

TIẾNG ANH 9

GIÁO VIÊN: NGUYỄN NGỌC ANH

UNIT 7: READING: MATCHING HEADINGS

ĐĂNG KÍ CHƯƠNG TRÌNH HỌC TRỰC TUYẾN TẠI VINASTUDY.VN QUA 0932.39.39.56

Ex 1: Choose the given words to fill in the correct blanks to make meaningful sentences.

*religious**vegetarian**cutlery**incorporated**combination**consume*

1. She hardly eats meat because she is a _____ .
2. In America, people _____ a large amount of fast food every year.
3. _____ is popular in the Western eating habits.
4. Seafood is often _____ in Japanese dishes.
5. In many countries, the eating habits are often affected by _____ factors.
6. Sushi is a perfect _____ of vinegared rice and raw fish, prawn, avocado, cucumber or egg.

Ex 2: Read the text and do the tasks

Eating Habits in the Indian Culture

- A. The eating habits in the Indian culture are largely based on religion and tradition. A high-vegetable diet often with no beef and generally no pork comes from the Hindu religion. Habits of how and when food is consumed are also based on social traditions, and most families form their particular habits around a combination of cultural and family traditions.
- B. Most dishes feature meat or vegetables mixed with sauce and rice. Many Indians are vegetarian, so eating habits are often based on a diet that excludes all meat. When meat is incorporated in dishes, it is most commonly in the form of chicken, beef or lamb, and sometimes seafood, such as prawns. The majority of the Indian population is Hindu, so beef and pork are often excluded from Indian dishes due to religious requirements.
- C. There are three main meals in the Indian culture, so the meal timing is similar to Western traditions. In India, most people eat a morning meal, a mid-day meal and an evening meal. The evening meal is generally the biggest meal of the day, followed by the

mid-day meal. Any time curries and rice are not being eaten, bread, fruits and vegetables are consumed.

D. Meals are most often eaten with family members. Indian families create their eating habits around the schedules and preferences of everyone in the family. Women traditionally do most of the food preparation for the household.

E. Cutlery is not traditionally used to eat food in the Indian culture. Food is meant to be a whole sensory experience. An eating habit in the traditional Indian culture is to consume Indian foods such as curry, rice and naan bread by picking it up using the hands. Bread is often used to scoop up the curry sauce and rice, and it is dipped into traditional soups such as daal, a lentil-based soup. Indian people are supposed to eat with their right hands, because eating with the left hand is sometimes considered to be unclean.

A. Match the headings (1-5) with their paragraphs (A-E).

1. Components in a typical Indian meal
2. Indian people's manners of consuming food
3. Participants in the Indian meal
4. The basis of eating habits in the Indian culture
5. Meal timing in the Indian culture

B. Decide if the following statements are true (T) or false (F).

1. The eating habits in India are mostly affected by Western culture.
2. Women prepare food and create the eating habits in Indian families.
3. Using hands to pick up food helps Indian people feel them better.
4. Beef and pork are always excluded from Indian dishes.
5. Cutlery is not popular in the Indian meals.

C. Choose the correct answers to the following questions.

1. Where does a high-vegetable diet in Indian culture come from?

- | | |
|----------------------|---------------------|
| A. Indian culture | B. Hindu religion |
| C. Vegetarian people | D. Indian ancestors |

2. What are included in most Indian dishes?

- A. meat or vegetables mixed with chicken, beef or lamb
- B. chicken, beef or lamb and seafood
- C. vegetables mixed with sauce and rice
- D. meat or vegetables mixed with sauce and rice

3. Why don't Indian people eat with the left hand?

- A. Because eating it is sometimes considered not to be unclean.
- B. Because the right hand helps them feel food as whole sensory experience.
- C. Because it is sometimes considered to be unclean.
- D. Because they are not left-handed.

4. What are consumed when curries and rice are not being eaten?

- A. bread, meat and vegetables
- B. fruits, meat and vegetables
- C. bread, fruits and prawns
- D. vegetables, bread, and fruits

5. What does the sentence "Food is meant to be a whole sensory experience" mean?

- A. Food is wonderful so it needs to be experienced all the time.
- B. Food must be enjoyed by all the senses of our body.
- C. Food should be eaten all after a meal.
- D. Eating food in India is an unforgettable experience of the author.