

## Ingredients and meal planning

### 1 Pre-reading

Check (✓) the things below that you look for when choosing ingredients for a meal.

- |    |             |                          |
|----|-------------|--------------------------|
| 1  | balanced    | <input type="checkbox"/> |
| 2  | fresh       | <input type="checkbox"/> |
| 3  | healthy     | <input type="checkbox"/> |
| 4  | natural     | <input type="checkbox"/> |
| 5  | nutritional | <input type="checkbox"/> |
| 6  | seasonal    | <input type="checkbox"/> |
| 7  | simple      | <input type="checkbox"/> |
| 8  | colorful    | <input type="checkbox"/> |
| 9  | varied      | <input type="checkbox"/> |
| 10 | sweet       | <input type="checkbox"/> |



### 2 Vocabulary

Put these ingredients in the correct group in the table. Then go to the Macmillan Online Dictionary [www.macmillandictionary.com](http://www.macmillandictionary.com) and check your answers by typing the words into the search box.

Can you add any more ingredients? You can use these websites to help you:

[www.choosemyplate.gov/food-groups/](http://www.choosemyplate.gov/food-groups/)

[www.nutrition.org.uk/healthyliving/basics/what-are-nutrients](http://www.nutrition.org.uk/healthyliving/basics/what-are-nutrients)

bread broccoli butter cheese chocolate cream eggs fish honey lemons  
meat milk mushrooms nuts oil pasta potatoes rice tomatoes yoghurt

| Dairy | Carbohydrates | Fats and sugars | Protein | Fruits and vegetables |
|-------|---------------|-----------------|---------|-----------------------|
|       | <i>bread</i>  |                 |         |                       |

### 3 Vocabulary

Number these courses as you would usually eat them during a meal. Be careful, two of them are generally served together! Then go to the Macmillan Online Dictionary [www.macmillandictionary.com](http://www.macmillandictionary.com) and check your answers by typing the words into the search box.

a ☐ dessert      b ☐ main course      c ☐ side dish      d ☐ appetizer

### 4 Vocabulary

Find words in Exercise 3 which mean the same as these words. Then go to the Macmillan Online Dictionary [www.macmillandictionary.com](http://www.macmillandictionary.com) and check your answers by typing the words into the search box.

starter ..... *appetizer* .....

entrée .....

accompaniment .....

last course .....

## 5 Reading

Using the ingredients from Exercise 2, find a dish for each of the courses below, to include each of the different food groups. You can use these websites to help you:

[www.epicurious.com](http://www.epicurious.com)

[recipefinder.nal.usda.gov](http://recipefinder.nal.usda.gov)

[www.supercook.com](http://www.supercook.com)

## 6 Reading and writing

Some people have to eat a special diet for reasons such as health, lifestyle, religion, or age. Complete the table with different foods that are suitable or unsuitable for each person. Use the websites below to help you.



**Appetizer:** \_\_\_\_\_  
**Main course:** \_\_\_\_\_  
**Side dish:** \_\_\_\_\_  
**Dessert:** \_\_\_\_\_

|                                  | Suitable foods | Unsuitable foods |
|----------------------------------|----------------|------------------|
| A person training for a marathon |                |                  |
| A pregnant woman                 |                |                  |
| A vegetarian                     |                |                  |
| Someone with heart disease       |                |                  |
| An old person                    |                |                  |

## 7 Project

Plan a dinner for one of the people in Exercise 6. Use the information you have learnt about ingredients and meal planning, and use the Internet to search for ideas. Make sure you do the following:

- Include an appetizer, main course, side dish, and dessert.
- Choose suitable ingredients for the person.
- Make sure the meal is balanced and uses seasonal ingredients.
- Try to make the meal varied, natural, and colorful.

**You can use these websites to help you:**

[www.choosemyplate.gov/healthy-eating-tips/tips-for-vegetarian.html](http://www.choosemyplate.gov/healthy-eating-tips/tips-for-vegetarian.html)

[www.cookeryonline.com/Vegetarian](http://www.cookeryonline.com/Vegetarian)

[www.marchofdimes.com/pregnancy/nutrition.html](http://www.marchofdimes.com/pregnancy/nutrition.html)

[www.livestrong.com/article/316501-senior-citizen-diets/](http://www.livestrong.com/article/316501-senior-citizen-diets/)

[www.mayoclinic.com/health/heart-healthy-diet/NU00196](http://www.mayoclinic.com/health/heart-healthy-diet/NU00196)