

'There is a pleasure to it': the simple joy of eating the same meal every day

Level: Intermediate – Teacher's notes

Article summary: How eating the same things every day can benefit your life

Time: 90 minutes, plus extra time for presentations

Skills: Reading, Speaking, Writing

Language focus: Vocabulary

Materials needed: One copy of the worksheet per student

1. Warmer

- a. Students share their answers to these questions which serve to introduce the topic of the article.

2. Key words

- a. Students find words in the article that match the definitions and write them on the lines provided. Then they should find and highlight them in the article to read them in context.

Key:

1. *resist*
2. *variety*
3. *convenience*
4. *dough*
5. *ingredients*
6. *pleasure*
7. *substantial*
8. *reset*
9. *demands*
10. *adapt*

- b. Before reading the article carefully, students use some of the key words to fill the gaps in the sentences to ensure that they understand and know how the words are used in other contexts.

Key:

- | | |
|------------------------|-----------------------|
| 1. <i>conveniences</i> | 4. <i>variety</i> |
| 2. <i>pleasure</i> | 5. <i>ingredients</i> |
| 3. <i>demands</i> | |

3. Find the information

- a. Students find information in the article to complete the box. They should start with the three women's surnames.

Key: (suggested answers)

Names of the three women	Anastasia Pollard	Jane Newton	Sara Carrillo
Where they live	In the UK	Sydney, Australia	Melbourne, Australia
Their jobs / professions	Portrait artist	Curriculum coordinator	Medical researcher
The meal	Breakfast	Lunch	Breakfast
Where and when they eat it	In her kitchen, looking at the garden as it gets light. Early morning while it's still dark and alone (not with her family)	At her desk while working	(not specified)
What the meal consists of	Lavazza coffee, toasted home-made wholemeal seeded bread with butter	Protein, greens, and carbs. Always the same three things: Microwavable rice bowl, green vegetables, and tofu	Coffee with milk and two slices of toast with butter and raspberry jam. The toast is made from a wholemeal pane di casa
Variations on the meal	Honey if she's sick, or jam if she's feeling 'greedy'	She sometimes varies the green vegetable.	(not specified)
Changes they have made to their meal and reasons for these changes	She makes her own bread weekly	She used to include tuna before she turned vegetarian a few years ago	She has had to change jams depending on the country she was living in. Also the type of butter and bread has had to change too
The benefits they get from eating the same meal every day	It helps balance her for the day ahead. She gets a pleasure out of baking and eating her own bread. The coffee connects her with her time in Italy.	She doesn't enjoy cooking so the simplicity of eating and preparing the same things every day suits her and gives her time to reset'. Her substantial but simple meal helps her make decisions later in the day and allows her to be more imaginative in her other meals.	It allows her to wake up slowly, she says it's like a meditation as it gives her extra time to herself in which she doesn't have to think about anything or make decisions. She can be on 'autopilot'.

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4. Language – expressions and phrases

- a. Students match the basic forms of multi-word phrases with their meanings.

Key:

1d, 2c, 3e, 4b, 5a

- b. Next, they find them in the article to both read them in context and to help check their answers.
- c. They use them in sentences about the article.
- d. Then they use them to talk about something relevant to their own lives.

5. Discussion

- a. Students discuss the questions that are directly related to the topic of the article as well as to their own work or home lives.

6. In your own words

- a. Students work either on their own, with a partner or in small groups.

They should come up with meals that fulfil the categories, and that they could imagine eating every single day for a year.

Have students share and talk about their suggestions and allow the group to vote for their favourite combinations. If your class is open to the idea, you can ask them to experiment and eat the same breakfast or lunch every day for a week. Then, have a class discussion about the experience.