

Discuss.....

1. What things did you like eating and drinking when you were a child?
2. Do you like going to restaurants? Why? Why not?
3. Which foods do you think are healthy? Which foods do you think are unhealthy?
4. What food do you like to buy?

<u>Bad for your heart</u> Saturated fats are in butter, cheese and meat. They are bad for your heart.	<u>Good for your heart</u> Unsaturated fats are in coconut oil, hemp oil and olive oil. They are not bad for your heart.

salad - chocolate - coconut - full milk - skimmed milk - fruit - ice cream - yogurt - pasta with tomato sauce - crisps - grilled fish - fried fish - beef burgers - olive oil - butter - margarine - boiled egg - lentils - mayonnaise

What can you see? Write the names under the picture, use prepositions (**with**, **on**) & conjunction (**and**) when writing the names.

1.



2.



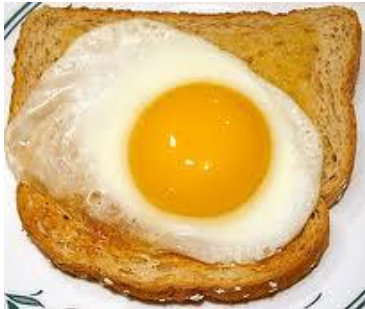
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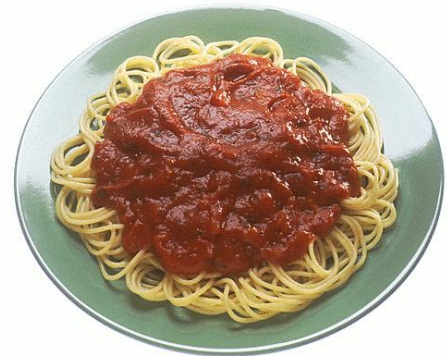
4.
4.



5.



6.



7.



8.



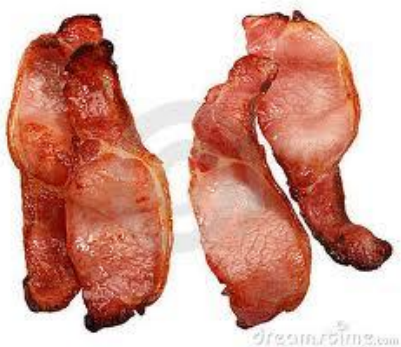
9



10.



11.



12.



13.



14.



15.



What can you see? Write the names under the picture, use prepositions (with, on) & conjunctions (and) when writing the names.

2.



cereal with milk and sugar

2.



tea cake and margarine

3



jacket potatoes

4.



fruit salad and yoghurt

5.



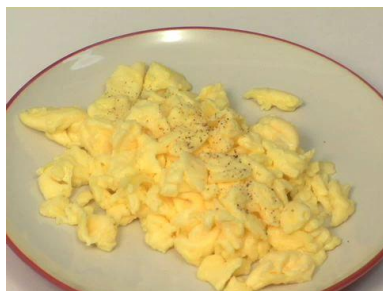
fried egg on toast

6.



pasta

7.



scrambled eggs

8.



porridge

9



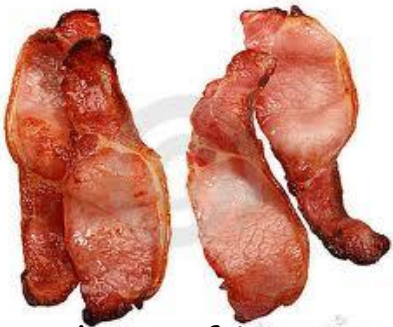
10.



fish and chips

black pudding

11.



four slices of bacon

12.



seafood cocktail

13



tomato soup

14.



baked beans

15.



marmalade

Rona's Bar
Open for breakfast
6 - 11 am
College Street, Rotherhill

HEALTHY OPTIONS - CHOOSE FROM

- SMALL BOX OF CEREALS WITH MILK AND SUGAR
- TOASTED TEA CAKE WITH LOW FAT MARGARINE
- TWO SLICES OF TOAST WITH HONEY OR MARMALADE
- FRUIT SALAD WITH YOGHURT
- CHEESE OR EGG ON TOAST (TWO SLICES OF WHOLEMEAL BREAD)
- TOMATO SOUP
- SCRAMBLED EGG (TWO EGGS)
- PORRIDGE

EACH HEALTHY OPTION £2.50

DRINKS:-

Coffee	£1.00	
Pot of Tea (for one)	£1.00	(for two) £1.50
Milky coffee	£1.25	
Hot Chocolate	£1.00	
Fruit Juice	£0.75	(apple, orange, tropical)
Cans	£0.90	(Coke, 7up, Fanta)

Barbara's Restaurant

Order on: 01709 333111

Delivery service: free on orders over £10.00

ENGLISH BREAKFAST - pick and mix

2 slices of bacon	£1.00
sausages (each)	£0.40
pasta	£0.55
fish and chips	£0.70
beans	£0.15
tomatoes	£0.15
mushrooms	£0.15
black pudding	£0.20
jacket potatoes	£0.30
toast (per slice)	£0.10
marmalade or honey (portion)	£0.50

Serving
breakfast
all day!

Hot drinks:

90p each

Cold drinks:

70p each

Barbara's big breakfast. Eat as much as you look from the breakfast buffet.

bacon, sausage, fried eggs, scrambled eggs, poached eggs, boiled eggs, omelette, hash browns, fried tomatoes, fried potatoes, mushrooms, black pudding, fried bread, toast, pancakes with syrup or chocolate sauce.

£4.50

1. Look at both menus. Which do you think is healthier? Why?

2. Match the words or phrases to their meaning

vegetarian

A person who doesn't eat a lot of fat

customer service

To choose **different** things all at the same time

buffet

Different types of food, as much as you like, for an agreed price

pick and mix

A person who doesn't eat meat or fish

value for money

How people treat you who give you a service.

low fat diet

The price is good for what you get

Fill in the words with the correct letters. Now write the definition next to it.

v_g__t__ria__

bu__ __e__

pi__k__ __ mi__

lo__ fat__ __ __ __

c__st__m__r__ s__r__i__e

v__l__e__ __ __ r__ m__ne__

1) I'm a vegetarian, would it be better for me to eat at Rona's Bar or Barbara's Restaurant? _____

2) At Barbara's Restaurant, what should I have? I'm on a low fat diet.

3) At Barbara's Bar what is black pudding?

4) I want to order a breakfast at Barbara's Restaurant, what number should I call? _____

5) Which place offers a delivery service?

6) Can you see the wrong word in Barbara's Restaurant advert? What's the wrong word? _____

7) Which place to eat is the best value for money? I'm very hungry.

_____.

8) I'd like cornflakes with milk and sugar, where should I go?

9) I'm late! Which place is open for breakfast at 11.15 am?

12) Would you choose to eat breakfast at Barbara's Restaurant or Rona's Bar?

13) Why did you make that choice?
