

Unit 6 Are You a Foodie?

Lead-in

1.

1. j 2. a 3. h 4. i 5. c 6. e 7. b 8. g 9. f 10. d

2.

1. appetizers
2. textures
3. diabetes
4. ingredient
5. foodie
6. Organic
7. extravaganza
8. staple
9. feasting
10. recipes

3.

Key: open-ended.

Script:

Like it or not, life constantly urges us to take the next step. People travel and migrate to new places. As they travel, they fire up the stove and bring with them to their new abode the flavors from home. From migration to the logistics of food, from the evolution of culinary techniques to the many paths down which fate might lead you, the rapid pace of change is the one thing that doesn't change.

Learning the Skills

Pretest

1. expected to
2. what fork
3. atmosphere
4. light
5. meant to

Practice

1.

1. expected to
2. quite like
3. big bite
4. junk food
5. fast food
6. At
7. told

2.

1. spend
2. don't consider
3. sweet tooth
4. waistline
5. at least
6. lead to
7. rocket science

Active Listening

Topic 1

Key:

1. T
2. F (Tip: Foods are served both at restaurants and food stalls.)
3. F (Tip: Master classes are held throughout the day and at rush hour.)
4. F (Tip: It should be 25%)
5. F (Tip: Alice's favorite Chinese food is Mapo tofu.)
6. T
7. T
8. F (Tip: Yorkshire pudding is not sweet like other puddings in Britain.)

Script:

Feifei: 我是冯菲菲。(I am Feng Feifei.)

Alice: And I'm Alice.

Feifei: And this week Alice, you've been out at a food festival.

Alice: Yes I have. Over the last two weeks, St. Pancras International train station in London has been hosting the British Food Fortnight.

Feifei: I take it that is two weeks filled with food?

Alice: Yes! The event is part of the National British Food Festival and featured a range of traditional British dishes, served at restaurants and food stalls. So I went down to the station to find out more. First I spoke to Sam Kidby who helped organize the event.

Sam Kidby: *So for the next couple of weeks we are gonna have sort of a whole sort of extravaganza of different types of foodie fortnight kind of activities—we're going to have sort of oyster and champagne master classes, charcuterie master classes... And basically all the retailers are here and sort of doing master classes in the middle of the station in the middle of rush hour.*

Alice: He said there were going to be oyster, champagne and charcuterie master classes. And all of these master classes are held in the middle of the station throughout the day and at rush hour.

Feifei: So people can just watch a master class or pick up some food on the way to the train?

Alice: Yes! Actually some people just come down to the station for the food, and don't get on a train. Here's Sam Kidby again.

Sam Kidby: *As a station, we've got 25% of the people who come to the station aren't coming to get on a train, they're coming just to have a look at the station, go to one of our restaurants and this was something we thought, you know, could entice more people down and also make them enjoy it and have a nice time when they're passing through the station.*

Alice: So this festival was about British food but can you guess what was found to be British people's favorite dish?

Feifei: Hmmm, maybe something traditional like a Sunday dinner?

Alice: No, this year was pizza! So what's your favorite food, Feifei?

Feifei: Well, it has to be Chinese food! What about you, Alice?

Alice: Oh in terms of Chinese food I love Mapo tofu.

Feifei: Oh it's really nice, isn't it?

Alice: It's delicious! And in fact there were lots of other dishes people talked about at the event. Here are some people who told me what their favorite food is.

The first person: *Probably have to go for Roast Beef and Yorkshire puddings I suppose.*

The second person: *I love seafood. I'm more of a sushi fan, because it's always fresh, um, you get lots of different flavors and so forth.*

The third person: *I'd probably have to say something like fish pie, quite classic British dishes.*

The fourth person: *We're Indonesian so we love Indonesian food of course, but in particular I love Chinese food.*

Feifei: I'm glad to hear the last speaker said they loved Chinese food!

Alice: Yes! Other favorite dishes were sushi and some traditional British dishes, fish pie, roast beef, and Yorkshire pudding.

Feifei: What is Yorkshire pudding?

Alice: Yorkshire pudding is not sweet like other puddings in Britain; it's made out of batter, a mix of milk, flour and egg and is usually served as part of a traditional Sunday dinner.

Feifei: Hmmm, Yorkshire pudding. Well, all this talk of food is making me hungry.

Feifei: Bye!

Topic 2

1.

Key: B

2.

1. Pizza.
2. At the new Spanish restaurant.
3. Because the chef there creates wonderful organic sauces.
4. He used to work in a famous French restaurant.
5. In the late morning or at noon.

Script:

Yang Li: So Dirm, what's your favorite food?

Diarmuid: Hmmm, Pizza.

Yang Li: Pizza. Nice. Do you eat it often?

Diarmuid: Oh, as often as possible, Li.

Yang Li: But do you know how to make it, where to find the best ingredients for it, where the best place to eat it is, and the history of the dish?

Diarmuid: Well I...No, I can't say I know that much.

Yang Li: Well, in that case, you are not a foodie.

Diarmuid: I suppose you're right. A foodie, F.O.O.D.I.E. is a person who not only enjoys eating food, but is also fascinated by everything about it.

Diarmuid: Are you a foodie, Li?

Yang Li: Well I do love food, don't we all? But I wouldn't say I'm a foodie.

Diarmuid: Listen to this person talking about food—you could say he is a foodie.

Example:

A: I finally booked a table at the new Spanish restaurant. There's a three-month waiting list, you know.

B: Really? You have to wait three months?

A: Yes, but I really have to go there. It's run by this amazing chef who creates wonderful organic sauces. He used to work in a famous French restaurant, but has just opened his own place. I can't wait.

B: *Well, enjoy it!*

Yang Li: *(To listeners)* Are you a foodie?

Diarmuid: Or do you just love food? You know what, Li? I might not be a foodie, but all this talk of food is making me...

Yang Li: Hmmm, hungry?

Diarmuid: Oh yes. Lunch! Bye.

Yang Li: Bye-bye.

Topic 3

1.

1. D
2. C
3. D
4. C
5. A

2.

1. Because you may live away from home for the first time.
2. It means you have to cook for yourself.
3. 20.
4. Living on a limited budget.

3.

Starting at university or college can be a big challenge, especially if you're living away from home for the first time. You're faced with big questions such as, "Who's going to do my washing?" "Who's going to tidy my room?" And, most importantly, "How am I going to eat?" Yes, living on your own means you have to cook for yourself, and when you're living a student lifestyle, this could be a recipe for disaster.

Script:

Starting at university or college can be a big challenge, especially if you're living away from home for the first time. You're faced with big questions such as, "Who's going to do my washing?" "Who's going to tidy my room?" And, most importantly, "How am I going to eat?" Yes, living on your own means you have to cook for yourself, and when you're living a student lifestyle, this could be a recipe for disaster.

Students, in the U.K. at least, often rely on staples such as baked beans or cheese on toast. Catrin Stewart is 20 and in her final year at the University of Manchester and is currently food editor of the student paper. She told BBC News "I'm in a unique position...I'm in a house of nine people and six are vegan. We have to be quite inventive with our food. We have lots of Asian influences, lots of experimenting." Another student, Elena, is vegetarian and finds this meat-free food easier and less expensive.

Living on a limited budget is certainly one obstacle to eating a well-balanced diet and besides, there are more fun things to go and do than stay at home and cook, that's why many students survive on takeaways and microwave meals.

But what should a health-conscious student really have in his or her food cupboard? Jack Monroe, a food writer and campaigner, has some advice: baked beans, stuffing, lemon juice, tinned tomatoes, and tomato ketchup, described as "salt, sugar, vinegar, and tomato all in one handy squeezezy bottle." And if that doesn't appeal, you can always wait until you visit your mum and dad for a slap-up meal!