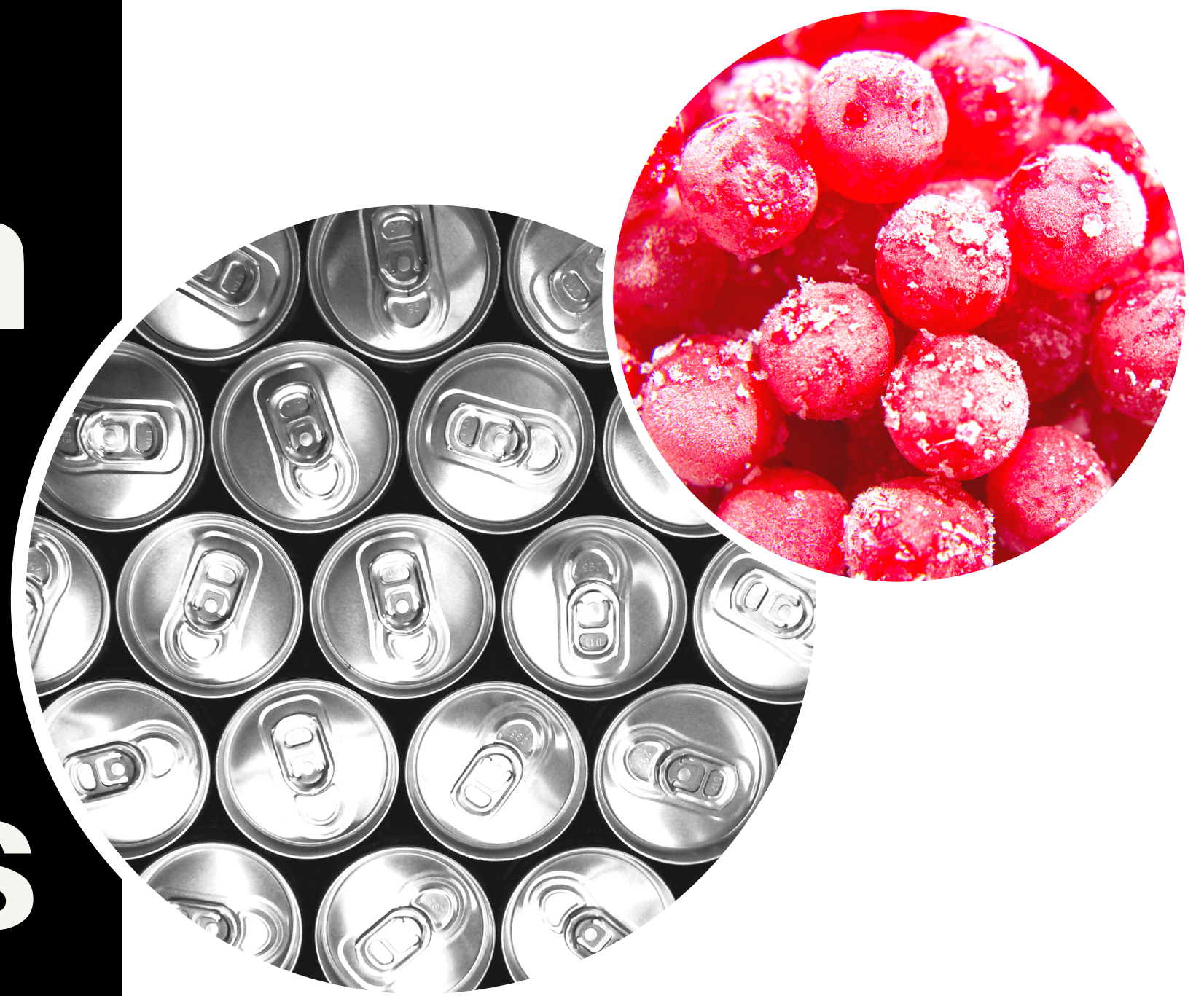


Canned and frozen goods + food containers

Revise: countable and uncountable nouns + quantifiers



Get the most with canned food

Canned goods can be a key component to a healthy diet. Let's discuss some of the benefits of consuming canned food.

- **Canned fruits and vegetables have a similar nutritional value when compared to fresh and frozen.** Since canning can preserve the flavour and nutrients, you can eat seasonal fruits and vegetables all year round.
- **Canned foods are affordable and convenient.** Because they have a long shelf life, you can buy more when they are on sale and store them in your pantry. In addition to that, using canned foods can help you prepare your meals faster.

To make sure you are choosing healthy options when buying canned foods, go for fruits that are canned in water or 100% fruit juice, instead of syrup which contains added sugars. When choosing canned vegetables look for "low sodium" or "no salt added" options.

Here are some examples of canned foods.

- a) _____: canned peaches, pears, pineapple, mango, cherries, fruit cocktail...
- b) _____: canned corn, green beans, mushrooms, carrots, beets, tomatoes...
- c) _____: canned pasta, noodle soup
- d) _____: evaporated milk
- e) _____: canned tuna, sardines, salmon, baked beans, chickpeas...

1

Read the text on the left, then mark the sentences as either true or false. After you have finished, invent your own T/F sentences and test your partner.

- 1 Canned food has more nutritional value than other types of food.
- 2 Canned food has long expiration date.
- 3 Cooking with canned food takes less time.
- 4 It's a good idea to choose canned vegetables which are high in sodium.

2

Finish the last paragraph of the text: write the correct categories.

dairy / grains / protein / fruit / vegetables

3

Create a table in your notebook and sort the words below into the correct column: canned / frozen / other. Some can be used more than once.

crackers, soda, peas, rice, soup, cereal, tuna, sardines, salmon, coffee, cookies, beer, tea, pineapple, crisps, puff pastry, cocoa, apricot, vegetable mix, pasta, pate, ice cream, corn, pie, beans, sugar, milk, yoghurt, peanuts, pizza, mustard, olive oil, berries, broccoli, wine, salt

4

Fill in the blanks with the correct containers. Then, for the containers b, d, e, f, g, h, add the words from exercise 3 which you have put under the "other" column. Finally, add your own words.

box / can / jar / carton / tin / container / bottle / tube / bag / packet / tub

- a) a _____ of tuna, sardines
- b) a _____ of cola, coffee, beans
- c) a _____ of eggs, milk
- d) a _____ of cereal, chocolates
- e) a _____ of flour, potato chips
- f) a _____ of cookies
- g) a _____ of jam, honey
- h) a _____ of vinegar, oil
- i) a _____ of yoghurt
- j) a _____ of mayonnaise
- k) a _____ of ice cream

5

Look at the pictures and write the numbers on the lines to form collocations.

- a) a bunch of ____ or ____
- b) a loaf of ____
- c) a bar of ____
- d) a slice of ____ or ____



MEASUREMENTS

FOOD

- kg (kilo, kilogram)
- g (gram)
- 1 oz (ounce) = 28 g (grams)
- 1 lb (pound) = 16 oz = 454 g

BEVERAGES

- l (litre)
- ml (millilitre)
- 1 oz = 29.5 ml (millilitres)
- 1 pint = 20 oz

6

Open the flashcards on Quizlet and play MATCH or LEARN (scan the QR code or type in the URL).

<https://bit.ly/3LbFojs>



7

Work in pairs and prepare dialogues for the situation below. Take turns to take the role of a customer or a shop assistant. Use the vocabulary on this page and the dialogues on page 2 to help you.

A customer wants to buy food and beverages for a big garden party.

8

Work in groups. Take turns to imagine products (food or beverages). The others try to guess what it is by asking yes/no questions. You can ask a question or try to guess only when it's your turn. The winner is the one who has guessed the most products.

Examples of questions you could ask:

- Is it a beverage?
- Does it come as a loaf?
- Does it come in a can?
- Does it cost more than ____ kn?
- Does it have long shelf life?