

## *SUPER LEARNER* WORKBOOK

### MODULE: Food



Welcome to the Super Learner Workbook!

- The WORKBOOK activities will help you learn more in the course. The activities will *accelerate* your learning speed.
- Use the WORK BOOK *after* you watch each video episode once.
- Also, use this workbook – OR use a separate paper notebook – to write your Journal Entries.

### EPISODE 1:

Complete the questions:

1. What's your favorite food?

2. Is there any food you dislike?

3. How important is diet to your health?

4. What are some popular foods for visitors to your country?

5. What is one popular dish in your country? Can you describe it?

**Comprehension Questions**

1. What is Thanh's favorite food? Why does she like it so much?

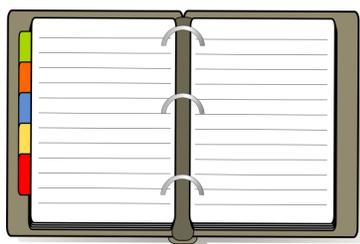
2. Thanh talks about her struggle with food? What is her struggle?

### Opinion Questions

Fill in the missing parts of Thanh's answers.

1. So, my [ ] food is *pho*. In Vietnam we have a lot of ...all kinds of noodles. We have rice noodles, vermicelli, um, egg noodles, clear rice noodles. There's hundreds of them. So...there are all kinds of [ ] as well, and different kinds of [ ]. I love noodles.
  
2. Is there any food I dislike? Well [ ] I don't like bitter tasting foods like certain kinds of melons or greens. I [ ] like greens so much. I mean, I [ ] them because they're healthy, but some...it's not all the time. My friends say, Oh, Thanh, let's try this, but I say I'm not going to try it, because it's too bitter.
  
3. I think it's very very important. [ ], I feel like my [ ] going down, as I'm growing up, like getting older. I feel like I'm chubbier because I eat a lot of carbs and sugar. It's not good for your health, of course, but it's [ ] for me to cut it because...it's what I've been eating since I was a

- \_\_\_\_\_ . Yeah, maybe that's how I'm eating, and I'm trying to cut it. Like I want to eat what \_\_\_\_\_ good.
4. Oh, what's the popular ones? *Pho*, everyone who comes to my country, pho is... \_\_\_\_\_ you have to try. Like I \_\_\_\_\_ , there's at least 100 different types, so you can go \_\_\_\_\_ just eating noodles, with all the different kinds of broth as well. You'll never get \_\_\_\_\_ of pho. Because in different regions we make it differently. And beyond that, there are all kinds of steamed and grilled dishes in Vietnamese cuisine. People love rice cakes, too. Like Koreans really love rice cakes. It's a very \_\_\_\_\_ culture with all kinds of foods. You can have food on the boat too. In the river, they cook it on the boat. You can \_\_\_\_\_ that too. I encourage you all to come to my country and try them.
5. One of the most \_\_\_\_\_ dishes in my country I would say is rice cakes. There's a lot of people, visitors, come to Vietnam and tried it. Korean people like it too. I think Americans call it Cow Cake or Sponge Cake, which is not what we call it, but it's OK. It tastes a little bit \_\_\_\_\_ and has \_\_\_\_\_ flavor, I guess. Inside there's a lot of ingredients. Greens, carbs, and \_\_\_\_\_ , like meats. So you get all the things in one roll. It looks \_\_\_\_\_ . It's very easy and clean to eat. You just pick it up and eat.



### Journal Entry 2.1

Directions: Write for 10 minutes. If you want feedback, post your answers to the Lingual.net Super Learner Group.

Why are you taking this Super Learner course? What is your motivation for improving your English? How will your English improve?

**STUDY TIP:**

Record your answers. You can use your phone or another recording device. Later, you can transfer your audio files to your computer. Keep a folder with your audio for this SuperLearner course.

When you record begin by saying:

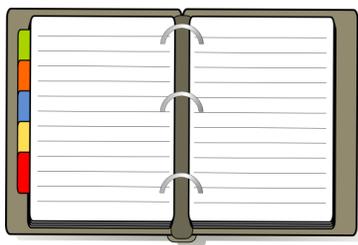


Your first name: *This is Rosa.*

Today's date: *Today is Thursday, January 2.*

The purpose: *This is my first recording of my answers to the Friends questions.*

After you record your answers, you can post them to the SuperLearner community board for comments and feedback.

**EPISODE 2:****Journal Entry 2.2**

Directions: Write for 10 minutes. If you want feedback, post your answers to the Lingual.net Super Learner Group.

What do you like most about learning English? How do you feel about becoming bilingual?

### **Comprehension Questions**

1. What is Andrio's diet like?

2. Why is diet important for Andrio?

3. How does Andrio feel about the native foods in his country?

### **Reflection Questions**

1. Did you enjoy Andrio's interview? Why or why not?

2. Which answer was most interesting to you?

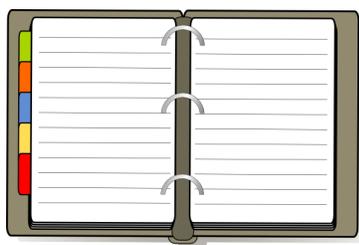
1. What's my [redacted] food? Oh, gosh, um, that's a little hard to [redacted] because I would describe myself as an [redacted] ...I will eat [redacted] anything good. You know, I really appreciate food, but I guess a good steak will always save my night, you know, kind of medium rare. And I always cook it with [redacted] and thyme. That's the best [redacted] to cook a steak.
2. Is there any food I dislike? Yes. A lot of people always get [redacted] by this, but I really [redacted] "anything carbs", especially bread and [redacted]. A lot of people always get [redacted] by this, but I just think it [redacted] like styrofoam or plastic. And I'm sorry if you [redacted]. You can argue with me later.
3. Well, to me, diet is very important. Especially to someone like me because someday I want to be a [redacted], a professional dancer, and in [redacted] to do that, I have to be healthy, incredibly healthy. And to others it's tricky. Because I have to be [redacted] on my feet, but I can't eat too [redacted]. You know, I've got to eat a lot of protein to get [redacted]. But I can't eat too much so I still jump really high — it's really tricky. But to be honest I honestly don't really think about it a lot because it just became very [redacted] to me.
4. Well, to visitors in my country, in the Philippines, I know they will always talk about two foods: *lumpia* and *adobo*. They just [redacted] those two foods so

much, so they always tell it to me, and they always come up to me. And you know they always are like, “Wow, you’re so \_\_\_\_\_, you get to eat those every single day.” But \_\_\_\_\_ I don’t eat them anymore — I grew up eating them so I guess I just got \_\_\_\_\_ of it. But I do know a lot of people love those two foods.

5. Well, I think the number one most popular is adobo. And adobo is an \_\_\_\_\_ marinated dish. It’s normally with meat, and it could be \_\_\_\_\_ with some vegetables but you normally serve it with \_\_\_\_\_.

So adobo is actually a kind of like a soup stock. And it’s normally for meat, like chicken or pork — pork is better. The stock itself is what \_\_\_\_\_ it good, you know — it’s \_\_\_\_\_ of paprika, oregano, salt, garlic, \_\_\_\_\_. And probably a lot of other stuff. I know my family uses a lot of \_\_\_\_\_. But when you add the meat, it really \_\_\_\_\_ the flavor. And I think some of the adobo was \_\_\_\_\_ from Spanish food. But since adobo is really popular, we now call it a Filipino food.

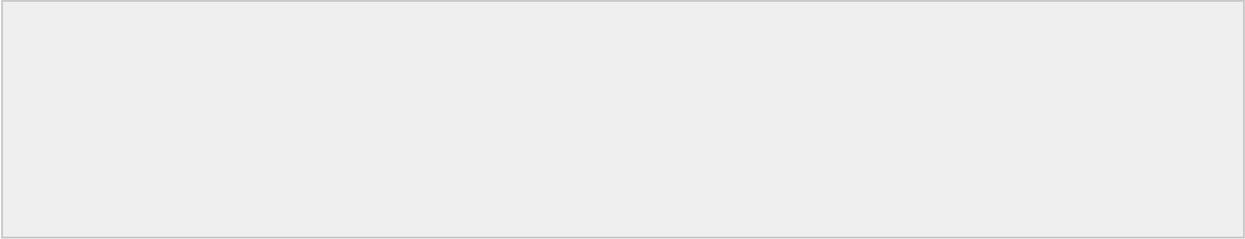
### EPISODE 3:



#### Journal Entry 2.3

Directions: Write for 10 minutes. If you want feedback, post your answers to the Lingual.net Super Learner Group.

What were your favorite foods as a child? Describe the food. When did you eat these foods? Why did you like them? Think of at least 2 examples.



### Listening Strategy

When you listen, focus on the **key words** — the words that the speaker **emphasizes**. When she finishes her answer, pause the video and try to **summarize the main idea** in your mind. Then say the summary **out loud**.

### Comprehension Questions

1. What foods from her country does Maya recommend? Can you describe them briefly?

2. What is Haya's attitude about a healthy diet?

### Reflection Questions

1. Which of Haya's answer was most interesting to you?

2. Is Haya proud of her national cuisine? Are you similar to Haya in this way?

3. Are you different from her in any way? How are you different?

Fill in the missing parts of Haya's answers.

1. Oh, oh, my favorite food has to be sushi. Like one hundred percent. Like it's my favorite food in the \_\_\_\_\_ world. I mean, it's so \_\_\_\_\_ pleasing. And whenever I see sushi, I think like "OK, I have to get you in my tummy, like right now." And yeah, there are like two \_\_\_\_\_ types of sushis. I think one is like the, I think you pronounce it "Ni-jiri" sushi, I think? The other is the basic roll. And I love California rolls. I mean, I could eat that for the \_\_\_\_\_ of my life. So yeah, \_\_\_\_\_ down, sushi has to be my favorite food.
2. Oh, ugh. The food I dislike is actually a food that I grew up \_\_\_\_\_. Which is really \_\_\_\_\_ because I can't handle them anymore — bananas. I don't like the \_\_\_\_\_. I don't like the \_\_\_\_\_, it's just "ugh." When I was growing up, I just loved bananas. And this one time, I woke my grandma up and I wanted a banana. And I would not go to \_\_\_\_\_ without eating a banana. And for some reason, we had \_\_\_\_\_ out. And she \_\_\_\_\_ on the neighbor's door. And asked them to \_\_\_\_\_ a banana — for me. My

- mom always \_\_\_\_\_ me of that story. And I don't like it...but yeah for some \_\_\_\_\_, I loved them back then, but I don't now. Ugh, sorry.
3. I think a healthy diet is very important for your \_\_\_\_\_ health, but I would say that I do not really think ... I don't really \_\_\_\_\_ strict diets, unless there is a \_\_\_\_\_ reason for it, you know, like you have to \_\_\_\_\_ certain foods, or to avoid complications in your body, especially if your doctor says you have to... But generally speaking, I think you need to \_\_\_\_\_ to your body – and if you want a burger or a milkshake \_\_\_\_\_, yeah, just go get it. It's not really going to be the end of the \_\_\_\_\_. I do think that eating healthy puts you on \_\_\_\_\_ for life. When you eat healthy, you \_\_\_\_\_ healthy, and you \_\_\_\_\_ healthy, and yeah, you just get more \_\_\_\_\_, more concentration. And good \_\_\_\_\_ does that for you. So I think it's very important!
4. Popular foods? Well, many of the popular foods in my country have also been \_\_\_\_\_ widely – you know, I find a lot of them here – because many of them are either considered to be very \_\_\_\_\_ or just very \_\_\_\_\_ in general, which I agree with. The first thing is *hummus*, which is \_\_\_\_\_ like a very Levantine dish – that comes from my part of the \_\_\_\_\_. It's a kind of mashed chickpeas. Blended with tahini, olive oil and lemon \_\_\_\_\_ mainly. Tahini? So that's a sauce made from ...it's called *samsam*, we say *samsam* in Arabic...so yeah, *samsam*. And then there's *tabbouleh*, which is considered very very healthy. We pronounce it as *tabula*. So it's an Arab salad, cracked \_\_\_\_\_ with finely chopped up onions and \_\_\_\_\_. And then there is *baklava*, which is a really good \_\_\_\_\_. We consider that a native dish as well. It's a very \_\_\_\_\_ type of pastry. So yeah, visitors usually go for *hummus*, *tabbouleh* or *baklava*.

5. One popular dish? Um, it's kind of an underrated one, it's not something that would sound \_\_\_\_\_, like *shwarma* or the *hummus*. So that is *kibbeh*. So you start with a little \_\_\_\_\_ of dough, and you kind of \_\_\_\_\_ it up, put some ground meat, and sometimes walnuts, if you're not allergic, and you \_\_\_\_\_ fry it. And it's very very delicious, it can be an appetizer or like a \_\_\_\_\_ dish. Another one, it's *kibbeh*, but another way to serve it, is actually on skewers, like *kabobs*. It's the same idea, the same \_\_\_\_\_, just a different \_\_\_\_\_ of cooking. And the last kind that you can make *kibbeh* is the \_\_\_\_\_ type. And basically, instead of meat, you \_\_\_\_\_ that with quinoa, you don't have to cook it. So, yeah, I think *kibbeh* is a great \_\_\_\_\_.

#### EPISODE 4:



#### Pronunciation: Stressed words

Mark 2 or 3 stressed words in each sentence.

1. There are a hundred different types of noodles.
2. I try them because they're healthy.
3. I've got to eat a lot of protein to get strong.
4. When I was growing up, I loved bananas.
5. I think a healthy diet is very important for your overall health.

Do you understand how stress works in English?

Here are some extra resources:

- Word Stress Rules:  
<https://www.englishclub.com/pronunciation/word-stress-rules.htm>
- Sentence Stress and Intonation:  
<https://www.learning-english-online.net/pronunciation/stress-and-intonation/>



### Grammar: Fluency Patterns

Here are our target expressions:

1. I'm not going to try it because it's too bitter.
2. I feel my energy level is going down as I get older.
3. I would describe myself as an omnivore — I will eat almost anything.
4. I just think it tastes like styrofoam or plastic
5. I don't really support strict diets, unless there is a medical reason for it.

Complete these paraphrases.

1. I'm not going to try it because it's too bitter.

It's  bitter  I'm not going to try it.

It's too bitter. That's \_\_\_\_\_ I'm \_\_\_\_\_ going to try it.

2. I feel my energy level is going down as I get older.

As my age \_\_\_\_\_ I feel my energy level is \_\_\_\_\_ .

As I \_\_\_\_\_ older, I can feel a \_\_\_\_\_ in my energy level.

3. I would describe myself as an omnivore — I will eat almost anything.

You \_\_\_\_\_ describe me \_\_\_\_\_ an omnivore, \_\_\_\_\_ I can eat almost anything.

\_\_\_\_\_ I eat almost anything, you \_\_\_\_\_ describe me \_\_\_\_\_ an omnivore.

4. I just think it tastes like styrofoam or plastic.

\_\_\_\_\_ me, it \_\_\_\_\_ \_\_\_\_\_ styrofoam or plastic.

\_\_\_\_\_ me, the flavor is \_\_\_\_\_ \_\_\_\_\_ to styrofoam or plastic.

5. I don't really support strict diets, unless there is a medical reason for it.

\_\_\_\_\_ there is a valid medical reason, I \_\_\_\_\_ actually \_\_\_\_\_ strict diets.



Serve (N) with (N)

Deep-fried

**Fluency Expressions:**

Use (A) instead of (B)

Listen to your body

Hands down

One hundred percent

Get sick of (something)

grew up (doing something)

To tell the truth

Come to (+V)

It's slightly (+ADJ)

Yummy

Extra practice: Write a sentence **about yourself** for each item — similar to the sample sentence on the Quizlet flashcard.