

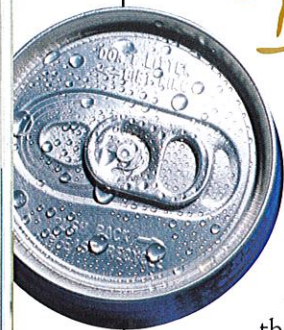
4 a You are what you eat

The food we eat reveals a lot about the way we live. One of the most visible signs of globalisation, for example, has been the spread of fast food chains and brands around the world. On the other hand, a wide variety of local cuisines has travelled to other countries through immigration, leading to more cosmopolitan eating habits.

Did you know that...

Soft drinks

In the 1950s tea was the most common drink for British children – today it's soft drinks. According to a recent survey, children aged 4 to 18 drink two-thirds more fizzy drinks than milk.



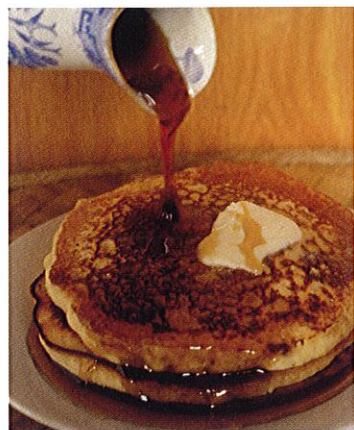
Porridge

In the UK some people start their day with a hot bowl of porridge with salt, sugar or cream. Traditionally a Scottish breakfast, porridge is a sort of thick semolina made with oats and milk.



Cereal products

According to recent statistics, Canadians are eating much more pasta, bakery products and cereal-based snacks than in the past; on average 65.6 kilograms per person a year.



Brunch

On Sunday morning Americans often have brunch (breakfast + lunch) generally consisting of coffee, yoghurt, cereals, and pancakes served with lemon and sugar, jam or maple syrup.

BBQs

Australian families often have bbqs (barbecues) at weekends. A favourite Australian meat dish is steak stuffed with oysters, while a traditional Aboriginal speciality is kangaroo meat.

Junk food

A new report on US eating habits reveals that almost a quarter of the calories American people consume come from nutrient-poor 'junk food', including chocolate bars, salty and sweet snacks, burgers and fries.



Pre-Reading

- In pairs, describe the images above. Are you familiar with these foods? Which have you tried? Which would/wouldn't you like to try?

Reading & Vocabulary

- Scan the texts and find the following words. Match them with their definitions.

- | | |
|---------------|---|
| a fizzy | 1 fried potato pieces |
| b oats | 2 a grass-like cereal |
| c fries | 3 sweet liquid obtained from the maple tree |
| d maple syrup | 4 with gas |
| e stuff | 5 thick, fat slice of meat |
| f steak | 6 fill with |

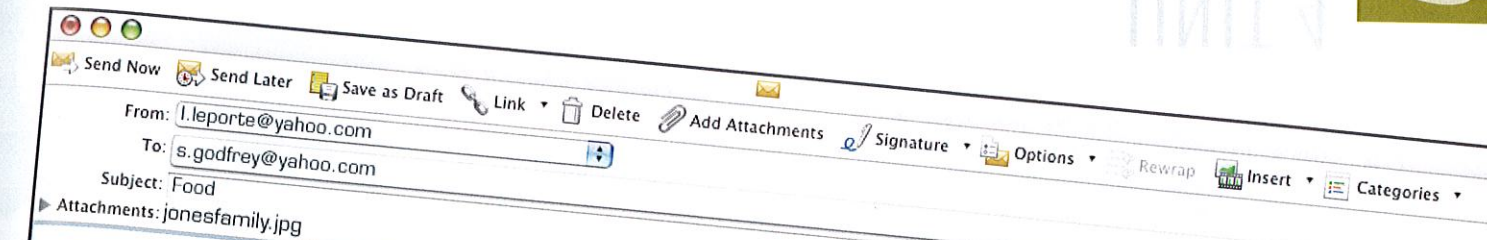
- Read the texts again. What have you learnt about eating habits in

- Britain?
- America?
- Canada?
- Australia?

Speaking

- What are your favourite dishes and drinks? Make a list and compare them with other students. Analyse the results and make a list of the 'top five' in the class.

FOOD UNIT 4



Hi Sara!
I've been in England a week now, and I thought I'd write to tell you something about the peculiarities of my hosts, * particularly their food habits. For a start, they have this notion about set* mealtimes. Breakfast is at 8 o'clock, and the family actually sit down at the table to eat their cereal or toast with marmalade, which is excellent, and drink their tea or coffee. On Sunday, however, Naomi's dad prepared this full English breakfast of bacon, eggs, fried tomatoes and this thing they call 'black pudding'. I don't even want to know what it is, although Naomi said that it involved dried blood, yuck* :-{

Luckily lunch is usually just a cheese sandwich or a light salad... Naomi's parents have this European thing about having dinner at 8, like they do in France, although I'm told most people usually eat around 6 in England. I guess it's also because Naomi's parents often get home late from work. Anyway, they like experimenting, always trying out different kinds of cooking: one night it's French, then Italian. Another thing that's really big here is Indian food. We sometimes get a takeout curry to eat while watching a video, which is cool, * but I like sitting around the table and talking, something we almost never do in the States, where it's like 'You hungry? Talk to the refrigerator.' :-) Anyway, gotta* go girl.
Hugs :-)
Lisa

hosts: people who receive or entertain guests
set: fixed

yuck: (colloquial) expression of disgust
cool: (colloquial) nice, OK
gotta: (colloquial) I've got to

Pre-Reading

- In pairs scan Lisa's e-mail. Match the 'emoticons' she uses to their equivalent.

- | | |
|------|------------------------------|
| :- (| hee hee hee... just kidding! |
| : -) | boo hoo... what a bummer! |
| ; -) | be happy |

What other emoticons do you know? Make a list and note down their equivalent in English words.

Reading

- Now read the e-mail and fill in the following table about Naomi's family's eating habits:

| | Breakfast | Lunch | Dinner |
|---------------|-----------|-------|--------|
| approx. time | | | |
| types of food | | | |

- Read the e-mail again. What do we learn about American eating habits?

- Underline all the colloquial expressions Lisa uses. Compare your findings with other students.

Speaking

- Now interview another student about his/her eating habits, using these questions.

- What do you normally have for breakfast?
- What is your main meal?
- Do you sit down around the table to have your meals?
- What is the most horrible dish you have ever tried?

LINKS United Kingdom p. 8 – United States p. 12 – Canada p. 11 – Australia p. 14



4 b Food for thought

Food is not just a question of taste. It's also a question of politics, ethics, identity, health and many other issues linked to the way it is produced, distributed and consumed. Here are a few of the main issues.

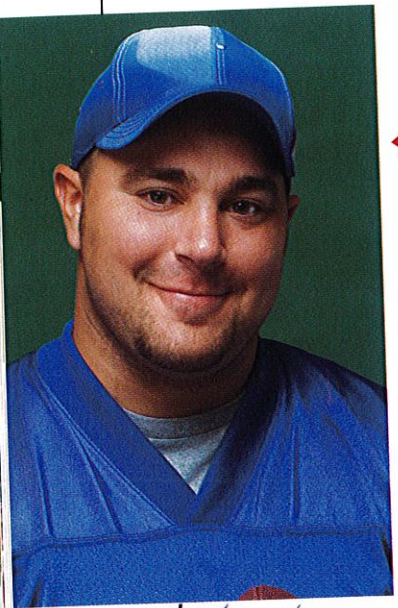
Ashley Meredith, ▶ dietician

'What worries me most at the moment is the increase in obesity and its related health problems. Kids* have been brought up* to believe that hamburgers, pizza and Coke are the only things they need to eat, and that it's okay to eat them in large quantities.'



◀ Hugo Bunding, organic shop-owner

'GMOs* are a huge risk because we simply don't know what kind of effects they might have on us in the long run.* A side from the health risks, most industrially produced fruit and vegetables have very little flavour compared with fruit and vegetables grown without harmful pesticides and herbicides. And this is something a lot of consumers are starting to realise.'



◀ Hank Buttridge, fast food fan

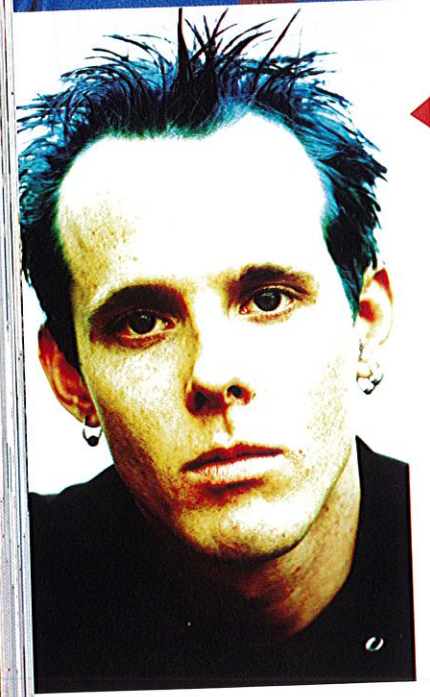
'I'm a big guy and I need a lot of energy to get me through the day.* That's what's so great about supersized* portions. Now people like me can satisfy their body's needs without having to pay much more than they would for a regular burger and fries.'

Catherine Fookes ▶ FAO* spokeswoman

'It seems unbelievable, considering the enormous mountains of food produced and consumed in the West, that there are still hundreds of millions of people around the world dying of hunger. Especially when you consider that such superabundance in developed countries is actually creating health problems. A more equal distribution of food resources would be better for both the first and third worlds.'



GMOs: genetically modified organisms
in the long run: over a long period of time
harmful: damaging
losing sight of: beginning to forget

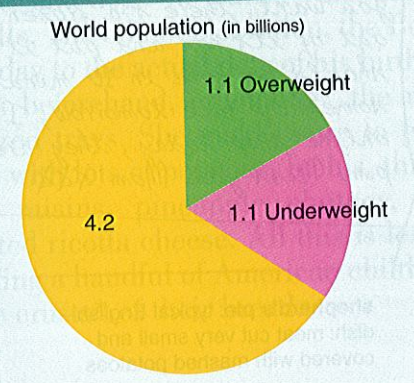


◀ Simon Underwood, vegetarian

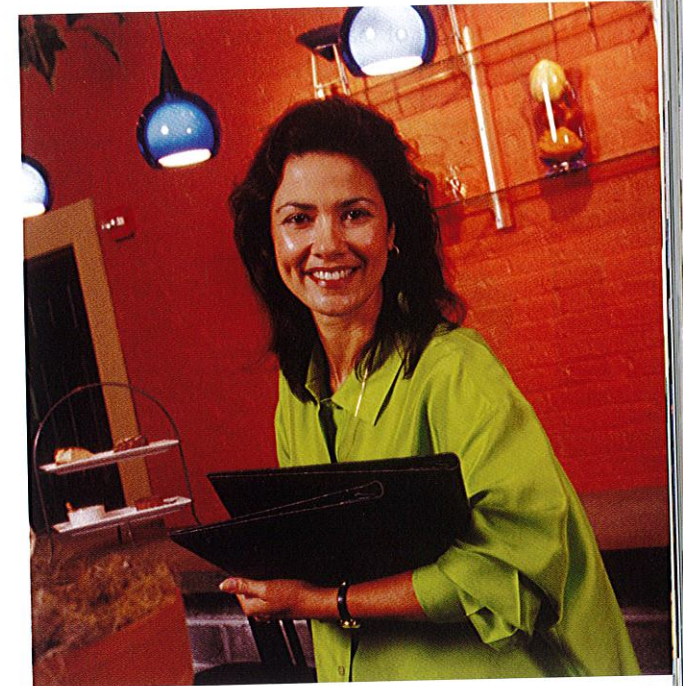
'For me the idea of eating animals is no different from that of eating human beings. Why should my enjoyment be more important than some other creature's existence? But even if you don't share this view,* recent food scares* such as Mad Cow Disease should be enough to put anyone off meat for life.'

Number Crunching

What a waist
According to the Washington Worldwatch Institute, for the first time in human history, the number of overweight people equals the number of underweight, amounting to 1.1 billion. Both the underweight and the overweight suffer from malnutrition, a deficiency or excess in a person's intake of nutrients and other dietary elements needed for healthy living.



Briony Gardner, ▲ restaurateur



'It's sad to think that we spend a lot less time cooking and eating than in the past. For many people, food is simply something they need rather than something to be prepared and consumed with pleasure. A world of knowledge is sacrificed for 'convenience'. And partly because of this, people are losing sight of* important virtues - things like patience, anticipation, even the art of dinner-table conversation.'

- Imagine all these people were travelling together on an organised trip. Do you think they would get on well together? Who do you think would make friends? Who would hate who? Discuss with other students.
- Now look at the Number Crunching box. Which arguments does it support? What does it tell us about the distribution of the world's resources?

- GMOs can be found in some shops and supermarkets in the US and are often untested.
- The biotechnology industry has no control over scientific research.
- GM crops will not have any impact on the environment or on our health.
- The European Commission has developed a law to ensure that GMOs are safe for the environment and for human and animal health.
- There should be systematic safety testing and more severe regulations to prevent the irresponsible introduction of GMOs.

Pre-Reading

- Look at the people above and read the line under each name. Who do you think will speak about
 - the cruelty of killing animals?
 - the risks of genetic modification?
 - the advantages of big portions?
 - the pleasure of proper cooking?
 - the dangers of eating junk food?
 - the unequal distribution of food around the world?

Reading & Speaking

- Now read what they say and see if you were right.
- Do you agree or disagree with them? Why?

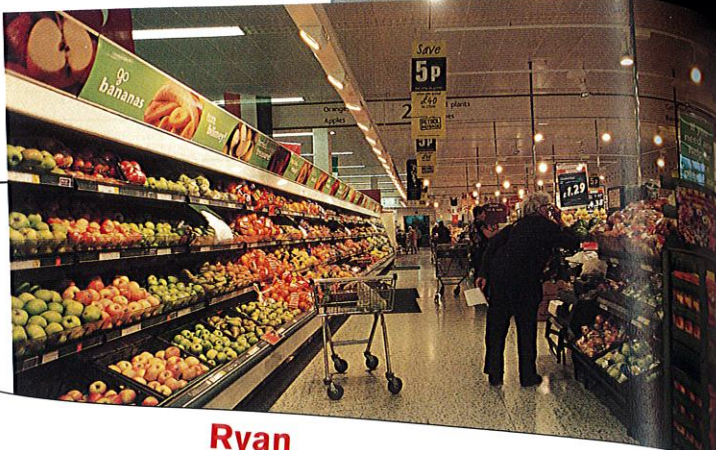
Listening 12

- Listen to Professor Schumann discussing the risks of GMOs and decide whether the following are true or false. Correct the false ones.

| | | |
|---|--------------------------|--------------------------|
| | T | F |
| a Genetic engineering is a very old technology that allows genetic information to be moved across species barriers. | <input type="checkbox"/> | <input type="checkbox"/> |

kids: (colloquial) children
brought up: raised
to get me through the day: help me keep active for a day
supersized: extremely large
share this view: agree with me
food scares: outbreaks of food-related illnesses
FAO: Food and Agriculture Organisation

Food sustains us in more ways than we think. It is one of the elements that contribute most significantly to our sense of national and cultural identity, and from childhood on it conditions our perception of gender roles (who cooks? Mum or dad?). But new working patterns are now beginning to change the role food plays in our lives.



Ryan

At home we mainly eat things like shepherd's pie,* meat and two veg,* sausages, mashed* potatoes, not forgetting fish and chips. Mum cooks, but it's usually what dad wants and he's pretty* traditional in his tastes. He still insists on having his cup of tea in the morning and can't understand why people in England are now becoming coffee addicts.* Another thing he doesn't like is the big supermarket where we go to do our weekly shopping. Mum says it's much more convenient because you can find everything in one place and there's a lot more choice than there used to be. It's true. They've got food from all over the world now, from French cheeses to Indian spices to Japanese sushi, but dad's suspicious of what he calls 'foreign food' and says he preferred it when you could still buy things locally at the grocer's or the butcher's.

Bree, I have to work late tonight and I probably won't be home before ten so can you fix* yourself something to eat? There's some Mexican takeaway left in the fridge, which should still be okay. Or if you want, there's a frozen pizza. Just take it out of its box and put it in the oven. It should be done in 10 minutes. I'll cook something nice tomorrow, I promise. Did an online shop today, they are delivering after 8 p.m. Miss you. Mom XXX

Kerry

My dad's a great cook. He says that most people think New Zealand food is only roast lamb,* but they're wrong. There's an incredible variety of dishes and ingredients to choose from. He's particularly fond of fish. We go fishing for salmon and trout sometimes, which are pretty easy to catch here, and then grill them over the barbecue. Delicious!

shepherd's pie: typical English dish: meat cut very small and covered with mashed potatoes
veg: (colloquial) vegetables
mashed: crushed and made soft after cooking

pretty: (here) quite
addicts: fanatics
lamb: the meat of a young sheep
fix: prepare

Pre-Reading

- Who does the cooking in your house? Is s/he a good cook?

Reading & Speaking

- Read Ryan's and Kerry's descriptions of what they normally eat at home. Who does the cooking?
- Write down the traditional dishes they mention.
 - UK
 - New Zealand
 Have you ever eaten them? Would you like to try them?
- What does Ryan say about shopping habits in Britain?
- Now read Bree's mother's note. What nationality do you think they are?

- What does it tell us about the family's eating habits? And about the way they shop?
- Who do you think eats the best? Why?

Writing

- Write a letter to either Ryan or Kerry explaining your family's eating habits.

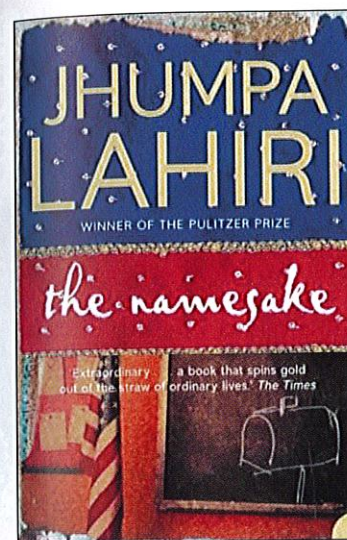
Research

- Search the Internet for traditional dishes people have in the UK and the US for the following festivities:
 - Christmas
 - Easter



Food is an intimate part of our cultural memory. People who leave their homeland to live in another country often try to maintain their cuisine and eating habits as a way of keeping their identity. But this isn't always easy, especially if you can't find the right ingredients or if your children are born into the eating habits of the new culture.

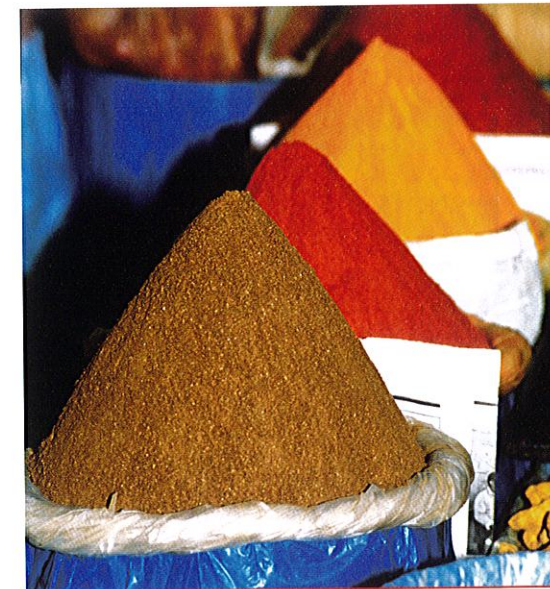
Jhumpa Lahiri's novel *The Namesake* describes the difficult adjustment of an Indian family to life in the US.



Jhumpa Lahiri was born in London of Bengali parents in 1967, and grew up in the US. The *Namesake* was published in 2004.

Gogol's fourteenth birthday. Like most events in his life, it is another excuse for his parents to throw* a party for their Bengali* friends.

His own friends from school were invited the previous day, a tame affair,* with pizzas that his father picked up on his way home from work, a basketball game watched together on television, some Ping-Pong in the den.* For the first time in his life he has said no to the frosted* cake, the box of harlequin* ice cream, the hot dogs in buns,* the balloons and streamers* taped to the walls. The other celebration, the Bengali one, is held on the closest Saturday to the actual date of his birth. As usual his mother cooks for days beforehand, cramming* the refrigerator with stacks of* foil*-covered trays. She makes sure to prepare his favorite things: lamb curry with lots of potatoes, luchis, thick channa dal with swollen brown raisins, pineapple chutney, sandeshes molded* out of saffron-tinted ricotta cheese. All this is less stressful to her than the task of feeding a handful of American children, half of whom [...] refuse to eat the crusts* of their bread.



throw: (here) organise

Bengali: from Bengal (region between India and Pakistan)

tame affair: unexciting event

den: recreation room

frosted: (here) covered in a sugary syrup

harlequin: (here) multi-flavoured

buns: bread rolls

streamers: strips of paper used as party decorations

cramming: filling until completely full

stacks of: large quantity of, placed one on top of the other

foil: aluminium paper used to cover food

molded: shaped

crusts: outside parts of a loaf of bread

Pre-Reading

- Do you normally eat food which is typical of your country or do you also eat dishes from other cuisines?

Vocabulary

- Scan the passage and underline all the words related to food.
- Here is a list of the Indian and Bengali dishes/ingredients Gogol's mum cooks with their definitions. Put them in the right category:

| | | | |
|-----------|-----------|---------|-------|
| Main dish | Side dish | Dessert | Fruit |
| Dip/sauce | Bread | Spices | |

- lamb curry – meat dish prepared with mixed spices
- luchis – type of bread fried in vegetable oil
- channa dal – lentil dish

d raisins – dried grapes

e pineapple chutney – fruit sauce or jam

f sandesh – cheese delicacy

g saffron – orange-yellow spice obtained from a flower

Reading & Speaking

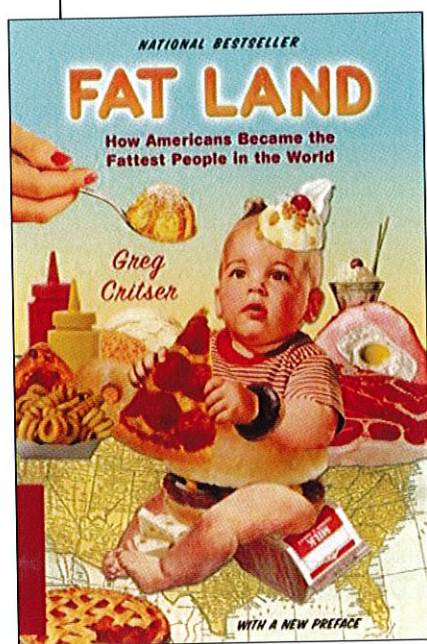
- Compare what we are told about the two parties organised for Gogol's birthday. How do they differ?
- What has Gogol refused for this year's party? Why, do you think?
- Which party does Gogol's mum prefer? Which party would you prefer to go to?

LINKS United Kingdom p. 8 – New Zealand p. 15 – United States p. 12 – India p. 6

4 d Larger than life?

According to the World Health Organization, obesity is one of today's dominant health issues, particularly in Western countries. Starting in the USA, eating habits have dramatically changed because of the rapid spread of cheap fast food and snacks – high in calories but low in nutrients – with the result that more and more people, particularly the poor, are becoming seriously overweight.

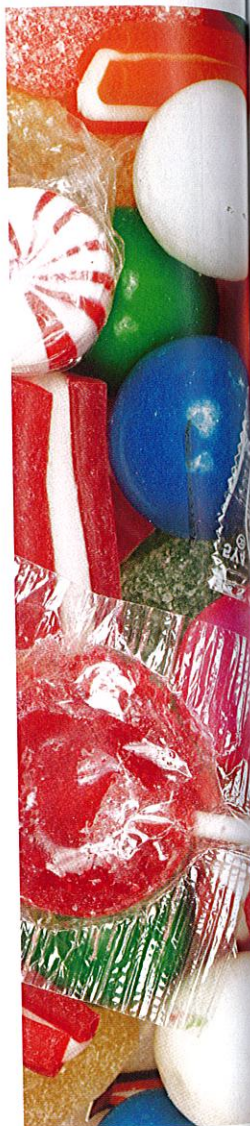
Greg Critser lives in California.
Fat Land was published in 2003.



Greg Critser's *Fat Land* recounts the story of how in the short space of 30 years the citizens of the USA have become 'the fattest people on the face of the earth', a warning to fast-food addicts everywhere.

The increased variety in snacks and sweets [...] conjured* a new and ever fattening pattern of eating. Just as the presence of supersized portions had stimulated Americans to eat more at mealtime, the sheer* presence of a large variety of new high-calorie snacks was deeply reshaping* the overall habits of the American eater. Studying the eating patterns of adults, and using the most advanced monitoring and tracking systems available, researchers at the USDA* Human Nutrition Research Center at Tufts University were able

to document an amazing phenomenon: The higher the variety of snack foods present in their subjects' diets, the higher the number of calories from those foods they would consume, and the higher would be the subjects' consequent body fatness. [...] You could see the phenomenon everywhere you went. One of the more insidious* of the new snacks appeared in California, where the Snak Club company began selling huge (as much as five portions) but inexpensive (\$.99) bags of unbranded candy.* The bags were routinely placed near checkout stands,* where a telling* ad campaign [...] proclaimed that the bag of candy just within Junior's reach* was "a meal in itself." Ten years later the label was changed to "a treat* in itself." And snack kids did. In the '80s, in every single age group, between-meal chomping* was louder than ever. Moreover, the troubling tendency to snack several times every day – in essence making snacking part of a de facto meal pattern – was perpetuating itself into adolescence and young adulthood.



- conjured:** (here) created
- sheer:** (emphatic) simple
- reshaping:** transforming
- USDA:** United States Department of Agriculture
- insidious:** having a gradually harmful effect
- unbranded candy:** sweets without a known label/brand
- checkout stands:** places where you pay for goods in a supermarket
- telling:** revealing
- within Junior's reach:** at the height of a small child
- treat:** special and enjoyable experience
- chomping:** (colloquial) eating

Pre-Reading

1. In pairs consider the following foods and drinks. Which do you find healthier? Which do you find more appealing?

| | | |
|-------------------------|-----------------------|-------------------|
| kingsized burger | cheese sandwich | chocolate bar |
| can of Diet Pepsi | slice of apple tart | large Coca-Cola |
| supersized French fries | green salad | vanilla milkshake |
| portion of fruit salad | glass of orange juice | fish and chips |

Reading

2. Read the extract. Are the following statements true or false? Correct the false ones.

- | | | |
|---|---|---|
| | T | F |
| a Eating snacks and sweets contributes to obesity. | o | o |
| b Supersized portions make people eat less. | o | o |
| c The presence of high-calorie snacks has changed American eating habits. | o | o |

Scientists are discovering that junk food doesn't just make you fat. It can also have negative effects on behaviour and even mental ability.

SONGLINES ▼ 'Junk Food Junky'* by X-Ray Spex

Johnny's got an addiction*
He's strung out* without conviction
He was raised with a microwave
Sticky trashy* fast food slave
He's a junk food junky
He could be a lot more spunky* hunky*
But he's a junk food junky
Blame* it on the food yeah, you know it's bad

Mother doesn't really know
Shopping in a glossy* show
Then again her budget's low
Her health so bad it makes her slow
She's a junk food junky
She's stressed and very jumpy*
She's a junk food junky
Blame it on the food yeah, we know it's bad

Jenny's in a fix*
With her arithmetics
Poor concentration
Boys in the classroom cause agitation
She's a junk food junky
She could be a lot more fun
But she's a junk food junky
Blame it on the food yeah
You know it's bad
B a d ! !

From the album *Conscious Consumer*

FOOD UNIT 4



Number Crunching

Kids' favourite school meals in Britain

In a recent survey, children were asked to rate their favourite school meals. Fruit and vegetables were the least popular.

- | | |
|--------------|---------------|
| 1 Pizza | 4 Burgers |
| 2 Chips | 5 Roast meals |
| 3 Sandwiches | 6 Hotdogs |

Source: WHICH on line

junky: (colloquial) addict; used to mean drug addict, but now means an addict of anything

addiction: dependency

strung out: (colloquial) under the influence of drugs

trashy: (colloquial) cheap, poor quality

spunky: (colloquial) energetic, having courage or willpower

hunky: (colloquial) well-built, fit

blame: say someone/thing is responsible for something bad

glossy: apparently glamorous like in a magazine

jumpy: nervous, irritable

in a fix: (colloquial) has a problem

- d A high variety of snacks in one's diet increases body fatness. o o
- e In the '80s, Snak Club launched an expensive new type of candy. o o
- f This was packaged in small bags and placed in supermarkets. o o
- g American kids started eating snacks in large quantities between meals. o o
- h This tendency continued later on in their lives. o o

Speaking

- 3. Do young people in your country eat a lot of snacks and sweets? What are the most popular ones?
- 4. Do you think American eating habits are changing the food habits of your country? Do you think this is a positive thing or not? Can you think of any examples?

5. Now look at the Number Crunching about Britain. Does it show a healthy tendency or not? Discuss with other students.

Listening & Speaking

- 6. Find a recording of the song 'Junk Food Junky' and listen to it. Try to follow the lyrics and look at the glosses. List all the words that seem to criticise junk food.
- 7. Listen to the song again. What do the characters have in common? Is their situation portrayed negatively or positively in the song?

LINKS United States p. 12 – United Kingdom p. 8

In the last few years a lot of people in Britain have turned away from the traditional 'meat-and-two-veg' meal and are becoming more adventurous in the kitchen. This is partly due to increasing cosmopolitanism but also to a more recent phenomenon, the incredible success of TV chefs.

As a consequence, more and more people spend a considerable amount of time cooking and thinking about food. Moreover an increasing choice of restaurants of all types and prices means people are eating out more.

The Stars of Food and Drink

Mention the subject of British cuisine to foreign visitors and you will find few who have anything good to say about it. To most, British cooking will probably bring to mind depressing images of bland, unimaginative food, the most that can be said for which is that it goes well with the climate. They would, no doubt, then be surprised to learn how obsessed the British have become about food in recent years, or at least, about the professionals who cook it. Go to, say, France or Italy, and you will probably enjoy some fine food, but you will be unlikely to find cookery books dominating the best-seller lists, or singing chefs in the pop charts. But in Britain cooking, believe it or not, is 'the new rock 'n' roll' and like rock 'n' roll it needs its idols.

The ever-growing number of 'celebrity chefs' includes names such as Jamie Oliver, Nigella Lawson and Delia Smith – to name just a few, who dominate television and best-seller lists with their cookery shows and recipe books. However, it's not just their skills that have turned these cooks into household names.* Personality and, in some cases, looks are equally important, from Oliver's impudent, laddish* charm and Lawson's good looks to the more commonsense approach of Delia Smith.

According to recent statistics, almost 60% of consumers feel their cooking habits have been influenced by the star cooks. Moreover, one in five adults claims that watching cookery programmes on TV has encouraged them to try different food and new recipes. In Britain food for many people has become not just something to eat, but above all a status symbol, a sign of distinction or even a form of entertainment.



Jamie Oliver at work.

WORD WATCH

What's cooking?

Here are some common verbs for cooking methods.

chop: cut into small pieces with a sharp knife

grate: rub down to small particles with an instrument with holes (a grates)

stir: move around by continuous, usually circular, movements of a spoon or other implement

fry: cook in oil or fat in a pan

boil: cook in boiling water

simmer: boil gently

bake: cook something (e.g. bread, cakes) in an oven

roast: cook meat in the oven, or vegetables in the oven with oil or fat

grill: cook with a fierce heat, e.g. on a barbecue

household names: (here) celebrities

laddish: youthful in a slightly vulgar way

Pre-Reading

1. Do you like cooking? When you cook do you follow a recipe or do you prefer to experiment?

Reading & Speaking

2. What kind of food does Britain have a reputation for? What has changed recently?
3. Note down the names of famous chefs and the main reason for their appeal.
4. What do recent statistics reveal about the influence of celebrity chefs on British consumers?
5. Are there many cookery programmes on TV in your country? Who do you think watches them?
6. Is there a connection between cooking and social status in your country? Discuss with other students.



The Pequod Restaurant

Set Menu \$45
(excluding wine and beverages)

Appetizer

Maison Orangerie

Crispy pastry filled with cheese, grilled oranges and grapefruit seasoned with our house basil vinaigrette.

Entree

Chincotegue Oyster Pie

Oysters cooked in cream, with carrots, potatoes, and herbs, baked in a light pie crust, served with greens and tomatoes.

Salad

Radicchio and Cheese Salad

Warm goat cheese served over radicchio, and cherry tomatoes.

Dessert

Cheesecake

Chocolate amaretto cheesecake served with chocolate sauce



BARTLEBY'S

| | |
|--------------------------|---------|
| DOUBLE DOG | \$ 1.25 |
| CHEESE DOG | \$ 1.19 |
| DOUBLE DOG W/CHEESE | \$ 1.55 |
| FRENCH FRIES | |
| SMALL | \$ 1.00 |
| LARGE | \$ 1.90 |
| BUCKET | \$ 2.39 |
| BEVERAGES | |
| PEPSI, COKE, DIET PEPSI, | |
| DIET COKE | \$ 0.70 |
| JUICES | \$ 1.39 |
| HOT CHOCOLATE | \$ 1.20 |
| MILKSHAKES (CHOCOLATE, | |
| VANILLA) | \$ 1.30 |
| OTHER TREATS | |
| HAM AND CHEESE SANDWICH | \$ 2.25 |
| GRILLED CHICKEN SANDWICH | \$ 2.69 |
| COOKIES | \$ 0.50 |
| | EACH |

Pre-Reading

1. What do you look for in a good restaurant/café? Put the following in order of importance for you. Compare your priorities with other students.

| | | | | |
|---------------------|------------|------------------|---------|-------|
| quality of food | lighting | music | service | price |
| furniture and decor | atmosphere | type of customer | | |

Vocabulary

2. Scan the menus and match the following words to their definitions.

| | |
|---------------|--|
| a cookies | 1 hard and crunchy |
| b pastry | 2 mixture of oil, vinegar and herbs used as a salad dressing |
| c crispy | 3 crust of pies, tarts, etc. |
| d vinaigrette | 4 biscuits |

3. Look at the Word Watch and note down the equivalent verbs in your language.

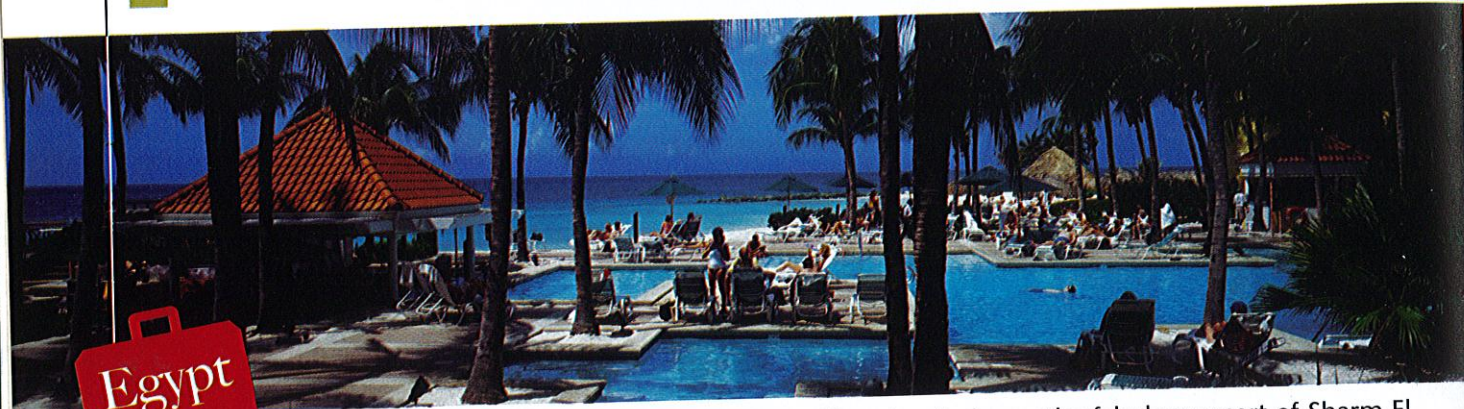
Reading & Speaking

4. Look at the menus again. Which dish do you find more appealing?
5. In pairs, choose one menu each. Imagine you are going to eat out but disagree about the type of place you want to go to. Try to persuade the other to accept your choice.
6. What type of people do you think go to the two places above? Why?

LINKS United Kingdom p. 8 – United States p. 12

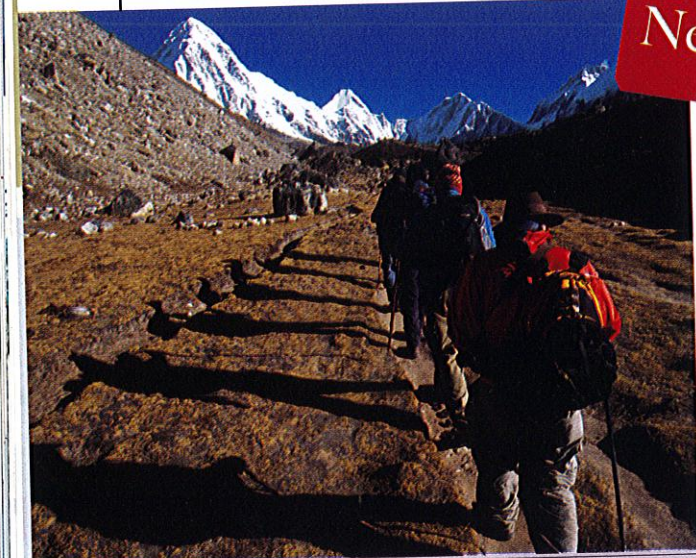
What type of traveller are you?

Nowadays more people are travelling than ever before, thanks to cheap flights. The number of destinations has also increased and there are now few countries which have no experience of tourism. In addition, there are many different kinds of holiday to choose from. Here are some advertisements for different types of holidays.



Egypt

Two-week package deal* in a luxury holiday village located near the fabulous resort of Sharm El Sheikh in Egypt, famous for its coral seas. The village offers an Olympic-size swimming pool, four tennis courts, great activities for kids, and on-site entertainment of every kind. There are two perfect white sandy beaches just a few minutes' walk away, making this an ideal resort for young families. Chalet accommodation is half-board* with full buffet breakfast.



Nepal

Three-week trekking holiday in the Himalayas. See the roof of the world on this challenging* trek, with some of the most amazing scenery on the planet. Each group, comprising eight to ten people, travels with an experienced guide with accommodation en-route in fully equipped tents. With an itinerary that includes a visit to the famous temples and monasteries in Kathmandu Valley, this is an ideal holiday for experienced trekkers and spiritual backpackers.*

package deal: holiday in which travel and accommodation are included in the price. Sometimes meals are included too

half-board: with breakfast and evening meal included in the price

challenging: requiring great effort and determination

backpackers: low-budget travellers who carry big bags on their backs

Pre-Reading & Vocabulary

1. Look at the following types of holidays. Have you ever experienced any of them? What do they normally offer?

clubbing holiday holiday village adventure trek
ethical tourism study holiday

2. Scan the advertisements and connect them with the holiday types above.

Reading

3. Read the ads again. Which type(s) of holiday
- is ideal for backpackers?
 - offers quiet and relaxation?
 - is particularly suitable for young people?
 - is appropriate for people in search of a spiritual experience?

- is good for people with children?
- offers the opportunity to learn something as well as to enjoy oneself?
- is not suitable for people who want luxury?
- is perfect for people who love adventure?
- is good for clubbers?
- is ideal for people who love sports?
- requires that people are flexible?

Speaking

4. Number the types of holidays from 1 to 5 according to your preferences. Compare your list and discuss what the advantages and disadvantages of each holiday are.
5. Imagine you are packing to go on one of the above holidays. List 5 things that you would definitely want to take with you. Compare your lists and explain the reasons for your choice.



Ireland

How would you like to spend a month in Dublin? And take advantage of the great facilities of one of Ireland's most prestigious language schools, with plenty of time to enjoy the delights of the capital? The Yeats International School offers one-month intensive study courses, including culture tours, sports and social activities, and family accommodation. With our highly experienced staff and mixed-nationality classes we have courses for teenagers of all levels of English.

Thailand

If you want to be where the party is, get yourself to Haad Rin beach on Koh Phangan island in beautiful Thailand. Better still, we'll take you there. We offer basic, but comfortable, beach hut accommodation at the nearby Sanctuary, and courses in everything, from Tai Chi to Ayurvedic Yoga, to doing nothing. Then you'll have plenty of time to get ready for the greatest beach parties on the planet – including the world-famous Full Moon Party – featuring great DJs playing music for all tastes, from Goa trance to deep house.



Africa, India and Latin America

For travellers who want something more than just a pleasure holiday, Development for Peace offers the opportunity to get involved with communities in Africa, India and Latin America, combining travel with volunteer work according to personal experience and skills. You'll stay with families and all food is provided by the local community centre. All that's necessary is an open mind and a willingness* to help; a truly rewarding* travel experience that will leave you with more than just a few holiday photos.

Listening 14

6. How memorable was your holiday? We asked three young people who have just come back from their holiday to talk about the most significant event that happened to them. As you listen fill in the following chart:

| | Geoff | Anne | Paul |
|------------------------------|-------|------|------|
| destination | | | |
| duration | | | |
| means of transport mentioned | | | |
| most significant memory | | | |

Speaking

7. What is the best holiday you have ever had? Describe your experience to other students.

8. What countries would you like to visit most? Why?
9. What type of people do you associate with each holiday advertised above (in terms of age group, personality, interests, social class, etc.)?

Research & Writing

10. Imagine you are working for a tour operator. Choose five destinations you particularly like. They can be anywhere in the world. Look for material on the Internet (both texts and images) and prepare advertisements for your tourist brochure. It could be useful to visit the National Geographic and Lonely Planet websites.

willingness: desire, enthusiasm

rewarding: satisfying