

The Q Classroom

Activity A, p. 26

Answers will vary. Possible answers:

1. rice, soup, sandwiches, beans, etc.
2. olives, honey, cheese, apricot pudding, etc.
3. Yes, I think presentation affects how food tastes. I think that if food looks delicious, you expect it to taste delicious, so it does. / No, I don't think presentation is important. I think food served on a paper plate tastes the same as food served on fancy china.

Activity B, p. 26

Answers will vary. Possible answers:

1. Homemade food has less salt than prepared food and uses fresher ingredients.
2. I think that vegetables, foods low in fat, and foods without sugar help people lose weight.

PREVIEW THE UNIT

Activity A, iQ Online Resource

Answers will vary.

Activity B, iQ Online Resource

Answers will vary.

READING 1

PREVIEW THE READING

Activity A, p. 28

- to compare different kinds of tasters
- to give advice about people's food choices

Activity B, p. 28

Answers will vary. Possible answer:

Cake is an important food in my culture. We eat it during special occasions. For example, people eat cake to celebrate birthdays. Another

time people in my culture have cake is during weddings. Cake helps to bring families together. Without cake, people in my culture wouldn't know how to celebrate.

Activity C, p. 28

Answers will vary.

WORK WITH THE READING

Activity B, pp. 30–31

1. recognize
2. is made up of
3. system
4. likely
5. at risk
6. typically
7. identify
8. balanced
9. sensitive

Vocabulary Skill Review, p. 30

Adjectives: (3) digestive, (4) likely, healthy, (6) healthy, fewer, (8) balanced, different, (9) sensitive
Nouns used like adjectives: (3) human, (6) health, (8) health, (9) room

Activity D, p. 31

1. b
2. d
3. b
4. a

Activity E, p. 32

1. sweet, sour, bitter, salty; paragraph 2
2. 5,000 (or half the number that medium tasters have); paragraph 3
3. a woman from Korea; paragraph 3
4. bitter, fatty, sweet, spicy; paragraph 4
5. Because their tastes may cause them to make unhealthy choices. Supertasters might avoid healthy

fruits and vegetables. Nontasters might eat too much fat.; paragraph 5

Activity F, pp. 32–33

1. b
2. c
3. b
4. c
5. a

Activity G, p. 33

Answers may vary. Possible answers:

1. about 20,000 (twice as many as medium tasters)
2. no, because it depends on how many taste buds you have
3. foods that don't have a lot of flavors
4. They might be at risk for diseases like heart disease and diabetes.

WRITE WHAT YOU THINK

Activity A, B, p. 33

Answers will vary. Possible answers:

1. I think I'm a nontaster because I eat everything. I like very spicy food. I also like very sweet and fatty foods. My favorite foods are desserts and fried foods. I also like strong coffee.
2. I really like strawberries because they are sweet. They taste good fresh and they're also good in pie or jam. When they are ripe, they taste like candy. I also like them because I know they are good for me. They are full of vitamin C.
3. People like foods they grew up eating or foods that remind them of happy times. Sometimes it's hard to like food that's different from the food you grew up eating. If a food looks strange or unusual, people might not like it. People often dislike foods that have made them sick.

They might also dislike foods that they had to eat a lot when they were young. For example, when I was young, my mother made me eat broccoli all the time. Now I don't like it.

READING SKILL

Activity A, p. 34

Step 1:

1. Finding Balance in Food
2. Food, Balance, and Culture; France: Balancing Geography and Portions; China: Balancing Opposites; Different Cultures, Shared Desire

Step 2:

sweet and sour chicken and a map of France

Step 3:

Paragraph 1: When comparing the food habits of different cultures, however, the definition of a "balanced diet" might also be seen differently.

Paragraph 6: A look at their food preferences also suggests that culture and food are not separate from each other.

Activity B, p. 34

how the concept of a balanced diet is different in different cultures

Activity C, p. 34

France and China have different cultures and different ideas of a balanced diet. Food and culture are closely related.

READING 2

PREVIEW THE READING

Activity A, p. 35

Answers will vary.

Activity B, p. 35

Answers will vary. Possible answer:

I think that a balanced diet includes a variety of foods so you get all the nutrients you need. It's important to eat healthy fruits and vegetables. But you also need protein, like chicken or lamb. You should also eat some grains. I also think yogurt is part of a balanced diet.

Activity C, p. 35

Answers will vary.

WORK WITH THE READING

Activity B, p. 37

1. b
2. a
3. b
4. c
5. a
6. b
7. b
8. c
9. b
10. a

Activity D, p. 38

1. a
2. b
3. d
4. a
5. c

Activity E, pp. 38–39

1. T
2. F There are fast-food restaurants in France.
3. F A traditional French meal can have from three to seven courses.
4. T
5. T
6. T
7. F Eggs and mushrooms are considered warm foods.
8. T

Activity F, p. 39

French cuisine

1. balance of different food regions
2. several courses
3. small portions

Similarities

4. search for balance
5. food preferences affected by culture

Chinese cuisine

6. opposing cooking methods
7. balance of warm and cool foods
8. food as medicine

Activity G, pp. 39–40

1. fast-food restaurants have changed their menus
2. many French people dislike it
3. a meal can have from three to seven courses
4. it decreases body heat
5. it is considered healthy
6. it is a cool drink that can balance the extra warmth

Activity H, p. 40

- 1
- 2
- 5

WRITE WHAT YOU THINK

Activity A, p. 40

Answers will vary. Possible answers:

1. I prefer more variety because it keeps my diet interesting. Different kinds of foods have different nutrients. I eat small portions because I need to limit the number of calories I eat. I also like to enjoy many different flavors in one meal. I usually eat more than three times a day, but I only eat a little at each meal.
2. I like the Chinese food called chow mein. It has a lot of noodles and

vegetables and sometimes meat or chicken. Chinese dishes never have cheese or bread. In my country, we eat a lot of beans, yogurt, meat, and bread. I like our food the best, but I think Chinese food is healthier.

Activity B, p. 40

Answers will vary. Possible answers:

1. I think it is important to know where your food comes from so that you know if it was grown safely and responsibly.
2. Healthy foods like fruits and vegetables can help people live longer.

Activity D, p. 41

Answers will vary.

VOCABULARY SKILL

Activity A, pp. 41–42

1. tastes, menus, ingredients, eating habits, and nutritional benefits
2. lamb kabobs and falafel with hummus
3. There are many dishes and the whole family eats together.
4. They have a taste for sugary foods.
5. in their texture
6. cumin, pepper, and cinnamon

Activity B, p. 42

1. makes
2. meals
3. think about
4. a liking
5. ways that things feel
6. a good combination

Activity C, p. 42

Answers will vary. Possible answers:

1. The students have different ideas about what constitutes a good discussion.

2. I'm trying to learn to cook some new dishes for the holidays.
3. I view the holidays as a time to spend with my family.
4. Maryam has a real taste for salty snacks.
5. I like wearing clothing that has many textures.
6. Our class group works in harmony on our projects.

WRITING SKILL

Activity A, pp. 43–44

1. Whenever I think of my mother's cooking, I always remember her delicious Yorkshire puddings.
2. Yorkshire pudding is such a simple and common English food, but it will always be special to me because of my mother.
3. Yorkshire pudding tastes delicious, light, crisp, and sweet.
4. her mother, her British ancestry, and her mother's history
5. delicious, traditional, simple, light, crisp, sweet, special, homemade, common, English

Activity B, p. 44

Circled: crisp, sweet; holidays; sweet with strawberry jam; fight with sister; homemade; British ancestry; family

Activity C, p. 44

Answers will vary. Possible answer:

Some of the ideas don't fit with the focus on the author's mother and how the pudding tastes. Maybe the author didn't choose "New Year's Day" because she mentions holidays.

Activity D, p. 45

- Nothing tastes better than the ceviche in Lima, Peru.

Activity E, p. 45

1. simple
2. hot
3. raw
4. special
5. sliced
6. fresh
7. famous

Activity F, p. 46

Answers will vary. Possible answers:

1. traditional, old-fashioned
2. big, yellow
3. bold, bland
4. bitter, fresh
5. excellent, favorite

GRAMMAR

Activity A, p. 47

Opinion/Quality	cheap, common, elegant, fashionable, friendly, funny, interesting, lovely, nice, pretty, tasty, ugly, uncomfortable, unusual, wonderful
Size	huge, little
Age	ancient, antique, elderly, modern, teenage, traditional
Shape	oval, rectangular, triangular
Color	orange
Origin	Arab, Brazilian, Korean, Omani
Material	ceramic, cotton, glass, metal, plastic, silk, wool
Kind/Purpose	hiking, jogging, medical, racing, wedding, writing

Activity B, p. 48

Answers will vary. Possible answers:

1. I love to eat sweet, milky, white chocolate.
2. I am going to visit my nice, elderly, friendly grandmother.
3. I am wearing a comfortable, orange, silk blouse.
4. Yesterday I ate spicy, tasty, Korean food.
5. I am reading a funny, modern, interesting book.
6. My favorite place to eat is a common, traditional, American restaurant.

UNIT ASSIGNMENT

PLAN AND WRITE

Activity A, iQ Online Resource

Answers will vary.

Activity B, iQ Online Resource

Answers will vary.

Activity C, iQ Online Resource

Answers will vary.