

# Nice And Juicy



EAE Learning objectives for this lesson

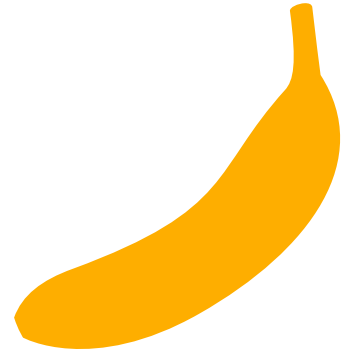


Describe the flavours and textures of drinks. Talk about preferences. Dependent prepositions and phrasal verbs. Ordering food.



## Activity One: Ask and answer with your teacher.

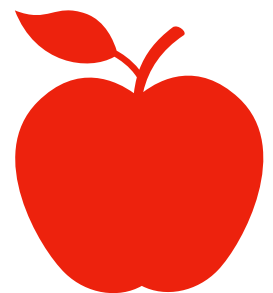
1. Have you ever worked in the food industry?
2. If so, what was your job?
3. Would you describe yourself as a 'foodie'?
4. What's your favourite type of drink?
5. When you are out what kind of drink do you order?
6. Do you ever make your own fruit juices at home? Which do you make?
7. What's your favourite and least favourite fruit?
8. Which fruits do you think are the healthiest?



## Activity Two: Fascinating facts about fruit.

Read the facts. Which of these facts were you familiar with? Of the following fruits which do you think work best in fruit juices and why?

- The study of fruits is called POMOLOGY.
- A banana not a fruit, it is a herb!  
Being easy to digest and highly nutritious, these are the first fruits offered to babies.
- Strawberries are the only fruit with seeds on the outside. There are 200 seeds in an average strawberry.
- Red-coloured fruits keep your heart strong.
- Orange -coloured fruits tend to keep your eyes healthy.
- Yellow-coloured fruits prevent you from getting sick.
- Green-coloured fruits help in making your bones and teeth strong.
- Purple and blue fruits help enhance memory.
- Apples stay afloat in water as they are 25 percent air.
- A kiwi has two times the vitamin C present in an orange.
- 7000 different kinds of apples are grown all around the globe!
- Pineapples are actually berries and its ripening can be speeded up by making it stand upside down (leafy side down).
- Horticulturists are of the opinion that banana was the first fruit on earth.
- Dried fruits have more calories than fresh fruits as the process of drying reduces the water content and volume.
- Half a cup of figs have the same amount of calcium as half a cup of milk.
- Eggplants are actually fruits and not veggies. In fact, they are botanically known as berries.



**Fruit Juice**



- The seeds of lychee are poisonous and should not be consumed.
- A cucumber is not a vegetable but a fruit.
- Tomatoes are not a veggie but a fruit. They are regarded as the world's most popular fruit and have more genes than humans.
- Eating an apple is a more reliable method of staying awake than consuming a cup of coffee as it gives you more energy. The natural sugar in an apple is more potent than the caffeine in coffee.
- There's a tree called SALAD TREE that sprouts 3 to 7 different fruits in the same tree.
- One pomegranate can hold more than 1000 seeds.
- The stalk, rind or skin of a fruit is typically more nutritious than the actual fruit. So, if you peel your fruits before eating them, you may be making a nutritional mistake.
- Apples, peaches and raspberries are all members of the rose family.
- Drinking Grapefruit juice while taking some prescription medications can cause instant overdose and death.
- The COCO DE MER palm tree has the earth's largest fruit, weighing 42 kg and seeds weighing 17 kg.
- Pumpkins and avocados are not vegetables. They are fruits. According to one study, avocados are the most nutritious fruits in the world.
- Square Watermelons are grown by Japanese farmers for easier stack and store.

<https://www.befitandfine.com/facts-of-fruits/>

### Activity Three: Mix Up - Phrasal Verbs

**What is a phrasal verb?** A phrasal verb is a verb that is made up of a main verb together with an adverb or a preposition, or both. Typically, their meaning is not obvious from the meanings of the individual words themselves. Here are some examples of how they are used when talking about food and drinks!

#### Go for - choose

I went for a pink fruit juice but it was a bad choice!

#### Eat out - eat in a restaurant

I generally prefer to eat out at the weekends.

#### Run out of - not have any left

We have run out of apple juice so I will go and buy some.

#### Eat up/drink up - eat and drink all of something.

I need to drink up all of my juice to get some vitamin C as I am tired today.

#### Try out - experiment with

Have you tried out the new smoothie maker in the kitchen yet?

#### Throw away - to put in the rubbish

Don't throw the apple peel away I can use it in my smoothie it's full of vitamins.

#### Cut down on - stop doing something or reduce something.

I need to cut down on sugar so I can't drink fruit juice only water.





### Activity Four: Phrasal Verbs Match

Match the phrasal verbs to their definitions and then use them in a sentence.

Cut up	To make something less hot
Cool down	To empty something by overturning
Sop up	To tip liquid from a recipient
Take down	To place in a specific location, set down.
Drink up	To absorb a liquid with a cloth.
Pick up	To finish your drink
Put down	To cut into pieces
Tip out	To dismantle and remove a structure
Pour out	The act of taking something and moving it.

### Activity Five: Describing flavours

1. acidic – very sour
2. astringent – an astringent taste is one that is strong and bitter
3. bitter – a strong sharp taste that is not sweet
4. bitter-sweet – tasting bitter and sweet at the same time
5. brackish – has a slight taste of salt and is therefore not pure
6. hot – contains a lot of spices that create a burning feeling in your mouth
7. mature – has been left to develop a pleasant strong flavour
8. mild – does not have a strong taste
9. ripe – has a strong flavour
10. robust – has a lot of flavour
11. savoury – tasting of salt or spices and not sweet
12. seasoned – containing seasonings to improve flavour
13. sharp – has a strong and bitter flavour
14. sour – with a taste like a lemon
15. spicy – has a strong hot flavour
16. sweet-and-sour – contains both sweet and sour flavours
17. syrupy – thick, sweet, and sticky
18. tart – a slightly sour taste
19. unsalted – not flavoured with salt
20. watery – pale, or not strong

Now **describe the flavour and texture** of the following using the words from above:



**Activity Six: Additives**

Which of the following do you think are common additives used to make fruit juices?

What do you think they are used for?

Which do you think could be good or bad for you?

(Click here for more information - <https://www.dolchem.com/blog/preservation-of-fruit-juice-additives-guide-for-producers/>)

- Sodium Benzoate
- Sorbic Acid
- Sodium Carboxymethylcellulose
- Potassium Sorbate
- Ascorbic Acid
- Arsenic
- Citric Acid

**Activity Seven: What are dependent prepositions.**

Dependent prepositions are prepositions that depend on or **must follow a particular verb, noun, or adjective.**

Said in another way: **when you use certain verbs, nouns, or adjectives, they are followed by a specific preposition.**

Here are some examples - can you say which is used correctly and which is used incorrectly?

1. I'm astonished of the fact that orange juice has so little fibre in it.
2. We are aware of the fact that the batch went off.
3. I'm anxious of the fact that there are too many additives in juice.
4. Are we capable of making new drinks which have less chemicals in them?
5. Coca Cola is famous for being bad for our health but we still buy it.
6. Coca Cola is responsible of a great deal of pollution.
7. Are we ever really safe from chemicals?
8. There is a lot of demand of new types of natural juice.
9. The reason of adding chemicals is to preserve drinks for longer.
10. The solution to the whole packaging problem is to use new natural materials.



Now fill the gaps. There are a mixture of phrasal verbs and dependant prepositions missing from this text.

Many people purchase fruit juices because they are refreshing and also have other qualities such as vitamins and minerals which are good ..... the health. However it's important to remember ..... drink water and not just fruit juice. Today there are new processes which allow manufacturers to create drinks with a lot of health benefits. Mixing ..... different fibres and taking ..... other acidic parts of the fruits make for a lovely healthy drink. If you want to make a smoothie at home you can also stir ..... some extra nourishment. Try chopping ..... a banana and mixing it with some spinach for example. You can mix ..... some protein powder to give you extra energy! Enjoy yourself.

### Activity Eight: Order a smoothie

Pick a mixture of the following items to make your ideal smoothie... what would you add to improve the shelf life, flavour and texture of your drink?



#### List of fruits:

- Apples and pears
- Citrus – oranges, grapefruits, mandarins and limes
- Stone fruit – nectarines, apricots, peaches and plums
- Tropical and exotic – bananas and mangoes
- Berries – strawberries, raspberries, blueberries, kiwifruit and passionfruit
- Melons – watermelons and honeydew melons
- Tomatoes and avocados.



#### List of vegetables

- Leafy green – lettuce, spinach and silverbeet
- Cruciferous – cabbage, cauliflower, Brussels sprouts and broccoli
- Marrow – pumpkin, cucumber and zucchini
- Root – potato, sweet potato and yam
- Edible plant stem – celery and asparagus
- Allium – onion, garlic and shallot.

How would you **order** it? What polite expressions should you use?

Here are some ideas. Notice that we use a lot of modals to be polite...

- Hello, how are you today?
- Please could I have
- I would like to order
- I would like
- I was wondering if you could add
- Would you mind adding
- Do you think I could have
- Would it be possible to have
- Could I ask you for...
- Thanks so much
- Have a good day



#### Let's act out the following role plays:

- You are ordering a smoothie but you are not at all sure about what you want and as a queue is forming behind you, you struggle to make up your mind.
- You are ordering a fresh fruit drink but the combination you want is not available.
- You are ordering a drink but you want to know what the specialities of the store are.

