the body unless necessary.

Healthy sources

Proteins consist of different amino acids. While meat, fish, and eggs are good sources of essential amino acids, you can also get proteins from plant sources like beans, soy, nuts, and some grains. Despite the growing popularity of high-protein diets, there haven't been enough studies to prove that they are healthier or can influence weight loss. The precise quantity of proteins you need depends on a variety of factors including how active you are, and your age.

2. Carbohydrates

The low-carb craze should not influence you. Carbohydrates are necessary for a healthy body. Carbs fuel your body and give it the necessary energy, especially your central nervous system and brain. Carbohydrates should make up 45 to 65 percent of your total daily calories.

Healthy sources

Before you reach for the white bread or pasta, keep in mind that the type of carb you eat matters. Some carbs are healthier than others. Choose whole grains, beans, and fiber-rich vegetables and fruits instead of refined grains and products with added sugar.

3.

5. Minerals

Much like vitamins, minerals help support the body. They're essential for many body functions, including building strong bones and teeth, regulating your metabolism, and staying properly hydrated. Some of the most common minerals are calcium, iron, and zinc. In addition to strengthening bones, calcium helps with nerve signal transmission, maintaining healthy blood pressure, and muscle contraction and relaxation. Iron supports your red blood cells and hormone creation, while zinc boosts your immune system and wound healing.



6. Water

You can go for weeks without food, but you can't last more than a few days without water. Water is absolutely crucial for every system in your body as it is the main substance the body is made of. About 62 percent of a person's body weight is water.

Water improves the brain function and mood. It acts as a shock absorber and a lubricant in the body. It also helps flush out toxins, carry nutrients to cells, hydrate the body, and prevent constipation.

Even mild dehydration can make you feel tired and impair your concentration and physical performance.

Healthy sources

You don't have to drink big quantities water to stay hydrated. Fruits and vegetables can also be a great source, you can eat some spinach or watermelon to stay hydrated. The best way to know if you're properly hydrated is the colour and volume of your urine. If your urine isn't frequent and pale yellow or nearly clear, you need more water.

Summary – fill in the table below.

Nutrient	The body needs it for
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____

2. FOOD LABELS

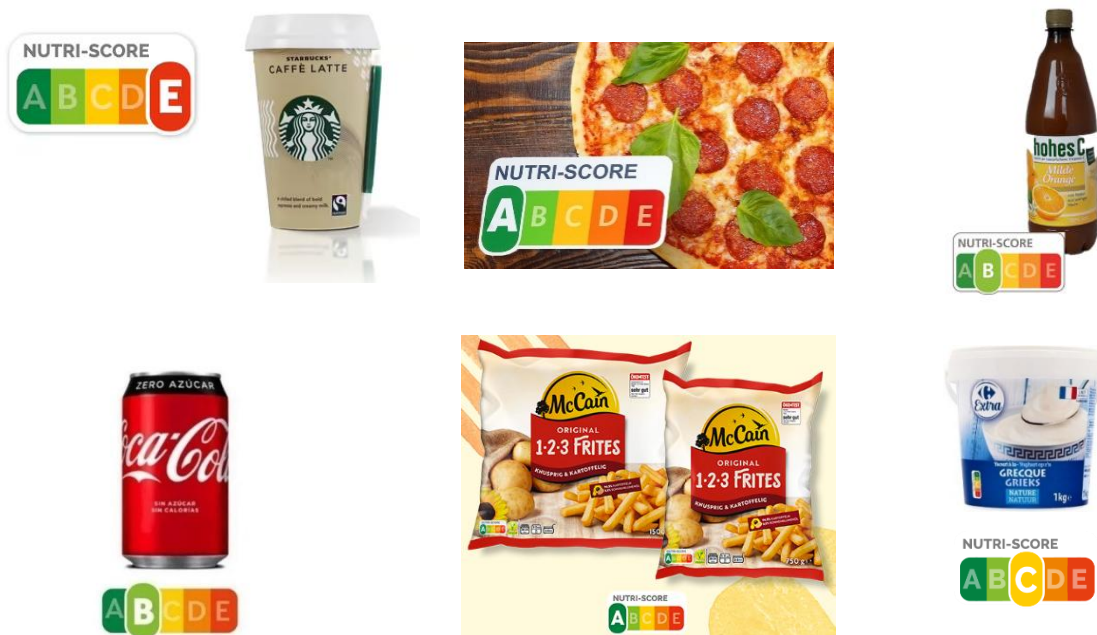
Look at the graphic below and answer the questions.



What kind of information does the nutri-score convey?



Look at the following pictures and answer the questions



Do you recognize the food and the represented in the pictures?

Which of them do you consider as healthy or unhealthy? Why?

Does their nutri-score correspond to your expectations? Explain.

3. DIFFERENT KINDS OF DIET

Herbivores, Carnivores, Omnivores Reading Comprehension

Every animal in the world has at least one thing in common: They must eat. Animals have a wide variety of foods to choose from, but some animals will eat only other animals or animal flesh, and some animals eat only plant-based foods, and then there are some that will eat just about anything.

The diet of each animal species determines whether they are herbivores, carnivores, or omnivores. Animals that eat only plants are called herbivores, animals that eat animal flesh or meat are called carnivores, and animals that eat both plants and animals are omnivores. Most human beings are omnivores. In addition, scientists can study an animal's teeth or eye position to determine if it eats meat only, plants only, or both.

For example, by studying the teeth of a mammal, it can be determined whether the animal is an herbivore, carnivore, or omnivore. A canine tooth is a pointed, cone-shaped tooth used for biting and chewing.

Herbivores are animals without canine teeth, and with big flat side and back teeth. Their teeth, called molars, are used for crushing and grinding plants. Examples of herbivores include sheep, cow, deer, squirrels, elephants, parrots, giraffes, caterpillars, kangaroo rats and mice and insects such as grasshoppers. Herbivores also have eyes usually located more on the side of their heads. The position of their eyes gives them a wider view of the surrounding area, which allows them to flee when they are in danger.

Not all herbivores are the same, some will eat only grasses while others may eat other types of plants. For example, birds, bees, and butterflies eat nectar from flowers to get the nutrients they need to survive, and other herbivores may just eat seeds or fruits. Vegetarians are people in the world who eat mainly plants and do not eat meat and are more like herbivores. However, most people are omnivores.

Carnivores are animals with long, sharp canine teeth next to their front (incisor) teeth and sharp cheek teeth called carnassials, used to help cut up meat in the mouth. The canines are for seizing and stabbing prey. Examples of carnivores include lions, tigers, spiders, owls, eagles, sharks, crocodiles, praying mantis, Venus flytraps, toads, snakes, wolves, and insects such as beetles, dragonflies, and others.

Meat is a high energy food source for carnivores. They find their food by hunting down prey or scavenging dead animal tissue. In other words, some will eat live animals and others only eat dead animal flesh. Many carnivorous mammals have big claws, sharp teeth or beaks, quick speed and live on land, in the sea, or soar through the sky.

Omnivores are animals with a variety of all kinds of teeth such as canines, incisors, flat teeth, and molars. They eat a variety of foods, both meat, and plants. Examples of omnivores include chickens, crows, bears, raccoons, skunks, pigs, rats, humans, crows, robins, lizards, turtles, badgers, ostriches, ducks, some monkeys and apes, flies, and catfish. As with other animals, omnivores may limit the types of plants or animals they eat. For example, some humans will eat only plants and fish, but no other animal products. Overall, omnivores have a wide variety of food options because they will eat almost anything.

Finally, omnivorous and carnivorous mammals have eyes in front to help them spot and determine the distance of their prey. In summary, herbivores eat plants, carnivores eat meat, and omnivores eat both.

1. Which of the following groups of foods would a herbivore eat?
 - a. apples, peanuts, seeds
 - b. bird flesh, chicken, decomposing cow
 - c. hamburger, hot dog, fish
 - d. insects, snakes, bees

2. Which of the following foods would an omnivore eat?
 - a. lamb and deer meat
 - b. lettuce and tomatoes
 - c. peanuts, seeds, and fruit
 - d. all the above


3. Which of the following teeth would carnivorous animals have to help them eat their food?
 - a. carnassials
 - b. flat teeth
 - c. molars
 - d. all the above

4. Which of the following is a high energy food for a carnivorous animal?
 - a. fruit
 - b. meat
 - c. seeds
 - d. vegetable

5. The eyes of an herbivore are usually found in which of the following places?
 - a. at the back of their heads
 - b. at the front of their heads
 - c. close together
 - d. on the side of their heads


6. Which of the following is a pointed, cone-shaped tooth used for biting and chewing?
 - a. carnassials
 - b. canines
 - c. incisors
 - d. molars

Herbivore




Herbivores, such as horses and deer, usually have premolars and molars with broad, ridged surfaces that grind tough plant material. The incisors and canines are generally modified for biting off pieces of vegetation. In some herbivores, canines are absent.

Carnivore



Carnivores, such as members of the dog and cat families, generally have large, pointed incisors and canines that can be used to kill prey and rip or cut away pieces of flesh. The jagged premolars and molars crush and shred food.

Omnivore



As omnivores, humans are adapted to eating both plants and meat. Adults have 32 teeth. From front to back along either side of the mouth are four blade-like incisors for biting, a pair of pointed canines for tearing, four premolars for grinding, and six molars for crushing (see inset, top view).



Complete the text below by (1-15) by choosing the best option to fill the gaps¹⁶.

There is an example (0).

Humans, unlike many other animals, are (0) **carnivores / herbivores / omnivores**. We require both vegetable matter and meat to be fully healthy (although some humans manage to survive reasonably healthily whilst consuming no (1) **animal products / food / vegetables** at all, finding their protein mainly in (2) **carrots / nuts and seeds / sweets**. To carry out its many complicated functions, the human body requires (3) **a variety of nutrients / lots of salt / very few nutrients**. All of the nutrition we take in can be put in one of (4) **6 / 7 / 8** categories. These are; carbohydrates, proteins, fibre, minerals, vitamins, fats and (5) **sugar / water**.

Carbohydrates provide the body with (6) **antibiotics / energy / fibre**.

(7) **Cheeseburgers / Fats / Proteins / Vegetables** allow the body to repair itself and grow.

Fibre (8) **helps / kills / obstructs** the digestive system.

Minerals and vitamins are required for many reasons. Deficiencies in any vitamin or mineral can lead to (9) **illnesses / madness / rabies**. Vitamins are essential for normal growth and development.

Fats are (10) **always / mostly / never** unnecessary, and many are bad for you. The body does not need to take in most fats, but the fatty acids omega-3 and (11) **omega-5 / omega-6** are necessary.

The body is around (12) **20% / 50% / 70%** water. If water is not consumed, the body will (13) **dehydrate / be fine / go yellow**. The body loses water in excretion, sweating and (14) **breathing / drinking / eating / sleeping**.

It is advised that you should have a balanced diet, taking in food from (15) **each / one / some** of the food groups, in proportion.



"Do you have any herbivore options?"

¹⁶ Adapted from https://education.ilab.org/reading/nutrition_01.html

Discuss what you know about the diets represented in the diagram below.



KETO



PALEO



VEGETARIAN



VEGAN

TYPES OF DIETS



MEDITERRANEAN



LOW CARB



RAW



NO SUGAR

For online listening tasks on nutrition, go to

<https://englishpluspodcast.com/nutrition-and-healthy-eating/>

<https://eslfrog.com/eating-healthy/>

<https://www.talkenglish.com/listening/lessonlisten.aspx?ALID=214>

4. WHAT IS A BALANCED DIET

Match the expressions (a-j) with the definitions and examples (1-9). There is an example (0).

a. balanced diet	e. moderation	h. proteins
b. carbohydrates	f. nutrition	i. vitamins
c. fats	g. portion sizes	j. whole foods
d. hydration		

0. Nutrition

The process of providing or obtaining the food necessary for health and growth.

1. _____

Nutrients that are essential for building and repairing tissues in the body.

2. _____

Nutrients that provide long-lasting energy and help the body absorb vitamins.

3. _____

Nutrients that provide your body with energy, found in foods like bread, pasta, and fruits.

4. _____

Organic compounds that are necessary in small amounts for various bodily functions, such as boosting the immune system.

5. _____

A diet that includes a variety of foods from all the different food groups to ensure you get all necessary nutrients.

6. _____

The practice of not consuming too much or too little of something, finding a healthy middle ground.

7. _____

Foods that are as close to their natural state as possible, with minimal processing.

8. _____

The process of providing your body with the necessary amount of water to maintain health and proper function.

9. _____

The amount of food you choose to eat at one time, which can impact your overall intake of calories and nutrients.



Describe the above picture in as much detail as possible.

Write your answers here







0	1	2	3	4	5	6	7	8	9
f									

5. NUTRITIONAL TRENDS AND FASHIONS

Top ten superfoods (reading comprehension)

A superfood is not just ordinary food, it is food that for some reason is especially good for your health, nature's own medicine!

Read the text.

 <p>1. Pistachio Nuts Pistachios are the least fattening nut. They are also proven to reduce cholesterol levels in the body.</p>	<p>2. Salmon</p> <p>This fish is a super food because of its omega-3 fatty acid content. Studies show that omega-3 fatty acids help protect heart health.</p> 
<p>3. Honey</p> <p>Honey is natural and much better for you than sugar because it contains many vitamins, it can even heal wounds if you put some kinds of honey on your skin.</p>	 <p>4. Broccoli</p> <p>It's a rich source of vitamin A, vitamin C, and bone-building vitamin K, and has a lot of fiber to fill you up and help control your weight.</p>
 <p>5. Blueberries</p> <p>Blueberries contain anti-oxidants which reduce toxins in your body and help your memory.</p>	<p>6. Sweet potatoes</p> <p>Orange vegetables can be especially good for you because they contain so many vitamins. Sweet potatoes make a great alternative to ordinary potatoes because they contain healthier potassium instead of sodium.</p>
<p>7. Egg Whites</p> <p>The healthier part of the egg, the egg white can help you maintain strong bones, muscles, nails, and hair.</p>	 <p>8. Goji Berries</p> <p>Goji Berries have been used in Chinese medicine for centuries. They are high in vitamins B, C & E, and support a healthy immune system, liver and heart.</p>
<p>9. Dark Chocolate</p> <p>If your chocolate has 70% or more cocoa, eating a little dark chocolate can be very good for you and can actually reduce blood pressure.</p>	 <p>10. Almonds</p> <p>These nuts are high in protein and in Vitamin E, and calcium. You can also turn them into healthy almond milk.</p>

Write the correct numbers?

- Which superfood can reduce blood pressure? _____
- Which superfood is good for your bones? _____
- Which TWO superfoods can protect your heart? _____ and _____

Decide if the statements are true or false. If there is not enough information in the text, tick '?' for 'does not say'.

1. Blueberries do not help reduce toxins in your body
2. Eating any kind of chocolate is good for your health.
3. Egg white is very high in protein.
4. Honey is better for your health than sugar.
5. Omega-3 fatty acids are good for your skin
6. Sweet potatoes are better for your health than ordinary potatoes.

True	False	?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



Weird food - cubic watermelons

Read the following article. Decide if the statements below the article are true or false. If there is not enough information in the text tick '?', i.e. the box for does not say.



Normally a watermelon is a large, round or oval fruit with green hard skin. Watermelons grow on a vine and are related to cucumbers, pumpkins and squashes. The pulp of a watermelon is sweet and juicy: by weight, a watermelon contains about 6% sugar and 92% water. Although red watermelons are the most common ones, they can come in other colours such as orange or yellow. Most watermelons have black seeds inside, although some are seedless.

Initially watermelons come from tropical Africa. However, these days watermelons are cultivated on every continent except Antarctica. They grow best in areas with long, warm, growing seasons. China is the world's largest producer of watermelons. In 2016 it produced about 80 million tonnes of the fruit. In China and Japan watermelons are a popular gift to bring to a host.

In Japan watermelons with unusual shapes, such as cubic or heart-shaped watermelons, are particularly popular. Originally Japanese farmers started growing watermelons in containers to make it easier to stack and to store the fruit. In the meantime, however, they have become a profitable product as they cost double or triple the price of normal watermelons.

Nutritionally watermelons contain significant levels of vitamins (A, B6 and C) and minerals (potassium and manganese) as well as lycopene, antioxidants and amino acids. More importantly though, they are ideal thirst quenchers in summer thanks to their high water and electrolyte content and to the fact that they are relatively low in calories.

	True	False	?
1. A watermelon can be categorised as a fruit and a vegetable.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. A watermelon consists mostly of water.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. The outside of a traditional watermelon is red.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Some watermelons do NOT have any seeds.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. China grows more watermelons than any other country.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Hosts often serve watermelons to their guests in China and Japan.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Cubic watermelons require less storage space than traditional melons.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Heart-shaped watermelons are more expensive than cubic ones.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Watermelons contain high amounts of vitamin D.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Watermelons do not have a lot of calories.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Weird food - unusual bananas

Read the following article. Decide if the statements below the article are true or false. If there is not enough information in the text tick '?', i.e. the box for does not say.



Have you ever thought about eating your banana with its peel? The mere thought is gruesome. However, scientists in Japan have developed bananas called Mongees (pronounced 'mon-gay') with a skin that is entirely edible. Mongee, by the way, is Japanese slang for "incredible," which seems appropriate. The technique for growing Mongees is called the 'freeze-thaw awakening' technique.

The technique consists in first planting and growing banana trees in an environment that has less than of -60° C (about -67° Fahrenheit). Then the plants are, thawed and replanted in an environment that has in 27° C. The enormous change in temperature causes the plants to grow so quickly that the peel has no time to fully mature. The skin, which is sweet, thin and soft contains nutrients such as vitamin B6 and magnesium. The bananas are sweeter than regular bananas, with 24.8 grams of sugar, as opposed to 18.3 grams. What is more, since the bananas are raised in a non-tropical climate, they don't have any natural predators, which means that no pesticides are used and that the bananas are organically grown.

So far, the farmers do not grow Mongees in big quantities, so the price is high. Mongee bananas are only sold in small bunches of 10 bananas. One banana costs about 650 yen, i.e. about six dollars. However, the farmers intend to grow more so that they can sell them all over the world. A bigger offer also means that the price will come down.

Bananas are the most popular fruit in Japan. Japan imports about 99% of the bananas in its stores. The Mongee could mean Japanese people eat more home-grown bananas.

	True	False	?
1. Most people would find it difficult to imagine eating a banana with its peel.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. The 'freeze-thaw awakening technique' was invented by Japanese farmers.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. 'Mongee' is the Japanese word for banana.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Mongee bananas are first grown at a temperature of about 67° Fahrenheit.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. The change in temperature causes the banana skin to get brown.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Mongee bananas are organically grown.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. One Mongee banana cost about 6\$.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Mongee bananas are the most popular fruit in Japan.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Japan has to import most of the bananas the Japanese eat.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. A Mongee banana contains less sugar than a normal banana.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

TOPIC VIII

PROBLEMS RELATED TO NUTRITION

1. Food intolerances and allergies
2. Nutrient deficiencies
3. Modal auxiliaries

1. FOOD ALLERGIES AND FOOD INTOLERANCES¹⁷

Food intolerances, such as lactose intolerance and celiac disease, **can make** someone feel ill.

Food allergies also **can make** someone feel ill. But some allergies **can** also **cause** a life-threatening reaction (called anaphylaxis).

A food intolerance means either the body **can't** properly **digest** the food that is eaten, or that a particular food **might irritate** the digestive system. Symptoms of food intolerance **can include** nausea, gas, cramps, belly pain, diarrhoea, irritability, or headaches.

A food allergy happens when the body's immune system, which normally fights infections, sees the food as an invader. This leads to an allergic reaction — an immune system response in which chemicals like histamine are released in the body. The reaction **can cause** symptoms like hives, vomiting, belly pain, throat tightness, hoarseness, coughing, breathing problems, or a drop in blood pressure.

Even if previous reactions have been mild, someone with a food allergy is always at risk for the next reaction being life-threatening. Eating a microscopic amount of the food **could lead** to anaphylaxis. So anyone with a food allergy **must avoid** the problem food(s) entirely and always carry emergency injectable epinephrine.

People with food sensitivities, on the other hand, **might be able to ingest** a small amount of the bothersome food without a problem.

¹⁷ <https://kidshealth.org/en/parents/allergy-intolerance.html>

2. NUTRIENT DEFICIENCIES AND EXCESSIVE CONSUMPTION OF NUTRIENTS

Diseases caused by nutrient deficiencies.

Complete the table below with the words from the box.

Anaemia (2 X)	Night blindness
Brittle bones, osteoporosis	Retarded growth, bad skin
Excessive bleeding due to injury	Rickets (German: Rachitis)
Goitre, enlarged thyroid gland (German: Kropf)	Scurvy (German: Skorbut)

1.

Types of vitamins	Deficiency disease
A (Retinol)	_____
B2 (Riboflavin)	_____
B12	_____
C (Ascorbic acid)	_____
D	_____
K	_____

Types of minerals	Deficiency disease
calcium	_____
iron	_____
iodine	_____

Excessive consumption of certain nutrients

Vitamin toxicity occurs when a vitamin is consumed in excessive amounts. It may arise due to the misuse of vitamin supplements, diet, drug interactions and some medications.

All essential vitamins except for vitamins A, D, E, and K are water-soluble. Since these vitamins are not stored in the body for long, they are not likely to cause health issues when consumed in large quantities. Nevertheless, extremely high doses of some water-soluble vitamins can lead to dangerous side effects.

Fat-soluble vitamins, such as vitamins A, D, E and K, are absorbed by the body and stored in the liver and fatty tissues. High doses of these vitamins can lead to toxicity since they are more likely to accumulate in the body.

3. MODAL AUXILIARIES

Modal auxiliaries for ability, possibility, permission, obligation – can, could, must, must not, need (to)

Modal auxiliaries are verbs that indicate a modality such as a likelihood, ability, permission, request, capacity, suggestion, order, obligation, necessity, possibility or advice.

Modal auxiliaries generally accompany the bare infinitive of another verb.

The modal auxiliaries commonly used in English are can, could, may, might, must, shall, should, will, would, ought to, used to and dare. They are invariable.

Modal auxiliaries are used for polite interactions, which makes them important in the context of gastronomy and catering.

MODAL AUXILIARY	ALTERNATIVE	EXAMPLE S
can	1) to be able to in the present	John can speak four languages: Arabic, Luxemburgish, French and English.
	2) to have the possibility to	The hotel has a swimming pool, so we can go swimming.
could	to be able to in the past	I could read when I was five.
must	to have to	If you want to pass this exam, you must work hard.
	to be obliged to	
must not	not to be allowed to	You must not drive faster than 130 km/h on Luxembourg motorways.
need (to)	to be necessary	I still need to revise the vocabulary for tomorrow.



Practice

Fill in the blanks with *can / can't or must / mustn't*.

1. She is ill, so she _____ see the doctor.
2. It's raining heavily. You _____ take your umbrella.
3. We _____ (not / pick) the flowers in the park. It is forbidden.
4. Mike is nine months old. He _____ (not / eat) nuts, he has no teeth, he could suffocate.
5. I am very tall. So, I _____ play basketball.
6. I'm sorry but we _____ (not / come) to your party tomorrow.
7. You are speaking very quietly. I _____ (not / understand) you.
8. _____ I use your phone, please?
9. We _____ go to the bank today. We haven't got any money.
10. My hands are dirty. I _____ wash them.
11. It's late. I _____ go now.
12. You _____ stop at a red traffic light.
13. You _____ (not / speed) in the city.
14. Tourists _____ take their passports when they go abroad.
15. Footballers _____ (not / touch) the ball with their hands.
16. _____ you play the guitar?
17. I _____ (not / come) with you now because I'm revising my lessons.

Fill in the blanks with *must / mustn't / have to or (not) have to*:

1. I can stay in bed tomorrow morning because I _____ go to school.
2. Whatever you do, you _____ touch that switch. It's very dangerous.
3. You _____ forget what I told you. It's very important.
4. We _____ leave yet. We've got plenty of time.
5. Ann was feeling ill last night. She _____ leave the party early.
6. I _____ go to the bank yesterday to get some money.
7. The windows are very dirty. I _____ clean them.
8. The windows aren't dirty. You _____ clean them.
9. We arrived home very late last night. We _____ wait half an hour for a taxi.
10. These cakes are very nice. You _____ have one.
11. We _____ take an umbrella. It's not going to rain.
12. This is a secret. You _____ tell anybody.
13. You _____ buy a newspaper. You can have mine.
14. This train doesn't go to London. You _____ change at Bristol.
15. In many countries men _____ do military service.
16. Sarah is a nurse. Sometimes she _____ work at weekends.

Modal auxiliaries for suggestions and advice

MODAL AUXILIARY	MEANING: THE AUXILIARY IS USED TO	EXAMPLES
Should	say 'it is a good idea' to ask for advice	You should drink more water.
Ought to	say 'it is a good idea'	You ought to listen more carefully.
Had better	give strong advice and to warn someone	You ought to go home, or else you will miss the train.



Modal auxiliaries for polite interactions

MODAL AUXILIARY	MEANING: THE AUXILIARY IS USED TO	EXAMPLES
Can	<ul style="list-style-type: none"> make offers; make requests; ask for permission. <p>Could is more polite than can.</p>	<p>Good afternoon. How can I help you?</p> <p>What can I do for you?</p> <p>Can I take your credit card number, please?</p>
Could	<p>Note:</p> <p>The auxiliary verbs 'can' and 'could' are invariable.</p> <p>The negative form of can is cannot.</p>	<p>I could send you a taxi to the airport.</p>
May	<ul style="list-style-type: none"> ask for permission. 	<p>May I open the window?</p> <p>May I take your credit card number?</p>
Shall	<ul style="list-style-type: none"> make offers and suggestions <p>Note:</p> <p>The modal auxiliary shall is considered to be rather formal.</p>	<p>Shall I make you a cup of tea?</p> <p>Shall I open the window?</p>
Will	<ul style="list-style-type: none"> talk about the future make offers to make requests 	<p>I will do this for you if you like.</p> <p>I will give you a lift to the airport.</p> <p>Will you help me with this work?</p>
Would	<ul style="list-style-type: none"> express desires (would like, would enjoy, would prefer); make offers requests <p>Note</p> <p>Would is invariable, i.e. there is only one form of the verb, namely 'would'.</p>	<p>I would like another drink.</p> <p>Would you like some coffee?</p> <p>Would you prefer a table inside or on the terrace?</p> <p>Would you abstain from smoking in here please?</p> <p>Would you open the door, please? (more polite than: Open the door, please.)</p>

Watch the following video to see how auxiliaries are used for invitations, offers, requests and permission.

<https://learnenglishteens.britishcouncil.org/grammar/b1-b2-grammar/can-could-would-invitations-offers-requests-permission>

For exercises on modal auxiliaries for polite offers, invitations, requests, desires and inclinations, go to

<https://learnenglish.britishcouncil.org/grammar/english-grammar-reference/requests-offers-invitations>

<https://english-at-home.com/would-like-polite-phrases/>

https://oneminuteenglish.org/en/would-like/?expand_article=1#google_vignette

For exercises on all kinds of modal auxiliaries, go to

https://www.english-grammar.at/online_exercises/modal-verbs/modal-verbs-index.htm



TOPIC IX

RESTAURANTS

1. Restaurants

RESTAURANTS - PLACES WHERE FOOD IS PREPARED

The restaurant – prepositions of place

Do you know a movie in which a character wants to be a chef?

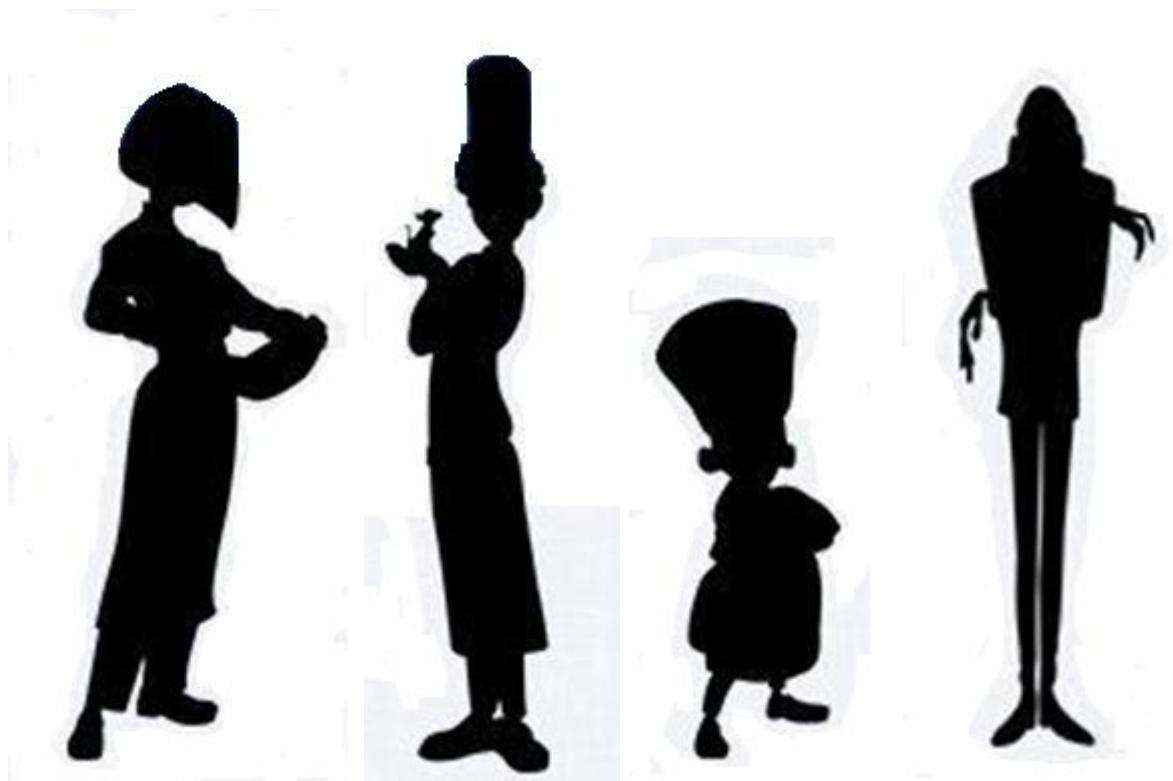
What job does he have in his community? Why?

Who is his role model?

What do you see in the picture on the right?

Where does the movie take place?

What do you see in the picture on the right?



Which of the above silhouettes do you recognize?

Where is Remy in these pictures?



1



2



3



4



5



6



7



8



9



10



11



12



13



14

Complete the sentences below with prepositions from the box.

Above	in / inside	next to	
Between	in front of	on	on top of
Behind	in the middle of	on the left of	under / below
In	near	on the right of	

1. Remy is sitting _____ the Seine.
2. Remy is _____ the storage room.
3. Remy is trapped _____ a glass jar.
4. Remy and his father are having a discussion _____ the other rats.
5. Remy is hiding _____ Linguini's toque.
6. Remy is sitting _____ his father.
7. Remy is standing _____ his father and his brother.
8. Remy is standing _____ the carrot.
9. Remy is sitting _____ his father and his brother.
10. Remy is standing _____ ingredients.
11. Remy is standing _____ Emile.
12. Remy is sitting _____ Linguini's head.
13. Remy is hanging _____ the working counter.
14. Remy is sitting _____ the edge of the copper saucepan.

Prepositions of movement

Apart from prepositions of place, prepositions of movement are quite frequent in English.

Complete the sentences below with words from the box.

across	away from	off	over	towards
along	down	onto	past	up
around	into	out of	through	



A dip is defined as a thick, creamy sauce that is used for dipping food (1) into .



A pavlova is a cake which consists of a crisp meringue base (2) _____ which fresh fruit and whipped cream have been put.



A skewer is a long thin pointed piece of metal or wood that is pushed (3) _____ pieces of meat, vegetables, etc. to hold them together while they are cooking.



A traditional food dome is rarely used nowadays. However, when you eat outside, mesh covers that you put (4) _____ the food are useful as they keep bugs away.



Beef or steak tartare is often served with the meat in the middle and the other ingredients (5) _____ it.



Do not put apples (6) _____ a bowl with other fruits because they emit lots of ethylene gas. Keep them at least 20 centimetres (7) _____ other fruits and vegetables, unless, of course, you want them to ripen faster.



If you see a white substance seeping (8) _____ salmon, this is albumin, which often indicates overcooking.



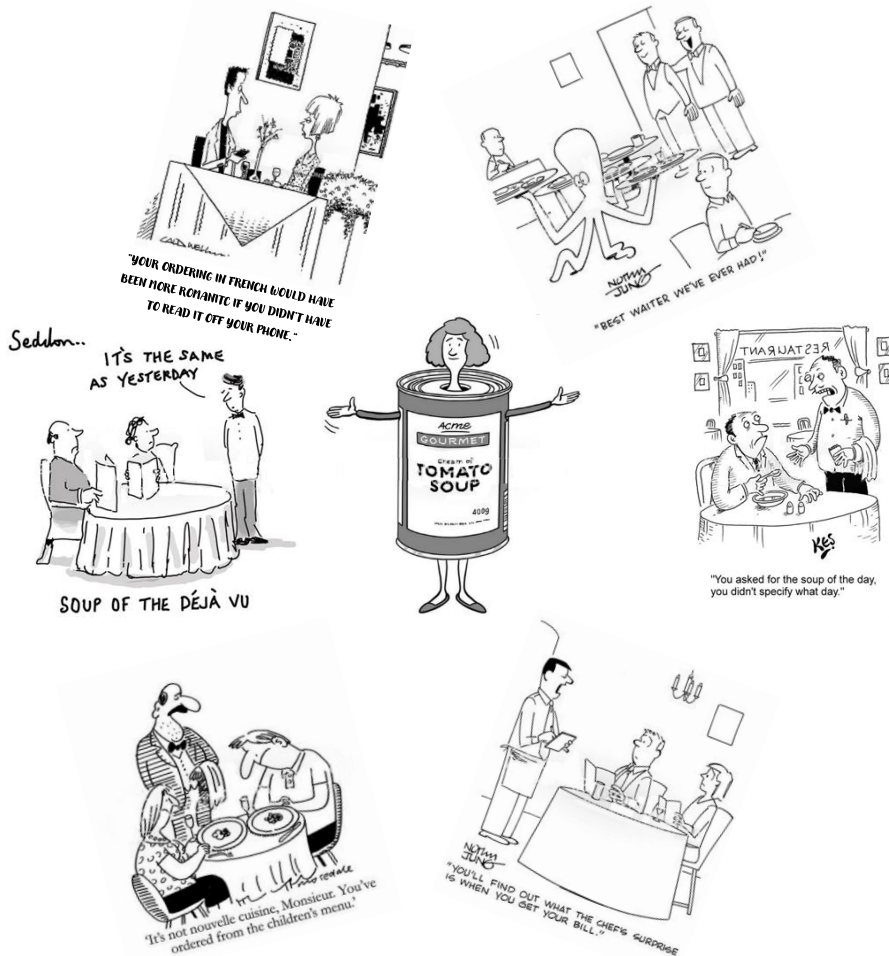
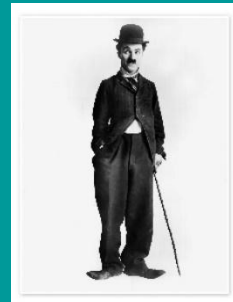
Normally meat should not be cut (9) _____ the grain, it should be cut (10) _____ or against the grain.

There are a number of things you should not do with your knives, for instance:
 Never chop (11) _____ and (12) _____
 always rock. An aggressive up and down motion is both dangerous for your fingers and bad for the blade.
 Never try and catch a falling knife. It's natural instinct to reach for falling things — seriously—so just back out of the way when your knife falls (13) _____ the counter or the table.
 If you hand a knife to someone, make sure the handle points (14) _____ the recipient.



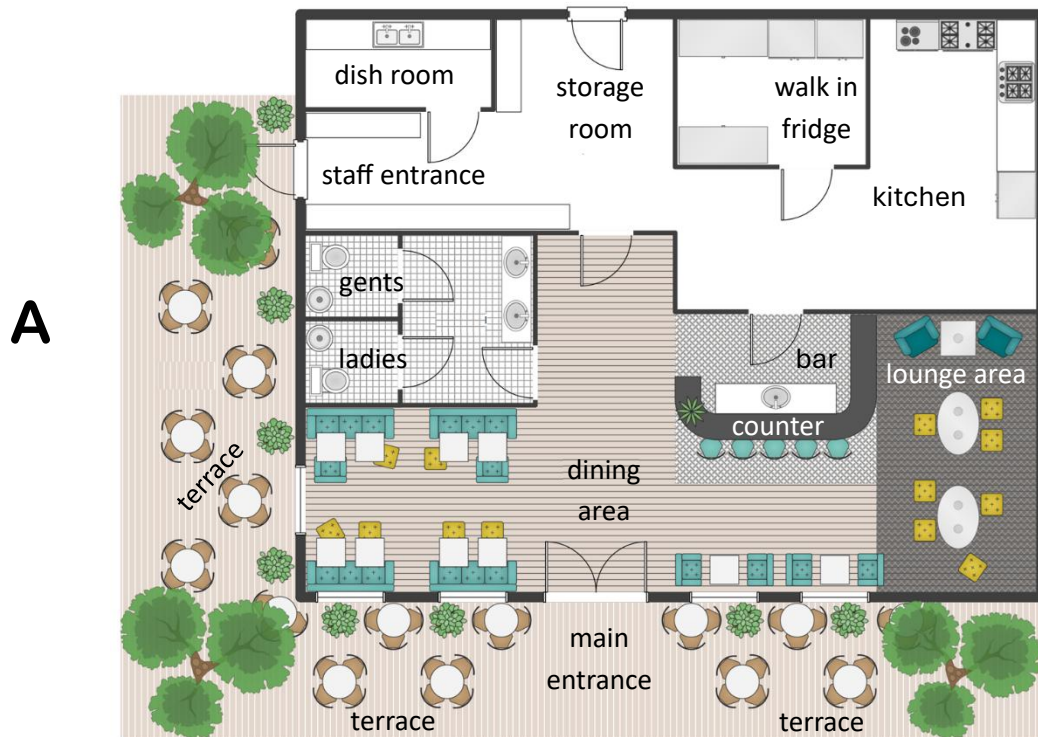
'A day without laughter is a day wasted.'

Charlie Chaplin



The restaurant – floorplans

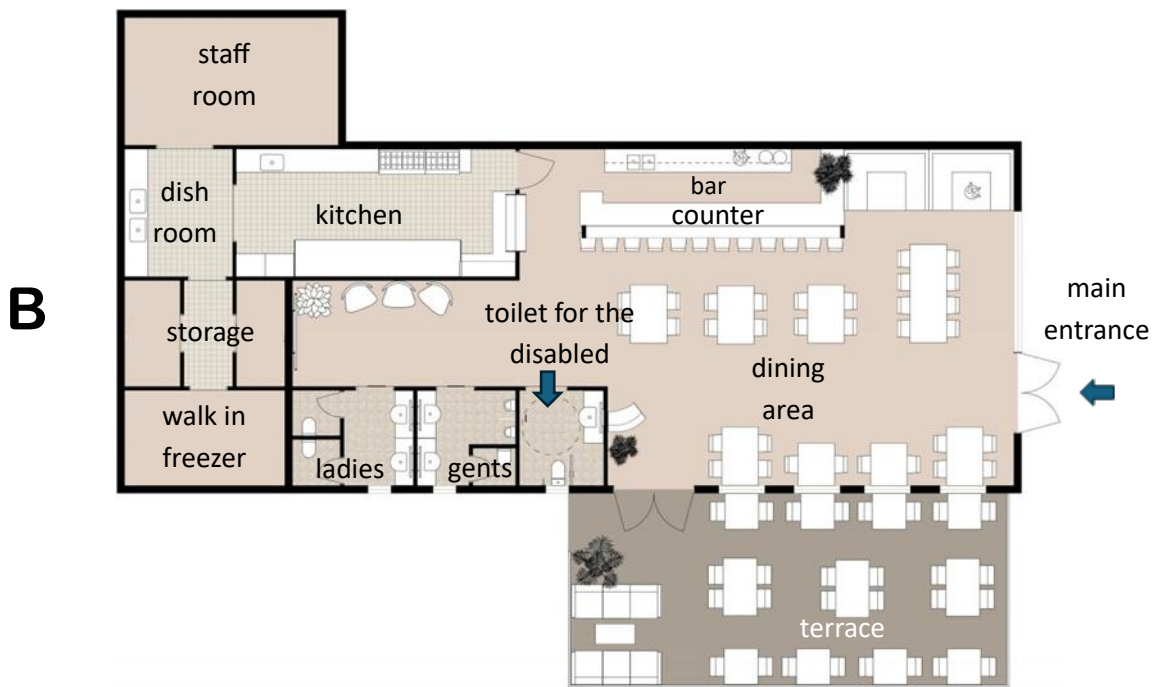
Look at the floorplans below. First, describe to your partner what the different parts of plan A represent. Then, listen to your partner who describes to you what the different parts of plan B represent. Take notes.



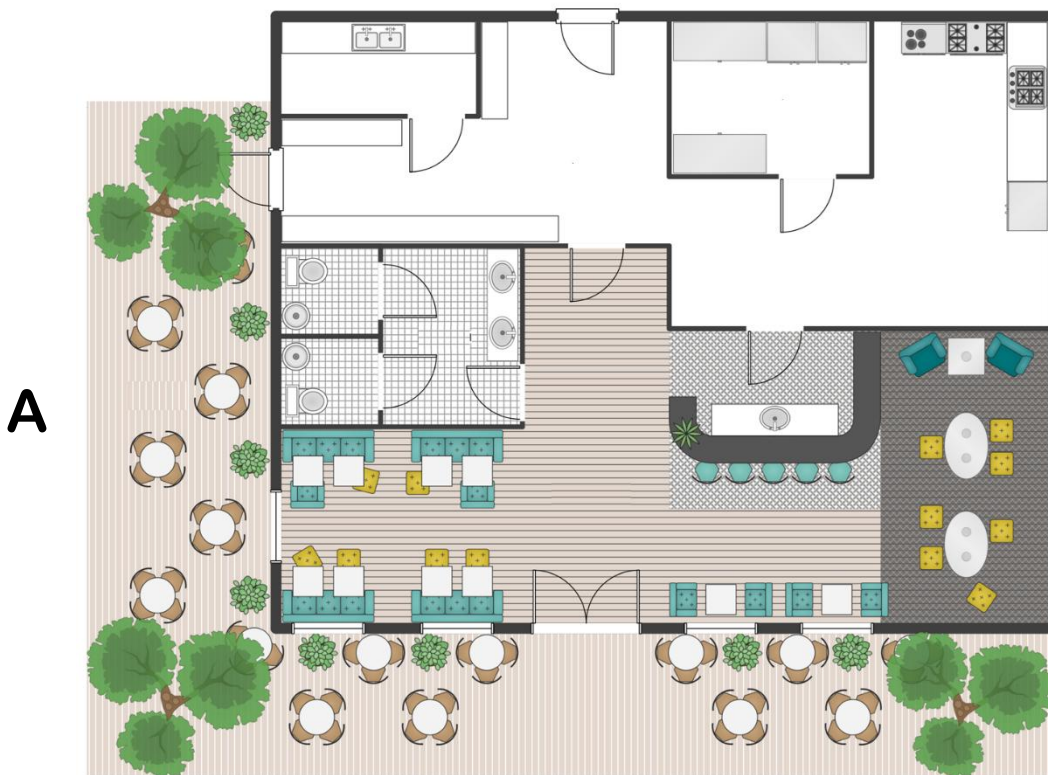
STUDENT A



Look at the floorplans below. First, listen to your partner who describes to you what the different parts of plan A represent. Take notes. Then, describe to your partner what the different parts of plan B represent.



STUDENT B



TOPIC X

FINE DINING

1. A bit of culinary history
2. Ziryab, the man who refined culinary arts in Europe
3. Different kinds of service

1. A BIT OF CULINARY HISTORY

A Brief History of French Cuisine¹⁸

Modern French Cuisine Is a Potpourri of Influences

The quintessential French cuisine we know and love today did not suddenly arrive but evolved over centuries from many influences. From the traditional use of local, abundant ingredients to the changing tides of politics and royal intermarriages, the story of how modern French cuisine evolved spans continents and includes trade routes, colonial escapades, and the interests of the aristocracy.

The Celtic Foundations of French Cooking



The indigenous people of ancient Gaul, which includes current-day France, were Celts. The Celts were adept at fermentation and the use of herbs and spices, and these skills gave rise to one of the most essential of French ingredients: wine. Without the efforts of the Celts, we might not enjoy French dishes like *coq au vin* or *boeuf bourguignon*.

Without the wine-making skills of the ancient Celts, French cooking would have a very different flavour.

Roman Colonization Brought Lasting Influences on French Cuisine



During the 600 years of Rome's rule over Gaul, the Romans brought their culture with them. Ingredients such as olive oil and garlic became integrated into the local customs. Even more importantly for French cuisine, the Romans

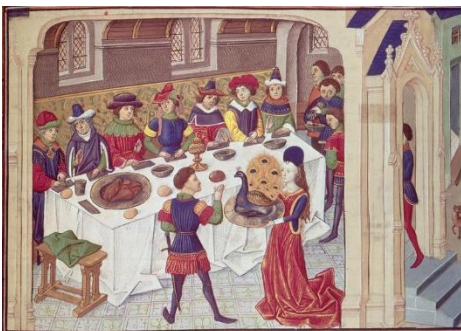
brought meat preservation techniques like salting and curing, setting the stage for charcuterie.



Medieval French Cooking Seasoned with Asian and Middle Eastern Flavors

The dishes were elaborately presented their dishes to impress guests

During the Middle ages, French cuisine was fundamentally the same as Moorish Cuisine.



The nobility dined on multi-course meals composed of local wild game, meat, fruit, and grains, often prepared with heavy sauces. New ingredients from far and middle east trade, like saffron, ginger, and cinnamon, began to find their way into the kitchens of the elite. The nobility often utilized these exotic ingredients to host banquets that showed off their wealth.

¹⁸ Adapted from <https://www.ecpi.edu/blog/a-brief-history-of-french-cuisine>

All the dishes were served at the same time. The meals largely depended on the season. They consisted of spiced meats including pork, poultry, beef, and fish. The meats were smoked and salted for preservation; the vegetables were salted and put in jugs to save them for the winter months.

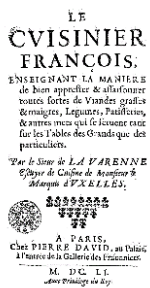
The presentation of the food was also critical. The richer and more beautiful the display, the better. Cooks would utilize consumable items including egg yolk, saffron, spinach, and sunflower to add colour. One of the most unrestrained dinners of this time was a peacock or roast swan, which was sewn back into its skin and quills to look intact. The feet and nose were plated with gold to finish the exhibition.

Renaissance-Era -New Techniques from Chefs



When the Italian noblewoman Catherine de Medici married the French King Henry II in 1547, she brought not only her kitchen staff but also new Renaissance culinary traditions with her from Italy. Catherine de Medici is credited with bringing the use of tomatoes and pasta to France. Her chefs were using new ingredients like garlic, truffles, and mushrooms. Moreover, they introduced ingredients such as turkeys and beans from France's new colonial territories into French cuisine. Finally, colonial exploits brought other new flavours back to France, like the mango. Mango sorbet became a popular treat for wealthy French people.

Haute Cuisine in the 17th, 18th and 19th century.



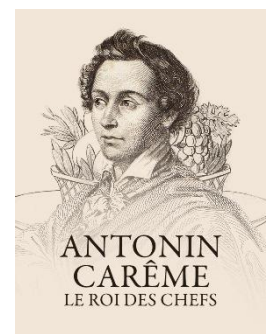
The origins of *Haute Cuisine* can be discovered in the recipes of Francois Pierre La Varenne. The gourmet was the writer of what is referred to today as the first true French cookbook with the title *Le Cuisinier Francois*. His complex sauces and unique cooking techniques took French cuisine to new levels, while his cookbook allowed others to try to replicate his recipes. At the same time,



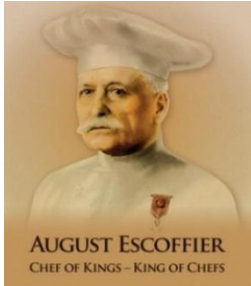
as the French colonized other countries – including parts of Asia, Africa, North America, and the Caribbean – throughout the 1700s and 1800s, they integrated new flavours and ingredients from around the world.

The beginnings of *Haute cuisine* in the 19th century

Haute cuisine translates to “high cuisine” and refers to a shift in French cooking from an emphasis on abundance and quantity to an emphasis on moderation and quality. In the 1800s, Marie-Antoine Carême is often credited with leading this change. He taught French cooking as a sophisticated art form that required technique and precision, and his recipe manuals made French cuisine more accessible. Marie-Antoine Carême influenced Georges Auguste Escoffier in a major way.



Late 19th and early 20th century – *Haute cuisine*



The latter was a prominent figure in London and Paris during the 1890s and the early part of the 20th century. He worked in partnership with hotelier César Ritz, at the Savoy in London serving the elite of society, the Ritz Hotel in Paris and the Carlton in London. He was known as the King of Chefs and Chef of Kings. He popularised and updated traditional French cooking methods. Much of Escoffier's technique was based on that of Marie-Antoine Carême, however he simplified and modernised

Carême's elaborate and ornate style. In bringing order to the kitchen, he tapped into his own military experience to develop the hierarchical *brigade de cuisine* system for organising the kitchen staff which is still standard in many restaurants today. In 1903 he published *Le Guide Culinaire*, which is still used as a major reference work, both in the form of a cookbook and a textbook on cooking. Escoffier's recipes, techniques, and approaches to kitchen management remain highly influential today, and have been adopted by chefs and restaurants not only in France, but throughout the world.

20th century – *Nouvelle cuisine*

French cooking continued to evolve and in the 1900s, nouvelle cuisine was born. This style of cooking was defined by the use of high-quality, fresh ingredients; lighter meals; and simpler yet breathtaking presentations. Modern French cooking draws inspiration from the many cooking concepts French chefs have developed and presented over centuries.



Watch the following videos on the history of French cuisine on

<https://www.youtube.com/watch?v=mHMnktPx1Mg>

https://www.youtube.com/watch?v=oeoL2AsS_Hg

To find out what Paul Bocuse said about 'Nouvelle cuisine', go to

<https://wordwall.net/resource/94888568>

2. ZYRIAB, THE MAN WHO REFINED CULINARY ARTS IN EUROPE

A full course meal is a dining experience featuring multiple, distinct courses served one after another. While the specific number of courses can vary, a basic full course meal typically includes an appetizer, a main course, and dessert. Formal full-course meals can extend to include soup, salad, palate cleansers, and even multiple main courses or appetizers.

Here's a breakdown of typical courses in a full-course meal:

- **Appetizer** Typically a small, light dish to stimulate the appetite.
- **Soup** A warm and comforting course, sometimes preceding the appetizer.
- **Salad** A refreshing course, often served after the soup or appetizer, or sometimes even after the main course.
- **Main Course** The heart of the meal, often featuring a substantial dish like meat, fish, or poultry, accompanied by vegetables and sides.
- **Palate Cleanser** A small, refreshing course, like sorbet, served between courses to cleanse the palate and prepare for the next dish.
- **Dessert** The final course, typically sweet and satisfying.

For online exercises on different meal courses, go to

<https://wordwall.net/resource/94755364>

<https://wordwall.net/resource/94755602>

Read the following text, then answer the questions below the text.

Ziryab, a musician who revolutionised the arts of the table in ways that survive to this day



Ziryab was a prominent figure in 9th-century Cordoba. He arrived in Spain in the year 822 and became the most important entertainer at the court of the emir of Córdoba virtually overnight. He also became a close friend and advisor of the emir.

As he was not only an expert in music but also in fashion, hygiene, and dining, he could introduce refined dining at the court.

Before Ziryab, dining in Spain, in fact in all of Europe, was a simple, even crude, affair. Platters of different foods were piled together, all at the same time, on hard-to-clean wooden tables. Table manners were virtually non-existent.

Ziryab, however, looked on eating an aesthetic, harmonious experience: a source of pleasure to all the senses and attended by rules of etiquette and table manners.

Ziryab taught local craftsmen to produce tables with fitted leather coverings. These tables could be covered with fine cloths and decorated elegantly. What is more, Ziryab replaced the heavy gold and silver drinking goblets of the upper classes with delicate, finely crafted crystal glassware, which exposed the colour of its content. To ensure this, he had a glass factory built in Córdoba. By the way, Ziryab is said to have popularized wine drinking.



Finally, Ziryab refused to have all his food piled on one plate. He insisted on having his food served on separate dishes. With the emir’s blessing, Ziryab decreed that palace dinners would be served in courses according to a fixed order, starting with soups or broths, continuing with fish, fowl or meat, and concluding with fruits, sweet desserts and bowls of pistachios and other nuts.

He thus introduced the three-course meal structure, which was considered a major innovation at the time. It was a novelty unknown even in sophisticated Baghdad, but it steadily gained in popularity and eventually spread to the rest of Europe. It is still used all over the world nowadays.

The verbs in the text are in the past simple tense. Complete the table below by finding the corresponding verb forms.

	Infinitive	Past simple
Regular verbs	To be	
	can	
Irregular verbs		

Put the verbs in brackets into the correct tense

More information about Ziryab



The Persian polymath Ziryab's full name was Abu l-Hasan Ali Ibn Nafi. He 1. was (to be) born around the year 789 in or near Baghdad. Apart from astronomy, geography, meteorology, botanics, cosmetics, culinary art and fashion, he 2. studied (to study) Arabic music with some of the most renowned musicians of his times in Baghdad.

His ethnic origins are not known. He could be of Persian, Kurdish, African, or mixed Arab-African descent. His nickname Ziryab, which in Persian or Kurdish means blackbird, 2. was (to be) probably a reference to his exceptionally dark complexion as well as the clarity of his voice.

At the time of his birth, Baghdad 3. was (to be) a world centre for culture, art and science. However, when the gifted musician 4. impressed (to impress) the caliph, his mentor and tutor 5. became (to become) jealous and forced 6. forced (to force) him to leave the city.

In 813 Ziryab 7. left (to leave) Baghdad and 8. headed (to head) for Córdoba, where he 9. arrived (to arrive) in 822. On his way, he 10. spent (to spend) time living in Syria and Tunisia.

In Cordoba, he 11. started (to start) off as a court musician. However, he quickly 12. became (to become) the main court entertainer as well as a close friend and advisor of the emir of Córdoba. He even 13. served (to serve) as a kind of minister of culture and 14. founded (to found) a school of music. He 15. was (to be) paid a generous salary in addition to being given many privileges. His wealth and influence 16. allowed (to allow) him not only to revolutionise how people 17. ate (to eat) (cf. text on page ...), but also what they 18. ate (to eat). A major trendsetter of his times, he also 19. introduced (to introduce) numerous changes in fashion, hairstyles and hygiene. Last but not least, the outstanding musician, 20. impacted (to impacted) on Spanish music in a major way.

Ziryab's contributions to cuisine

Ziryab 1. loved (to love) well-prepared food almost as much as he 2. did (to do) music. When Ziryab 3. lived (to live) in Cordoba, a wide array of foods such as meats, fish and fowl, vegetables, cheeses, soups and sweets 4. was (to be) available. Inspired by the cuisine he 5. knew (to know) from Baghdad, Ziryab 6. taught (to teach) the people of Cordoba new recipes. He 7. brought (to bring) a large variety of spices, dried fruits and fruit syrups with him and he 8. introduced (to introduce) new fruits and vegetables, notably asparagus, to the local cuisine. Ziryab also 9. created (to create) a number of delicious desserts, including an unforgettable treat of walnuts and honey that is served to this day in the city of Zaragoza. Finally, he 10. showed (to show) people how to conserve food by pickling.

Ziryab's contributions to fashion and hygiene.

As enthusiast of cleanliness, Ziryab also 1. did not want (not to want) to be surrounded by dirty, smelly people. He 2. did not even appreciate (to appreciate) badly dressed or badly styled people. Consequently, he 3. turned (to turn) his attention to personal grooming and fashion.

He also 4. introduced (to introduce) new perfumes and cosmetics and 5. insisted (to insist) on the maintenance of personal hygiene. He even 6. developed (to develop) a deodorant to get rid of bad odours, 7. promoted (to promote) morning and evening baths, He 8. taught (to teach) the people around him the shaping of eyebrows and the use of depilatories for removing body hair. He 9. popularised (to popularise) shaving among men and 10. set (to set) new haircut trends for men and women. Ultimately, Ziryab is thought to have invented Europe's first toothpaste.

As for clothes, he 11. decreed (to decree) Spain's first seasonal fashion calendar, which 12. asked (to ask) people to adapt their outfits to the weather and the season. Ziryab also explained how clothes could be washed more effectively.

Ziryab's contributions to music

Ziryab 1. was (to be) the finest musician and singer of his day and 2. brought (to bring) the passionate songs, music, and dances of the East to Spain. He 3. spread (to spread) a new musical style around the Mediterranean, influencing troubadours and minstrels and affecting the course of European music. In later centuries, influenced by Gypsy entertainment, his music 4. evolved (to evolve) into the famed Spanish flamenco.



He 5. was (to be) the first to introduce the lute that later 6. became (to become) the guitar to Spain and Europe. He 7. improved (to improve) the instrument by adding a fifth string to it and thereby giving it a greater delicacy of expression and a greater range.

He also 8. established (to establish) the first conservatory in the world. Ziryab's music school 9. incorporated (to incorporate) both male and female students and 10. turned (to turn) them into well trained singers and musicians.

Conclusion

Even if the name of Ziryab is fairly unknown, a lot of the changes he brought to Europe are very much a part of the reality we know today.

To watch a video on Ziryab's life, go to

<https://www.youtube.com/watch?v=cF2NvgNmTJ8>

https://www.youtube.com/watch?v=wENZHIPZ4_c

For online exercises on 'to be' in the past simple, go to

<https://agendaweb.org/verbs/to-be-past-exercises.html>

<https://test-english.com/grammar-points/a1/was-were/>

For online exercises on other regular verbs in the past simple, go to

https://agendaweb.org/verbs/past_simple-exercises.html

For online exercises on other regular verbs in the past simple, go to

<https://agendaweb.org/verbs/past-simple-affirmative-exercises.html>

<https://www.perfect-english-grammar.com/irregular-verbs-exercise-1.html>

For online exercises on verbs in the past simple, go to

<https://test-english.com/grammar-points/a1/past-simple-regular-irregular/>



3. DIFFERENT TYPES OF SERVICE¹⁹

The different styles of service employed in a restaurant depend on the type of establishment, its target audience, and the overall dining experience it aims to provide. Find below a description of seven different types of service, each with its unique characteristics and service style.

1. English Service

English service, also known as family service, involves placing food platters on the table for guests to serve themselves. The server may assist in portioning out the dishes or refilling platters as needed. The English style of service fosters a casual and relaxed dining atmosphere, commonly used for family gatherings and informal dinner parties. Key features: casual, relaxed, self-service.

2. American Service

American service, or plated service, is the most common service style in modern restaurants. In this style, food is plated in the kitchen, and the server brings the fully prepared plates to the customers. This type of service is efficient and practical, making it suitable for a wide range of dining establishments. Key features: efficient, practical, plated

3. French Service

French service is a more formal style of table service, often found in upscale hotels and fine dining restaurants. Servers present the food on a large platter or guéridon, taken back to the sideboard, carved, portioned, and then served to the guests with service spoon and fork. This type of service is highly interactive, creating an elegant and memorable dining experience. Key features: formal, elegant, interactive

4. Russian Service

Russian service, sometimes referred to as silver service, is an even more formal and elaborate service style. Servers use silverware to transfer food from a platter to the guests' plates, demonstrating exceptional skill and precision. This style is often reserved for high-end events and occasions, as it exudes an air of luxury and sophistication. Key features: formal, luxurious, skilled

5. Silver Service

Silver service, while similar to Russian service, has its distinct characteristics. In this style, servers use a serving spoon and fork to plate and serve food from platters directly onto guests' plates. The food presentation is often elaborate, and the service style requires exceptional skill and training. Key features: elaborate, skilful, prestigious

6. Gueridon Service

Gueridon service is another interactive table service style, featuring the use of a mobile cart or gueridon to prepare and serve food tableside. In this service, partially cooked food from the kitchen is taken to the Gueridon Trolley for cooking it completely. Key features: interactive, theatrical, personalized

7. Snack Bar Service

Snack bar service is a more casual and informal style of service, typically found in fast-food restaurants, cafes, and food courts. Customers order at a counter, and either wait for their food to be prepared or collect it themselves. This type of service is quick and efficient, making it well-suited for establishments with high customer turnover. Key features: casual, efficient, counter service

¹⁹ <https://www.menubly.com/blog/table-service/>

Read the text and decide which type of service is being described below

		1	2	3	4	5	6	7
1.	People queue up and get their food at a counter.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2.	The food is not entirely cooked when it is brought to the table.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.	The service is carried out with expensive tableware.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4.	The diners themselves take the food to their table.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5.	Every diner gets his own plate of food.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6.	This type of service is particularly appropriate when there are a lot of diners.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7.	Families enjoy this type of service.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8.	The food is presented to the diners before it gets carved and portioned.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9.	Modern restaurants tend to prefer this type of service.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10.	The food is brought to the table on a special cart.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Have you experienced any of the above kinds of service? Describe the circumstances under which you experienced them (kind of occasion, type of food, other diners etc.)?

Ask other students about their experiences and complete the table.

	Kind of service	Occasion	Type of food	Other diners
1.	English service			
2.	American service			
3.	French service			
4.	Russian service			
5.	Silver service			
6.	Gueridon (cart) service			
7.	Snack bar service			

For more information on the different types of table service, go to

<https://www.menubly.com/blog/types-of-service/>

TOPIC XI

EXTRAORDINARY GASTRONOMIC ACHIEVEMENTS

1. Marie-Antonin Carême, the world's first celebrity chef
2. Auguste Escoffier, the king of chefs and the chef of kings
3. Paul Bocuse
4. Julia Child, the French chef who was neither French nor a chef
5. Past passive

1. MARIE-ANTONIN CARÊME, THE WORLD'S FIRST CELEBRITY CHEF²⁰

Read the text and put the verbs in brackets into the past simple (active or passive)

Antonin Carême gained international fame, by cooking for kings and writing cookbooks that brought 'haute cuisine' into 19th-century homes.

BY MARTINA TOMMASI

PUBLISHED 17 SEPT 2021, 10:10 BST



Self-portrait showing Carême's original designs for chefs' uniforms: a white coat and hat, or toque blanche, which can be worn loose or made to stand tall (1822).

From restaurant empires to countless cookbooks to cooking shows, celebrity chefs are everywhere in the modern world. Many credit television with their invention; while TV may have boosted the visibility of celebrity chefs, it (0) _____ did not invent _____ (not to invent) them: 19th-century France (1) _____ (to do).

In the decades following the French Revolution, Antonin Carême (2) _____ (to build) the world's first culinary empire—with shops, catering for royalty, and best-selling cookbooks. He (3) _____ (to publish) his first one in 1815. Like modern-day professional chefs, he (4) _____ (to combine) the roles of artist, scholar, and scientist, all generously garnished with self-promotion.

Carême is best remembered today, however, for his brilliant pastries in the form of buildings and exotic landscapes made of spun sugar and almond paste, creations called 'pièces montées' or 'extraordinaires'. They (5) _____ (to serve) as the grandiose centerpieces that (6) _____ (to be) still a requirement on the tables of the postrevolutionary French aristocracy.

Despite such lavish productions, Carême (7) _____ (to act) as a bridge between the elaborate grand cuisine favoured by royalty and the more modern, simpler approach that he (8) _____ (to formulate) for the growing middle class in his cookbooks. Until Carême, no one had used the phrase "You can try this at home."

²⁰Adapted from: <https://www.nationalgeographic.com/history/history-magazine/article/careme-the-worlds-first-celebrity-chef>

Poverty and pastry

Born Marie-Antoine in 1784, Carême was one of 25 children in a poor Parisian family. His childhood was overshadowed by the French Revolution. At age 10, he was abandoned by his father who told him: “This will be an age of many fortunes; all that is required to make one is intelligence—and you have that

Armed with these words, the young Carême (13) _____ (to find) work in a tavern kitchen in exchange for room and board. That year, 1794, Paris (14) _____ (to experience) the post-revolutionary period of mass arrests and executions known as the Reign of Terror. Such experiences partly explain why Carême later (15) _____ (to change) his name from Marie Antoine to Antonin, ridding himself of any associations with Queen Marie-Antoinette, who had been guillotined in 1793.

In 1798 Carême (16) _____ (to leave) the tavern to become an assistant to Sylvain Bailly, a leading pâtissier. There he (17) _____ (to master) pastry techniques, developing his specialty of creating fabulous structures out of confectionery. At night, he (18) _____ (to teach) himself to read and write to feed his insatiable curiosity about not just food but also architecture. Bailly (19) _____ (to encourage) his visits to the Prints and Engravings Room at the Bibliothèque Nationale, where Carême (20) _____ (to sketch) castles, pyramids, and fountains, structures that inspired the design of his ‘extraordinaires’.



The vol-au-vent is one of Carême’s most enduring creations.

The real stars of French cooking at the time (21) _____ (to be) the confectioners and pâtissiers. Carême had a lot of admirers among Bailly’s wealthy clients; in 1803, at age 19, he (22) _____ (to open) his own pâtisserie. There he (23) _____ (to invent) pastries and sweets that are still popular, especially the vol-au-vent, a puff pastry light enough to “fly on the wind.” However, he (24) _____ (to capitalise) above all on the demand for his ‘extraordinaires’, receiving commissions to create pieces that took several days to make.

A richer diet

Among his clients (25) _____ (to be) Charles-Maurice de Talleyrand-Périgord, one of the most famous politicians. Napoleon (26) _____ (to fund) Talleyrand’s diplomatic gatherings, and Talleyrand later (27) _____ (to hire) Carême, then 21 years old.

The job (28) _____ (to launch) the young chef on the international stage. The pâtissier (29) _____ (must!) prepare not only his ‘extraordinaires’ but entire

banquets. Early on, Carême (30) _____ (to agree) to present a different menu for every day of the year using only local products.



Carême opened his first patisserie in Paris when he was only 19 years old.

While working for Talleyrand, Carême also (31) _____ (to take) on freelance work as a confectioner in other aristocratic houses, learning from the chefs of the pre-revolutionary period. Carême (32) _____ (to begin) his systematic study of French cuisine, organising old and new methods into a coherent whole. Most famously, Napoleon (33) _____ (to commission) a wedding cake from Carême for his marriage to Marie-Louise of Austria in 1810.

Unlike many colleagues who (34) _____ (to open) restaurants, Carême (35) _____ (to stick) with wealthy patrons. Later in his life, he (36) _____ (to become) the world's most expensive chef (the banker James Mayer de Rothschild would pay him the equivalent of £127,000 a year to cook for the Paris elite), but money (37) _____ (to be) never Carême's sole motivation. He (38) _____ (to consider) that serving a rich patron (39) _____ (to mean) greater creative freedom.

Supreme cuisine

Political change (40) _____ (to come) in 1814 after the downfall of Napoleon. Russia's Tsar Alexander I and other allies who had defeated Napoleon (41) _____ (to arrive) in Paris to negotiate the war's end, and Talleyrand (42) _____ (to ask) Carême to do the catering.

Tsar Alexander I (43) _____ (to impress) and (44) _____ (to seek) to lure Carême to St. Petersburg. The

chef (45) _____ (to refuse), preferring to see through the publication of his first book, *Le pâtissier royal parisien*, a massive two-volume set of pastry recipes, in 1815. In addition to writing the recipes, he also (46) _____ (to draw) most of the illustrations. It (47) _____ (to be) quickly followed by *Le pâtissier pittoresque* which included 124 designs for 'extraordinaires'.



Tsar Alexandre I

In 1816 Carême (48) _____ (to agree) to join the service of the prince regent of Great Britain, the future King George IV. After a year, he (49) _____ (to leave) the post because of a dislike of the English climate and the jealousy of English cooks there. He later (50) _____ (to travel) to Vienna to work for the British ambassador, then (51) _____ (to make) a fleeting visit to St. Petersburg, but ultimately (52) _____ (to decide) to return to Paris, where he (53) _____ (to focus) on his writing. In 1822 he (54) _____ (to publish) the two-volume *Le maître d'Hotel Français*, which famously features the four French mother sauces: Allemande (light stock, lemon juice, egg yolks), bechamel (milk thickened with a butter and flour roux), espagnole (reduced brown stock with tomato sauce), and velouté (light stock thickened with a butter and flour roux). These recipes (55) _____ (to become) the foundation for creating hundreds of different sauces to complement any kind of dish and have served as the building blocks of French cuisine ever since.

Carême (56) _____ (to turn) away many offers to run elite kitchens during this time before he (57) _____ (to accept) one from James de Rothschild, a banker who (58) _____ (to want) to impress French high society. Carême (59) _____ (to remain) in his service from 1823 through 1830; he (60) _____ (to leave) the position to return to writing and focus on the work that would be his masterpiece "*L'art de la cuisine française*".

The first part of his five-volume work on French cuisine would be published in 1833. *L'art de la cuisine française* (61) _____ (to introduce) principles that many modern cooks would recommend today. Carême (62) _____ (to reject) the heavily spiced foods of 18th-century grand cuisine and embraced more natural flavours. He (63) _____ (to advocate) cooking with fresh, seasonal ingredients. His plates (64) _____ (to be) pleasing to the eye with balanced portions and aesthetic presentation. Moreover, he (65) _____ (to write) this book not for royalty, but for the wider public. "My book is not written for the great houses alone," he (66) _____ (to explain). "I would like every citizen in our beautiful France to be able to eat delicious food."

Carême (67) _____ (to die) on January 12, 1833, believed to be a victim of lung disease from a life (68) _____ (to spend) breathing coal fumes in unventilated kitchens. One of Carême's successors, the better known Auguste Escoffier, (69) _____ (to play) a similar role adapting French cuisine to the 20th century, but (70) _____ (to give) the original maestro his due: "The fundamental principles of the science (of cooking), which we owe to Carême... will last as long as cooking itself."

Listen to 'The First Celebrity Chef: Marie-Antoine Carême' to find out more.

<https://www.youtube.com/watch?v=B15F9KICyXk>

Also, listen to 'Marie Antoine Carême'

Marie Antoine Carême Biography - YouTube <https://www.youtube.com/watch?v=fH18zBM1ves>

Watch the interview about 'Marie Antoine Carême'

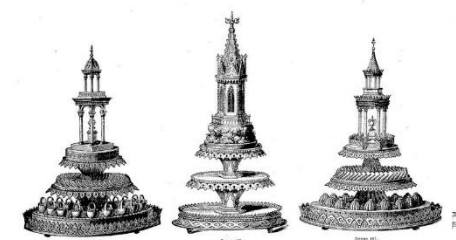
The Oxford Companion reveals all – Marie-Antoine Carême - YouTube

<https://www.youtube.com/watch?v=vtnilm40MII&t=16s>

Look at the pictures below. They show some of Carême's contributions to gastronomy. Discuss what you see and say to which extent these contributions are remarkable and useful.



© A. Beauvais - F. Hamel pour Les Produits Laitiers / Femme Actuelle



2. AUGUSTE ESCOFFIER, THE KING OF CHEFS AND THE CHEF OF KINGS²¹

(1846–1935). The first of the modern luxury hotels was the Savoy in London. When it opened its doors in 1889, the chef in charge of the kitchens was Auguste Escoffier. Considered one of the world's greatest culinary artists, he was recognized in his lifetime as the “king of chefs and the chef of kings.” During his career at the Savoy, and later at the Carlton, he gained a worldwide reputation for excellence. Altogether, he worked for 62 years as a chef.



Georges-Auguste Escoffier was born in Villeneuve-Loubet, France, on October 28, 1846. At age 13 he began working for an uncle who owned a restaurant in Nice. Escoffier showed such an aptitude for cooking and kitchen management that he was soon hired by the nearby Hôtel Bellevue, where the owner of a fashionable Paris restaurant, Le ‘Petit Moulin Rouge’, offered him the position of commis-rôtisseur (apprentice roast cook) in 1865 at the age of 19.

However, only months after arriving in Paris, Escoffier was called to active military duty, where he was given the position of army chef. Escoffier spent nearly seven years in the army—at first stationed in various barracks throughout France and later in Metz as chef de cuisine of the Rhine Army after the outbreak of the Franco-Prussian War in 1870.

Throughout his life Escoffier worked in restaurants in Nice, Cannes, Paris, Monte Carlo, Lucerne and London. He was in charge of the kitchens of the top luxury hotels of the time such as the Savoy, the Carlton and the Ritz in London. The latter became fashionable places for the upper classes to dine. Escoffier, who created many famous dishes, developed a remarkable reputation for haute cuisine.

In 1913, Escoffier met the German Emperor William II on board the SS Imperator, one of the largest ocean liners of the Hamburg-Amerika Line. The culinary experience on board the Imperator was overseen by Ritz-Carlton and Escoffier was charged with supervising the kitchens during the emperor’s visit to France. One hundred and forty-six German dignitaries were served a large multi-course luncheon. The emperor was so impressed that he insisted on meeting Escoffier after breakfast the next day, where, as legend has it, he told Escoffier, "I am the Emperor of Germany, but you are the Emperor of Chefs."

Escoffier wrote a number of books, including *The Culinary Guide* (1903) and *The Book of Menus* (1912). Probably his most famous recipe was Peach Melba, created for opera star Nellie Melba when she was staying at the Savoy in 1893. For his contributions to French cooking he was honoured by the French government by being made a member of the Legion of Honour in 1920. He retired in 1921 and died on Feb. 12, 1935, in Monte-Carlo.

Can you explain August Escoffier’s nickname?

²¹ Adapted from <https://kids.britannica.com/students/article/Auguste-Escoffier/274206>, https://kids.kiddle.co/Auguste_Escoffier and https://en.wikipedia.org/wiki/Auguste_Escoffier

Read the text and decide if the following statements are true or false.

Tick the respective boxes. If there is not enough information in the text, tick '?' for 'does not say'.

	True	False	?
1. Auguste Escoffier started to work when he was 13 years old.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Escoffier worked for some time at the Moulin Rouge in Paris.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. In the army Escoffier held a high rank.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Escoffier used a lot of canned food.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Escoffier held different jobs in British luxury hotels.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. The SS Imperator was a big passenger ship.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Escoffier had dinner with the German emperor William II.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Escoffier died in France after he had retired.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

For more information on Auguste Escoffier, watch the video

<https://www.youtube.com/watch?v=A6T7d2yB-2I&t=30s>

Look at the pictures below. They show some of Escoffier's contributions to gastronomy.

Discuss what you see and say to which extent these contributions are remarkable and useful.

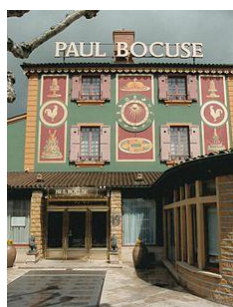




3. PAUL BOCUSE

Twenty interesting facts about Paul Bocuse²²

1. Bocuse died of Parkinson's disease on 20 January 2018 in the same room above his restaurant in which he was born in 1926. He was 91.
2. He had been sick for some time, but he had never stopped greeting guests at each table. He used to say: "When I drive the bus of life and look back, I see many friends have already left. Sooner or later I will join them".
3. He first wore toque and apron at the age of 16, in the middle of World War II.
4. He soon joined the French army as a volunteer. When he suffered a glancing bullet wound in Alsace, he was treated by the Americans in the United States.
5. His first masters include Eugénie Brazier (1895-1977), aka La Mère Brazier, the mother of modern French cuisine. She was the very first chef to get 3 Michelin stars in two restaurants at the same time.
6. Paul Bocuse loved women. He was a 'polygamist' and he never tried to keep the fact that three women were his 'official' partners, even at the same time, as a secret. In 2006 he was even laughing about it in the French newspaper Liberation saying: "I have three Michelin stars. I have had three bypass operations and I have three wives. He also said "I have no regrets, except for the pain I caused to my women. I hope they will forgive me".



7. In 1961 he was named Meilleur Ouvrier de France, a title that gave him the greatest joy.
8. In 1961 his restaurant received its first Michelin star, a year later, in 1962 the second and in 1965 the third. Unfortunately, it lost its three-star rating in 2020 after 55 years.
9. In 1975, he received the 'Légion d'honneur', the highest acknowledgement given by the French Republic. When he received the letter signed by president, he first thought it was some kind of joke. That same year, he also created what is still his most famous dish 'soupe aux truffes' (truffle soup) or Soupe V.G.E., VGE being the initials of the president of France Valéry Giscard d'Estaing.
10. A lot of his dishes went down in history. They have strong hints at historic French fine dining, at the bourgeoisie and the institutions. They are complex, strong dishes, which are rich in calories.
11. In 1989, he was nominated as the "Chef of the Century" by the famous restaurant guide Gault-Millau of Henri Gault and Christian Millau.
12. In the decades after 1990, he opened 9 restaurants and brasseries in Lyon and the surroundings. Moreover, he completed countless consultancy projects in Japan, the United States and Switzerland.
13. Bocuse was French to the bone: "Our country is a huge fish tank defined by the Mediterranean Sea and the Atlantic Ocean, with a gigantic chicken farm in Bresse, and cattle in Charolais. From north to south we have endless orchards, an unmatched terroir and in the vineyards one can find the best of our ambassadors. No other country has this luck". Until two years ago, his menus were only available in his mother tongue.

²² Adapted from <https://www.identitagolose.com/sito/en/95/18764/dal-mondo/paul-bocuse-20-things-to-know-about-the-chef-of-the-century.html>

14. As for his style of cuisine, it was “A perfect match between cream, butter and wine” according to the critic Par Thibaut Danancher. Bocuse, who was allergic to any fashion, always said “Why should I change a winning philosophy?” and added the famous sentence: “I believe there’s only one cuisine: good cuisine”.



15. Speaking of digesting a meal, these words of his became famous: “If you want to feel good, go to a doctor”. The implication: “Don’t come to my restaurant, I’m not interested in your digestion”. It was a clear violation of the principles of Nouvelle Cuisine which, in a list from 1973 required light preparations and substituting fat and heavy sauces with lighter and easier to digest ones. Bocuse was one of the promoters of the manifesto but had a conflicting relationship with the movement. He was too famous to fully take sides with a philosophy of which he shared the principles.

16. Vegetarianism? Never: “Every respectable meal should always end with meat”. Molecular? “Certainly not”.

17. The Auberge du Pont de Collonges might still be considered as a not-to-be-missed stop, in order to understand the history of French haute cuisine in just one meal; but it has also been criticised in recent years because of its immovable menu and the fact it ignores contemporary ideas.

18. Monsieur Paul loved sharing his profession with young people. Legions of young cooks chose to attend his school at Institut d’Écully.

19. In 1987 he conceived the Bocuse d’Or, now the most famous contest between chefs from different nationalities.

20. The pupils and colleagues, such as Gaston Lenôtre, Paul Haeberlin, Eckart Witzigmann, who worked beside him, became the best of the restaurant scene.

Read the text and decide if the following statements are true or false. Tick the respective boxes. If there is not enough information in the text, tick ‘?’ for ‘does not say’.

	True	False	?
1. Paul Bocuse made a point of greeting the diners at his restaurant personally-	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. The chef Eugénie Brazier was his first great love.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Bocuse joined the French Army voluntarily in the Second World War.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Bocuse was married to three women at the same time.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Bocuse had 3 Michelin stars from 1965 till the end of his life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Bocuse owned only one restaurant.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Bocuse’s meals are light and healthy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. The Bocuse d’Or is a cooking competition.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

For more information on Paul Bocuse, go to

Paul Bocuse turns 90

https://www.youtube.com/watch?v=gr_615dJFIU

Eating in Paul Bocuse's Restaurant

https://www.youtube.com/watch?v=zx8Ocl_jWqM

4. JULIA CHILD, THE FRENCH CHEF WHO WAS NEITHER FRENCH NOR A CHEF²³



Julia Child in her kitchen (1978)

Julia Child

Julia Carolyn Child (née McWilliams; August 15, 1912 – August 12, 2004) was an American chef, author and television personality. She is recognized for bringing French cuisine to the American public with her debut cookbook, *Mastering the Art of French Cooking*, and her television programs, the most notable of which was *The French Chef*, which premiered in 1963.

Childhood and education

Julia Child was born Julia Carolyn McWilliams in Pasadena, California. She was the daughter of John McWilliams, Jr., a Princeton University graduate and prominent land manager, and his wife, a paper-company heiress Child was the eldest of three.

In high school, Child was sent to a boarding school. While growing up, Child played tennis, golf, and basketball. Child was extremely tall. At six feet, two inches (1.88 m) tall. She continued to play sports while attending Smith College, from which she graduated in 1934 with a major in History. Following her graduation, Child decided to become a novelist, or perhaps a magazine writer. She moved to New York City, where she worked for the advertising department of W. & J. Sloane.

World War II

Child was dead set on joining the military during World War II and ended up enrolling in the Office of Strategic Services (OSS) as a typist after finding that she was too tall to enlist in the Women's Army Corps (WACs) or in the U.S. Navy's WAVES. She quickly rose in the ranks at the OSS, and soon she moved on from being a typist to a top-secret researcher working directly with the OSS director at the time. The OSS was the predecessor of the Central Intelligence Agency (CIA).

In 1944, she was posted to Kandy, Ceylon (now Sri Lanka), where her responsibilities included "registering, cataloging and channeling a great volume of highly classified communications" for the OSS's secret stations in Asia.

As a research assistant, she contributed to the development of a shark repellent needed to keep curious sharks away from underwater explosives. She cooked various concoctions, which were sprinkled in the water near the explosives and repelled the sharks. Still in use today, the experimental shark repellent marked Child's first foray into the world of cooking...

Child grew up with a cook so she didn't have to cook when growing up. It wasn't until she met her husband in 1944 that she began cooking and found the joy in making food. Her would-be husband, Paul Cushing Child, also an OSS employee, was a worldly man, and Julia wanted to learn how to cook to impress him. Paul was a New Jersey native who had lived in Paris as an artist and poet. He was known for his sophisticated palate and introduced his wife to fine cuisine. The two got married on September 1, 1946. Paul joined the United States Foreign Service, and in 1948 the couple moved to Paris where Paul was assigned as an officer with the United States Information Agency. The couple had no children.

²³ [Julia Child Facts for Kids \(kiddle.co\)](https://www.kiddle.co)

While living in Paris, Child joined the women's cooking club 'Le Cercle des Gourmettes' where she met Simone Beck and Beck's friend Louise Bertholle. The three would then go on to start their cooking school 'L'école des Trois Gourmandes' out of Child's Parisian kitchen apartment. They also co-authored *Mastering the Art of French Cooking*, a cookbook which jump-started Child's career as an acclaimed chef. However, it was not easy to get the book published. First, it took years for Child, Beck, and Bertholle to finish the manuscript and test recipes. Eventually, the 726-page cookbook was published after nine years. Second, they were given very little money to publicize their book. Child took matters into her own hands by going on several talk shows to promote the cookbook.

One of the programs she appeared on was a book review show. Child showed up to the interview with her equipment and taught everyone how to make an omelet using a hot plate. Twenty-seven viewers wrote to the station singing Child's praises, thus convincing WGBH to give Child a cooking show on TV.

The French Chef and related books

The French Chef had its debut on February 11, 1963, and was immediately successful. The show ran nationally for ten years and won Peabody and Emmy Awards, including the first Emmy award for an educational program. Though she was not the first television cook, Child was the most widely seen. In 1972, *The French Chef* became the first television program to be captioned for the deaf, even though this was done using the preliminary technology of open-captioning.

Child's second book, *The French Chef Cookbook*, was a collection of the recipes she had demonstrated on the show. It was soon followed in 1971 by *Mastering the Art of French Cooking, Volume Two*, Child's fourth book, *From Julia Child's Kitchen*, was illustrated with her husband's photographs and documented the color series of *The French Chef*, as well as provided an extensive library of kitchen notes made by Child during the course of the show.

Impact on American households

Julia Child had a large impact on American households and housewives. Because of the technology in the 60s, the show was unedited, causing her blunders to appear in the final version. According to Toby Miller in "Screening Food: French Cuisine and the Television Palate," one mother he spoke to said that sometimes "all that stood between me and insanity was hearty Julia Child" because of Child's ability to soothe and transport her with her cooking style. In addition, Miller notes that Child's show began before the feminist movement of the 1960s, which meant that the issues housewives and women faced were somewhat ignored on television.

Later career

In the 1970s and 1980s, she was the star of numerous television programs. In 1981, she founded the American Institute of Wine & Food to "advance the understanding, appreciation and quality of wine and food". In 1989, she published a book and instructional video series collectively entitled *The Way To Cook*.

Child starred in four more series in the 1990s that featured guest chefs. Julia Child's kitchen, designed by her husband, was the setting for three of her television shows. It is now on display at the National Museum of American History in Washington, D.C. The Childs' home kitchen in Cambridge was fully transformed into a functional set, with TV-quality lighting, three cameras positioned to catch all angles in the room, and a massive center island with a gas stovetop on one side and an electric stovetop on the other, but leaving the rest of the Childs' appliances alone,

including "my wall oven with its squeaking door." This kitchen backdrop hosted nearly all of Child's 1990s television series.

Last years and death

In 2001, Child moved to a retirement community, donating her house and office to Smith College, which later sold the house. She donated her kitchen, which her husband had designed with high counters to accommodate her height to the Smithsonian's National Museum of American History. Her kitchen as well as her iconic copper pots and pans are on display at the museum in Washington.

In 2000, Child received the French Legion of Honour and was elected a Fellow of the American Academy of Arts and Sciences in 2000. She was awarded the U.S. Presidential Medal of Freedom in 2003; she received honorary doctorates from Harvard University, Johnson & Wales University (1995), Smith College (her alma mater), Brown University (2000), and several other universities.

Child passed away a couple of days before her 92 birthday on August 12, 2004. She had lived a long and adventurous life, which she credited to eating red meat and drinking gin. In a 2001 TV interview, Child said, "I don't consider vegetarianism a sensible diet at all, because you're supposed to have a little bit of everything. How about red meat? Which I believe in. As I've often said, red meat and gin." Her last meal was French onion soup.

Watch 'Bon Appetit! The Life and Times of Julia Child' (58:40)

[Bon Appetit! The Life and Times of Julia Child - YouTube](https://www.youtube.com/watch?v=9gPNdWxERg)

<https://www.youtube.com/watch?v=9gPNdWxERg>

Also watch the TV interview "Out of the Box with Jack Nadel" with celebrity chef Julia Child (29:4:

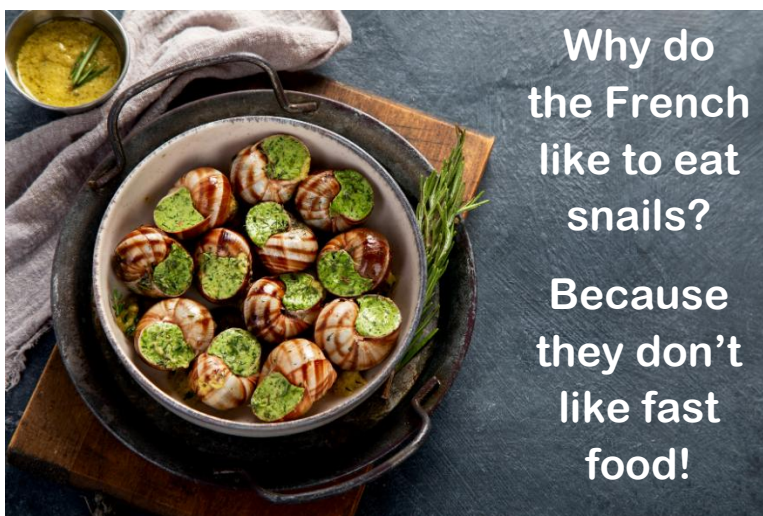
["Out of the Box with Jack Nadel" TV interview with celebrity chef Julia Child - YouTube](https://www.youtube.com/watch?v=-d1a5j1bObQ)

<https://www.youtube.com/watch?v=-d1a5j1bObQ>

Find her TV shows on

[Julia Child on PBS - YouTube](https://www.youtube.com/@JuliaChildonPBS)

<https://www.youtube.com/@JuliaChildonPBS>



5. PAST PASSIVE

Antonin Carême and his extraordinaires



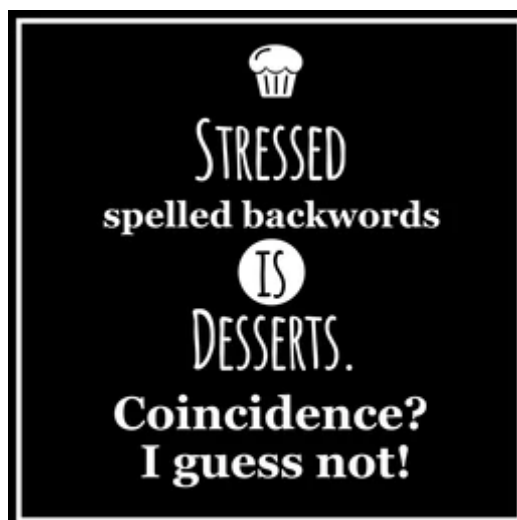
Active: Antonin Carême conceived the extraordinaires above.

Passive: The extraordinaires above were conceived by Antonin Carême.

Look at the examples of the past passive, then complete the table.

PAST SIMPLE PASSIVE

Auxiliary	Main verb



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Make sentences. Put the verbs into the present or past passive.

1. In the 1830s, tomato ketchup / to sell / as a medicine which was meant to cure illnesses such as diarrhoea, indigestion and jaundice.

2. Coca-Cola, on the other hand, did not start as a medicine, but it / to invent / John Pemberton, a doctor and pharmacist.

3. This delicious cake / to make / my mother.

4. The hotel / to renovate / last year.

5. Sushi / to invent / the Japanese.

6. No one knows when exactly cheese / to invent.

7. The use of the pesticide DDT / to forbid / many years ago.

8. Tomatoes / to bring / to Europe from the Americas / the Spanish.

Fill the gaps by putting the verbs in brackets into the past passive

A Caesar salad with chicken.

A Caesar salad is a green salad that (1) _____ (to make) of romaine lettuce and croutons dressed with black pepper, Dijon mustard, eggs, garlic, lemon juice (or lime juice), olive oil, Parmesan cheese and Worcestershire sauce.

Some of the most common variations to the salad include grilled poultry (most often chicken), capers, anchovies, and bacon.

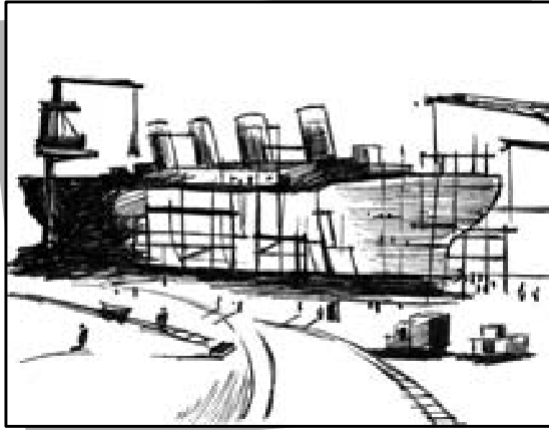


The salad's creation (2) _____ (to attribute) to Caesar Cardini, an Italian immigrant who operated restaurants in Mexico and the United States. He ran the restaurant Caesar's, in Tijuana, Mexico, to attract American customers seeking to circumvent the restrictions of Prohibition. The salad (3) _____ (to invent) in 1924 when the restaurant supplies (4) _____ (to deplete = to exhaust) by a Fourth of July rush. Cardini made do with what he had. The salad (5) _____ (originally / to prepare) tableside.

The Titanic

Read the story of the Titanic.

- In texts 1 and 2, write the past participles of the verbs.
- In texts 3 and 4, write the passive of the verbs.
- In texts 5 and 6, change the active sentences to passive sentences.

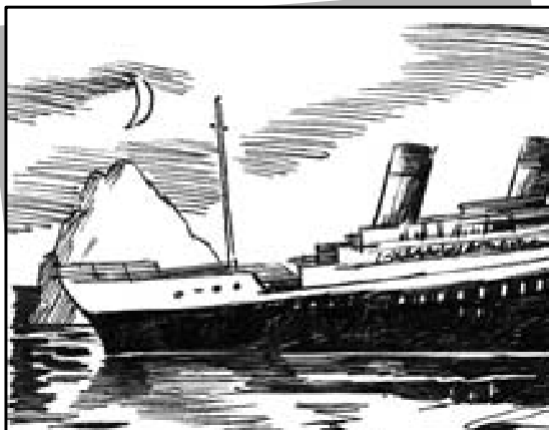


1

The Titanic was (1) _____ (to build) in 1911 in Belfast, Northern Ireland. The ship was enormous and was (2) _____ (to equip) with some of the most modern safety features of the age. In fact, it was (3) _____ (to think) that the Titanic was unsinkable.

On her first journey, in April 1912, passengers were (4) _____ (to take) on at Southampton (England), Cherbourg (France) and Cork (Ireland). Life in the first class was evenings: were (5) _____ (to spend) in the restaurant or listening to concerts.

2



3

At 10 pm on Sunday 14th April, the Titanic (6) _____ (to warn) about icebergs in the area. But the Titanic continued to travel at high speed and an iceberg (7) _____ (to hit) at 11.45 pm. Many passengers (8) _____ (to wake) by the shock.