

UNIT 1

Food for thought

Starting out



1 Watch the video and answer the questions.

- 1 What different types of food are introduced in the video?
- 2 Have you ever tried any of the food in the video? What did you think of it?

2 Match the food to the countries on the map and answer the questions.

- 1 Have you ever tried any of the food in the pictures? Which would you most like to try?
- 2 What food from other countries have you tried?



Understanding ideas ▼

1 Tick the food you would like to try and see how adventurous you are.

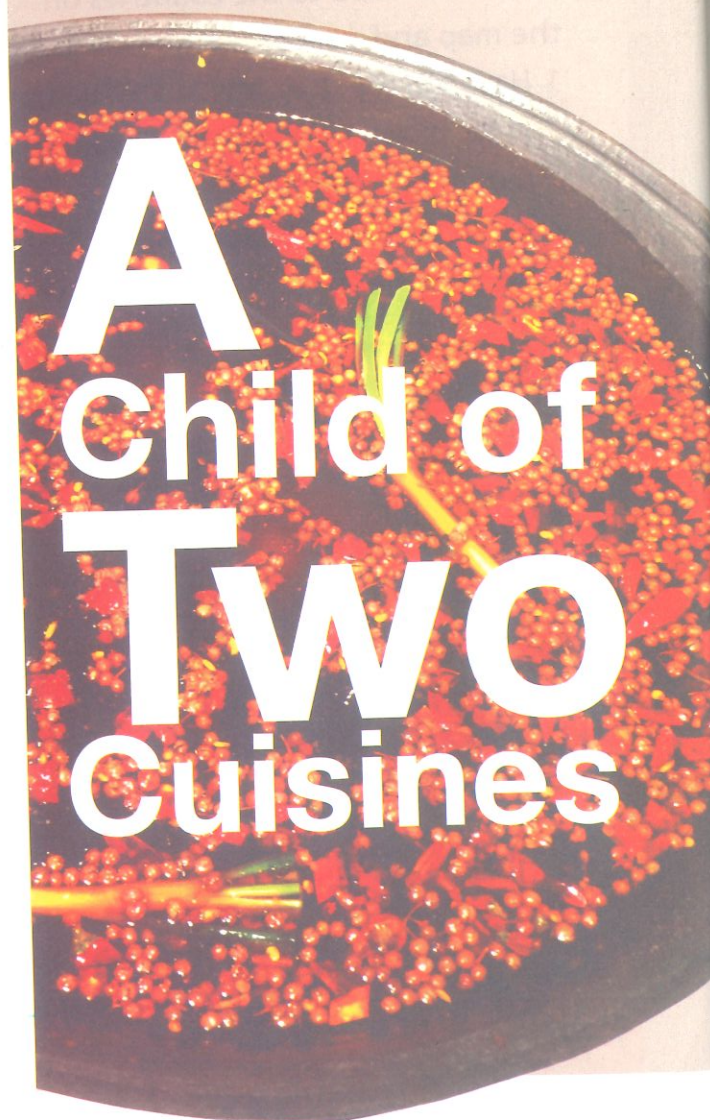
- ☐ black pudding: a type of dark sausage mainly made from pig's blood and fat, famous in the UK and some other parts of Europe
- ☐ blue cheese: a type of cheese with blue lines in it, popular in Europe and well-known for its strong taste
- ☐ haggis: a Scottish dish made from the liver, heart and lungs of a sheep
- ☐ fried spider: a popular snack in some parts of South-east Asia



2 Read the passage and talk about your understanding of the title.

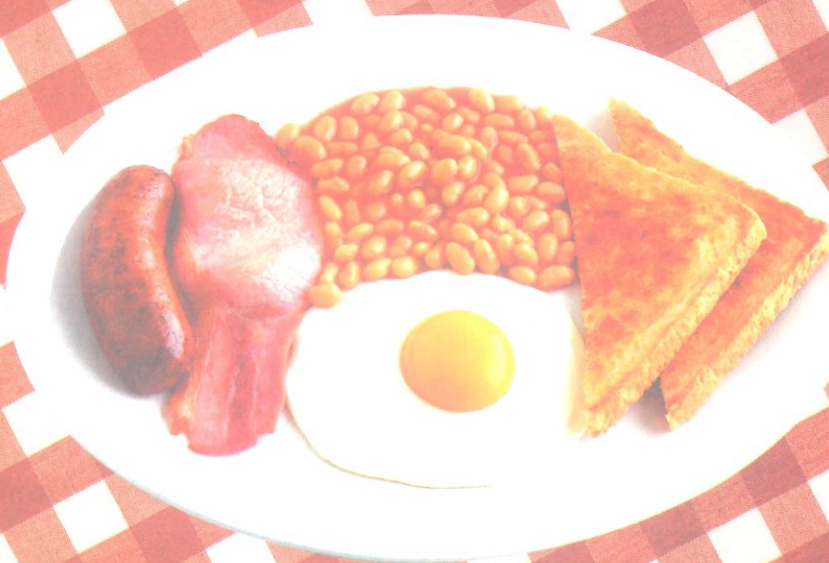
1 Growing up in England with a British father and a Chinese mother, I've enjoyed food from both countries ever since I was able to hold a knife and fork – and chopsticks!

2 Mum has sweet memories of the food from her home town in Sichuan, and often cooks spicy dishes. Thanks to this, Dad has come to love hot pot!



But there are still some dishes that Dad dare not try even after many years of marriage to my mother. He once told me he was surprised by what he saw on the table when he first visited my mother's parents in China. He was even shocked at their wedding when he saw how the Chinese ate almost every part of an animal. Even today, he still does not easily take to eating things like chicken feet.

- 3 But I enjoy that sort of food myself. Last week, I went to the butcher's and asked, "Do you have pigs' ears?" "No," the butcher said, pulling at his own ears, "just these ordinary ones." He must have thought I was joking.
- 4 Dad can cook a super "full English breakfast" of bacon, eggs, beans, sausages and toast with butter – Mum and I just have to find a way to get him into the kitchen! He also does a typical Sunday roast. We all love roast beef and vegetables, but Mum says we'd better not eat too much roast food as it may make us suffer from heat inside our bodies, according to traditional Chinese medicine.





- 5 I'll never forget my first visit to China. Mum encouraged me to try different kinds of food, and I did! I loved everything. But just when I thought I could deal with all Chinese food, I came across stinky tofu, a horrible grey thing that looked and smelt like a burnt sports shoe. "You needn't try it if you don't want to," Mum said, but I gathered all my courage to take a bite and was amazed to find it wasn't so bad. It reminded me of blue cheese, a similarly strong smelling type of food you either love or hate. Maybe I'll fall in love with stinky tofu – someday.
- 6 People say that one man's meat is another man's poison, but I feel at home with food from both my cultures. To me, there's nothing better than a cross-cultural afternoon tea of English biscuits and a cup of Chinese oolong tea in a fine china cup!



3 Choose the main idea of the passage.

- 1 How the family stays healthy by eating Chinese food.
- 2 What the family has done to promote Chinese food.
- 3 How the family cooks both Chinese and English food.
- 4 How the family combines food from two cultures.

- 4 Choose the correct symbols and complete the table with information from the passage.



Mum



Dad



Son

Sichuan hot pot	Opinion	(N/A)	(N/A)	(N/A)
	Supporting details			
Animal parts	Opinion	(N/A)	(N/A)	(N/A)
	Supporting details			
Full English breakfast	Opinion	(N/A)	(N/A)	(N/A)
	Supporting details			
Sunday roast	Opinion	(N/A)	(N/A)	(N/A)
	Supporting details			
Stinky tofu	Opinion	(N/A)	(N/A)	(N/A)
	Supporting details			

- 1 What does the author mean by saying "one man's meat is another man's poison"? Do you know of any similar sayings in Chinese?
- 2 What food from other regions in China or other countries has made an impression on you? Why?

Think & Share