

Eating Habits



READING

16 ES Leggi il brano sulle abitudini alimentari e rispondi alle domande.

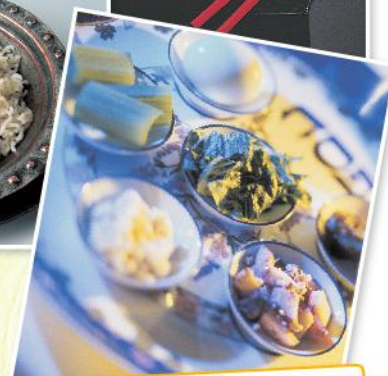
The term “eating habits” refers to what people eat, how people eat and how people use food. People normally have three meals – breakfast, lunch, dinner – every day, with some snacks between meals. However, cultural, social, religious and individual factors influence their eating habits.

We are members of cultural groups and we get into their habits. For example, a hamburger, French fries and soda are what the Americans usually eat, sometimes in front of the TV set. Arab families often sit on the floor and eat couscous from a common plate, using their hands. In Eastern countries people eat boiled rice with soy sauce and use sticks instead of forks or spoons.

When we are in a social group, we eat its typical food. For example, after a basketball match with friends, we drink coke and eat pop corn, but we have tea or hot chocolate with a piece of cake when we visit our grandparents on Sunday afternoons.

In some religions specific foods are prohibited: Jewish and Muslim people don't eat pork, the Hindus don't eat beef and the members of a lot of protestant groups don't drink alcohol.

We have our own likes and dislikes about food: personal experiences, family habits, advertising and personal values influence our preferences. However, it's a good thing to try different foods and not only to eat specific foods.



meals = pasti
get into habits = prendere le abitudini
French fries = patatine fritte
floor = pavimento
Eastern countries = paesi orientali
soy sauce = salsa di soia
instead of = al posto di
beef = carne di manzo
advertising = pubblicità
values = valori
try = provare

1. What factors influence our eating habits?
2. What are the typical daily meals?
3. What do the Americans often eat?
4. Where do Arab families sit when they have their meals?
5. What do Eastern people use when they eat?
6. Do young people eat and drink differently when they are in different social groups?
7. What don't Jewish and Muslim people eat?
8. Does advertising influence our individual eating habits?



LISTENING

17 K **2.14** Ascolta l'intervista a un esperto in abitudini alimentari giovanili e indica se le seguenti affermazioni sono vere (T) o false (F).

1. Children always eat regular meals.
2. A lot of children don't have breakfast.
3. Children often have their meals in their bedrooms.
4. Children don't usually eat vegetables or fruit.
5. Children have their meals very slowly (*lentamente*).
6. Children drink a lot of water.

T	F
☐	☐
☐	☐
☐	☐
☐	☐
☐	☐
☐	☐



SPOKEN INTERACTION

18 **K T** Lavora con un compagno. Fai domande sulle sue abitudini alimentari e completa le tabelle. Segui l'esempio.

- Example:**
- | | |
|--------------------------------|-----------------------------|
| A Where do you have breakfast? | B In my kitchen, alone. |
| A What do you have for lunch? | B I have pasta and meat. |
| A How much meat do you have? | B Not much, just one slice. |
| A Do you like carrots? | B I like them a little. |

slice = fetta

MEAL OR SNACKS	YES	NO	WHERE	WHAT	HOW MUCH
Breakfast					
Morning snack					
Lunch					
Afternoon snack					
Dinner					
Evening snack					

VEGETABLES AND FRUIT	I HATE	I LIKE A LITTLE	I LOVE	I DON'T KNOW
Carrots				
Tomatoes				
Broccoli				
Spinach				
Peppers				
Apples				
Kiwi				
Bananas				
Mango				
Fruit salad				



WRITING

19 Con il tuo compagno scrivi un "report", mettendo in evidenza similitudini e differenze tra le vostre abitudini alimentari.

Luca and I always have breakfast in the morning. Luca has it in the kitchen with his brother. I have it in the living room where I watch cartoons on TV. Luca has a cup of tea and five biscuits. I have a cup of milk with three spoons of cornflakes...