

Subject Area

The World of Arts & Social Studies

Topics & Curriculum Links

food (Science)

healthy eating (Science; Civics)

history of some foods (Geography; History)

typical dishes (Geography; Civics)

food festivals (Geography; Civics)

hunger and lack of food (Civics)

plants and animals (Science)

countries (Geography)

Vocabulary

fruits and vegetables; dairy products; meat and fish; pulses; nutrients; food production; drinks; typical dishes; desserts; street food; measurements; dates; numbers; countries; nationalities; continents

Grammar

present simple; past simple; question forms; passive; imperative; adjectives; prepositions; adverbs

Teaching Ideas

See also [pages 6–7](#) for general ideas that you can adapt. Or go to www.oup.com/elt/teacher/readanddiscover

**A Balanced Diet**

After reading Chapter 1, students plan a balanced diet for a week, and write or talk about what they will eat and why, like this: *On Monday, I'm going to eat ... because ... [Foods] are good sources of / have lots of proteins / carbohydrates / fats / minerals / vitamins. You need ... for / to ...*

**A Food Festival Presentation**

After completing Project 2, students present their festival to the rest of the class. They can write and talk about it like this: *[Festival] is in [places / month] ... We / People celebrate this festival because ... We / They eat ... We / They also ...*

Food Research

Students choose a country and do research, using books or the Internet, to find out about traditional dishes, food festivals, or what food is produced there or imported. Or they can do research on a particular food, for example, rice or sugar, and find out where it is produced, what it is used for, etc. Students then write about their findings and display the information. They can work in groups, and posters can then be displayed together.

Activities Answers

Pages 36–37 1 1 energy 2 muscles 3 oils 4 diseases 5 calcium
2 1 Rice gives us carbohydrates. 2 Eggs give us protein and vitamins.
3 Oranges give us vitamins. 4 Broccoli give us vitamins. Carrots give us vitamins. Honey gives us sugar. 3 1 from naturally sweet foods.
2 fats for extra energy. 3 to grow healthy hair. 4 our skin healthy.
5 for healthy food. 6 can be bad for our health. 4 1 Because our bodies digest sugar quickly. 2 Pulses, grains, nuts, and seeds give us proteins.
3 We get proteins and fats from nuts and seeds. 4 Because vitamin C

helps to fight diseases. 5 We can get vitamin B from meat and fish.

6 Dairy products are good sources of calcium. 5 free answer

Pages 38–39 1 Arable Farmers: wheat, cherries, vegetables; Livestock Farmers: dairy products, eggs, meat; Fishermen: tuna, trout, prawns
2 (any order) Arable farmers grow crops. Fruit is grown in fields and orchards. Livestock farmers raise animals. Some fishermen catch seafood. Some plants need lots of water. 3 1 plow 2 hand 3 pastures
4 paddy fields 5 rivers 6 fish farms 4 1 They are grown in fields.
2 Fruits are grown on trees in orchards. 3 Cows and sheep produce dairy products. 4 Because this keeps them together and protects them. 5 They have freezers to keep the fish cold. 5 1 wet fields p9;
2 artificial ponds p11; 3 modern machines p8; 4 saltwater fish p11;
5 flat areas p9

Pages 40–41 1 1 iced desserts 2 America 3 1850 4 bitter 5 thinner
2 1 1843 ice cream 2 1948 popcorn 3 1867 milk chocolate 4 1853 potato chips 3 1 Chocolate was invented in China. False 2 The world's first popcorn was made in America. True 3 Modern ice cream was invented in Central America. False 4 Hot chocolate became very popular in Spain. True 5 Thin potato chips were invented in Baltimore. False 4 1 They brought ice and snow from the mountains. 2 Because they were too thick. 3 They cooked popcorn over the fire. 4 Because they had to keep mixing the cream by hand. 5 They added chilli peppers and water.

Pages 42–43 1 1 Couscous and tajine are typical foods in Morocco. 2 Pasta and pizza are typical foods in Italy. 3 Kimchi and rice are typical foods in Korea. 4 Tortilla and mole poblano are typical foods in Mexico. 2 1 false 2 true 3 false 4 true 5 true 6 false 3 1 They are cooked in a hot pan. 2 They are a star shape. 3 They eat kimchi everyday. 4 They eat tajine with couscous or bread. 5 You can fold them to keep food inside. 4 1 thick 2 spicy 3 spiral 4 flat 5 hot 6 sweet 5 free answer

Pages 44–45 1 1 seed pods 2 sugar 3 yogurt 4 ice 5 baobab fruit 6 tiger nuts 2 1 horchata, nuts 2 juice, seed pods 3 drink, fruit 4 Indian, yogurt 3 1 Sweet lassi has sugar in it. 2 Mexican horchata is made with rice. 3 Baobab fruit is also called monkey's bread. 4 Tamarind seed pods are large and brown. 5 Some people add cinnamon to horchata. 6 Tamarind juice can be quite sour. 4 1 It's most popular in summer. 2 It comes from the bark of cinnamon trees. 3 Because it's very refreshing. 4 People drink tamarind juice in Egypt. 5 They grow underground.

Pages 46–47 1 1 Brazilian, cheese bread 2 Turkish, a cherry drink 3 Belgian, French fries 4 Brazilian, palm berry juice 5 Thai, barbecued meat 2 1 It's Brazilian cheese bread. 2 It's a Turkish cherry drink. 3 They are Belgian French fries. 4 It's Brazilian palm berry juice. 5 They are Thai barbecued meats. 3 1 sugar 2 boats 3 sauces 4 bread 5 dessert 4 1 What can you have for dessert in Brazil? You can have fresh fruit or sweet coconut pastries. 2 Where do Thai vendors sell fried fishcakes? They sell them on the street. 3 What do Belgian people put on their waffles? They put ice cream, chocolate, fruit, or cream on top. 4 Where can you buy *simrit* rings? You can buy them from street carts. 5 What do Thai people put on sticky rice? They put peanuts on it. 5 free answer

Pages 48–49 1 1 avocado milkshake, durian fruit 2 maple syrup 3 custard, trifle 4 lucuma fruit 2 1 sap 2 avocados 3 orange 4 pudding 5 purple 6 strong 3 1 buckets 2 cake 3 chocolate 4 corn 5 cream 6 ice cream 4 1 They collect it in early spring. 2 Because durians have a very strong smell. 3 Cake, custard, fruit, and jelly. 4 It has a sweet, nutty flavour. 5 You can see a red maple leaf. 6 free answer

Pages 50–51 1 1 India 2 Korea 3 USA 4 Ghana 2 1 yams 2 rice cakes 3 curry 4 pumpkin pie 5 turkey 6 lentils 3 1 yams 2 Korea 3 turkey 4 women 5 pumpkin 6 April 4 1 ancestors 2 parades 3 games 4 pie 5 temples 6 crop 5 1 They are filled with beans or sesame seeds. 2 It's on the fourth day of November. 3 They go to the cemetery. 4 They wear bright clothes. 5 They watch American football on television. 6 free answer