



ON MY PLATE



Scan to review worksheet

Expemo code:
15RF-17JC-9TPR

1 Warm up

Match the words in bold to their meanings.

- In my opinion, **organic** food is a **luxury**.
- Personally speaking, I think that all schools should teach children how to cook.
- From my point of view, supermarkets use too much plastic in their **packaging**.
- As far as I'm concerned, **reducing food miles** is an important way to fight climate change.
- If you ask me, eating a **vegetarian diet** has lots of **benefits**.

- _____ positive effects
- _____ the food and drink that someone usually eats
- _____ how far food travels from a farm to the person who eats it
- _____ an expensive thing that is nice to have, but not necessary
- _____ grown or produced in a natural way without artificial chemicals
- _____ the bags, boxes, paper, cardboard or plastic that food is sold in
- _____ making something smaller
- _____ not eating or including meat

Put a tick next to one statement that you agree with. Explain your ideas to your partner.



2

Reading

Read the text quickly and choose the best answer to complete the sentences.

1. This text is a **story / an article for a magazine / an essay or composition**.
2. The writer presents **one / two / three** reasons why it's a good idea to eat organic food.
3. The writer presents **one / two / three** reasons why it's difficult for people to eat organic food.
4. The writer **gives / doesn't give** their own opinion about eating organic food.

A) **The / –** Organic food is becoming more and more popular these days. However, it can be expensive, and some people are asking: B) **Do / Are** we really need to eat organic food?

Organic food has several benefits. This type of food is better for our bodies and for the environment because it is C) **producing / produced** without chemicals. In addition, many people are worried about how animals are treated in farming. Farmers who produce organic meat, milk and eggs think that it is important that their animals live in good conditions.

However, D) **to find / finding** organic food at the supermarket can be difficult. In addition, some organic fruit can cost twice as much as non-organic fruit. Many people do not want to spend this much money

E) **for / to** be healthy. Another problem with some organic food is that it often comes from very far away. For example, the only organic apples you can buy in the summer come all the way from New Zealand. From my point of view, it is important F) **to / that** we cut down G) **on / for** food miles.

In conclusion, you should buy organic food if you have H) **too much / enough** money, but you I) **must not / do not have to** put it on your J) **dinner plate / plate of dinner** for every meal.

Read the story again and choose the best option (A-J) to complete the phrases. Then match the options to the language points.

1. a *gerund* used as the subject of a sentence _____
2. a *noun + noun phrase* that describes an everyday item _____
3. a *passive verb* form _____
4. a *phrasal verb* _____
5. a *phrase* that means that we think it's necessary to do something _____
6. a *quantifier* that means that there is not a problem with the amount of something _____
7. a *question* that introduces the topic of the writing _____
8. a *structure* that means we can choose if we want to do something or not _____
9. an *infinitive* explaining the result we want when we do something _____
10. *zero article* for talking about something in general _____



3 Language point

An essay or composition is a text that often explores the positive and negative sides of an issue. Read about what you need to do to write a successful essay or composition and complete the activities.

Part 1: Start with a short introduction

- An introduction sets out the general topic of the essay and why this is important. What is the general topic of the essay you read earlier? **being vegetarian / staying healthy / organic food**
- An introduction gives the reader an idea of what you are going to write about. What specific point is the writer considering? **Should we buy organic food? / Will we live longer if we eat organic food? / Why is organic food better for the environment?**
- Including a question in the introduction is a good way to focus on the main point. However, don't include any more questions in the rest of the essay if you use one in the introduction.

Part 2: Organise your ideas

- Paragraphs are collections of sentences that relate to the same topic. Why are paragraphs important?
- **They make your essay look longer on the paper. / They help the reader follow your thinking. / They show that you have an advanced level in English.**
- You should also use linking words to connect ideas inside a paragraph or between paragraphs. For example, paragraph 3 starts with *However...* What idea does this word express? **contrast / adding another similar idea / cause and effect**



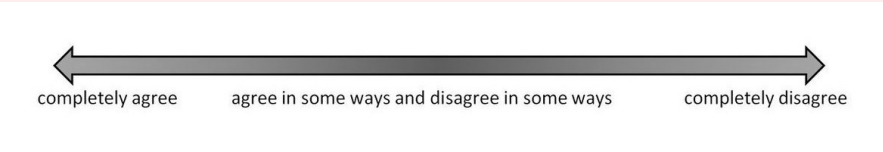
Part 3: Explain your ideas

- Including reasons, examples and opinions makes the reader think that you know what you're talking about.
 - Match the sentences with their functions.
1. From my point of view, it is important that we cut down on food miles.
 2. This type of food is better for our bodies and for the environment because it is produced without chemicals.
 3. For example, the only organic apples you can buy in the summer come all the way from New Zealand.

A) reason B) example C) opinion

Part 4: Make a strong finish

A conclusion can show how you feel about the specific point you are writing about.



1. How does the writer of this essay feel?
2. In a conclusion, you can make a suggestion or give advice. How does the writer of this essay do this?

Part 5: Use a range of language

- If you are writing an essay or composition for an exam, you are trying to show your best level in English. Examiners are looking for a good range of vocabulary and grammar, for example, the language points A-J from the Reading.
- It's normal to make mistakes when you're writing in another language, but you should not make mistakes with easy grammar or vocabulary and the reader should understand your ideas.
- If you are writing an essay or composition for homework, this is an opportunity to practise new vocabulary and grammar that you have just learned.
- Always leave time to check your work for mistakes.



4

Practice

First, read the essay quickly. Then choose the best three-word phrases to complete the sentences.

animals are treated / are giving up / advantages and disadvantages / don't have to / eating beans instead / I am concerned / It's important that / not enough choice / they eat out / to make space

It used to be a bit unusual to meet a vegetarian. However, nowadays many people _____¹ meat, and even other animal products like milk and eggs. What are the _____² of following a vegetarian diet?

Most vegetarians have made their decision because they are worried about how _____³. They think it is wrong to take a life when they _____⁴. For example, _____⁵ of meat can give you a healthy diet. Other vegetarians are trying to help the planet by giving up meat. They think that feeding animals uses too much food and water. In addition, they think it is wrong to cut down forests _____⁶ for farm animals.

However, there are sometimes difficulties for vegetarians. They may find that there is _____⁷ on the menu when _____⁸. It can also be hard for vegetarians to eat a healthy diet if they don't know much about food or cooking. Finally, some vegetarians say that their families or friends do not understand their choices, and this has resulted in some arguments.

To conclude, giving up meat is a difficult decision. _____⁹ vegetarians have the right to choose how they want to eat. As far as _____¹⁰, if other people don't want to make this choice, they don't have to.

Can you think of any other points to include in this essay?

5

Writing

Read the task instructions. Then cover your paper and remember what you have to do.

Many people believe that cooking is an important life skill. In the past, people used to learn how to cook at home. Nowadays, some schools teach children how to cook some basic healthy meals. Should all schools teach children basic cooking skills?

- Write your essay or composition in 150-200 words.

First, plan what you want to say. Put these ideas in order of how important you think they are.



Reasons for teaching cooking at school:

- It's fun.
- Children who learn how to cook will be healthy adults.
- Learning how to cook teaches children about other things like maths.
- Your own ideas?

Difficulties with teaching cooking at school:

- Ingredients are expensive.
- It can be dangerous.
- Schools don't have time and other subjects are more important.
- Your own ideas?

Discuss your ideas with your partner.

1. Which two ideas from each box do you want to include in your writing?
2. Can you think of reasons or examples for each point that you include?
3. What is your own opinion?

Write your essay, using some of the language points A-J from the Reading.

Tip: it's a good idea to double-space your writing if your teacher is going to mark it. This means write on one line and then leave the next line free, so your teacher has space to make comments and corrections.

6 Extra practice/homework

Quickly read this essay about green shopping choices. Then supply the words that you cannot see.

A recent TV commercial told us that if we wanted to save the planet, we should start with our shopping trolley. How can we make the best shopping choices?

One important thing to consider is packaging. Supermarkets use too much plastic, especially for fresh foods like fruit, vegetables, cheese and meat. It is difficult to know when to use this plastic when we get home, as some of it cannot be recycled. Another problem is that some food is out of season and this means an increase in food miles. For example, strawberries in the winter, this means they've travelled halfway around the world.

Shopping at a local market can offer us better options. Fresh produce has less plastic packaging than supermarkets. Secondly, the food that they sell is often fresher and cuts down on food miles. However, some items that they don't sell every day are only available year round. In addition, some markets are only open on certain days or at certain times, which is less convenient than supermarkets.

In conclusion, the choices we make when we're shopping have an important effect on the planet. Personally speaking, I think it's a good idea to visit my local market to pick up the best local fresh food, and then I get the rest of what I need from the supermarket.



7

Optional extension

Everyone has a memory related to food. Choose one of these topics and get ready to talk about your memories. Plan to speak for one minute.

A food I remember learning how to cook

- What was the food?
- Who taught you how to cook it?
- Why did you learn how to cook this food?
- How did it make you feel?
- How often do you cook this food now?

A special meal/dish someone cooked for me

- What did you eat?
- Who cooked it?
- Why did they make this meal/dish for you?
- How did it make you feel?
- How often do you eat this food now?

Work in pairs. Take turns to talk about your food memories. What's similar about your memories?