

Before watching

1. a PW Discuss these questions with a partner.

- ▶ What do you understand by 'organic' food?
- ▶ Would you pay more for this kind of food?
- ▶ What kinds of unhealthy food do you eat?

b Then ask your partner if he or she ever eats organic food at home.

While watching

2. Watch the interview with Aimee (00:00-00:49) and answer the two questions.

- ▶ Where does Aimee live?
- ▶ What two things can you learn from the countryside according to Aimee?

3. Now watch the next section of the video (00:50-02:10) and answer the following questions.

1. How often does the average family eat out every month?

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2. Why are pubs popular places to eat out?

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3. What is Britain's national dish?

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4. What's the difference between market food and supermarket food?

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5. What three things do organic foods not contain?

.....

6. What do 'smoothies' contain?

.....

4. Now watch the interviews in the street (02:17-end) and decide if the sentences are True (T) or False (F).



Sheila



Jenny



Anthea



Martha



Sandra



Margareth

- 1. Sheila doesn't believe in organic food.
- 2. Jenny finds organic food too expensive.
- 3. Anthea eats chocolate every day of the week.
- 4. Martha never eats unhealthy food.
- 5. Sandra ate a bacon sandwich this morning.
- 6. Sandra doesn't eat organic food.
- 7. Sandra thinks organic food tastes good.
- 8. Margareth thinks organic food is better for you.
- 9. Margareth buys ordinary fruit and vegetables.

After watching

5. PW Work in pairs. Write a questionnaire (5 questions) to interview your classmates about their eating habits. Interview at least five people and then compare your results.

6. PW Work with a partner and make a five-day healthy lunch menus. Then exchange it with another pair and write some comments on their choices. Then work with another partner and come up with a really unhealthy version!

7. GW You have decided to set up a stall at Borough Market, promoting local food from your region. Working in groups of 4, decide on what you are going to sell and how you are going to promote it.