LAUREA MAGISTRALE SCIENZE DEGLI ALIMENTI E DELLA NUTRIZIONE (LM 61)

II SEMESTRE A.A. 2020-2021

ABILITÀ LINGUISTICHE 1° ANNO

Geoffrey Gray

Lezione n° 2: 4 marzo 2021

CONTACT INFORMATION

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Check “Didattica” → “Materiale didattico”

Libro di testo INDISPENSABILE: *New Get Inside Language* by Michael Vince (Macmillan Education). M. Vince, G. Cerulli, M. Muzzarelli e D. Morini, Macmillan Education, 2017, ISBN: 978-1-380-00688-2.

WE WILL USE THIS BOOK IN ALL/MOST LESSONS SO PLEASE BRING IT TO EVERY LESSON.

1 credit (CFU) = 25 hours study.

This course is worth 6 credits = 150 hours study.

The lessons = 48 hours. So you need to do another 102 hours study to pass the exam.

To pass the exam study the slides for each lesson and the book.

It is impossible to reach B2 with just 48 hours of lesson time, so you must study the language at home.
The time you spend studying English is an **investment.**
Come studiare…

1. Come to the lessons (power point presentations will be put on my home page at the end of every week.)
2. Un po' (30 minuti) a casa ma ogni giorno
3. Usate il libro di testo (I will give you a pdf file with the answers to the exercises in the book.)
4. Testi di biologia (SAN o altri argomenti) in lingua inglese. For example, the website *Scientific American.* Easy access: no money, no passwords. https://www.scientificamerican.com/
5. Testi, filmati e siti web che vi piacciono

Regole di base da tenere a mente durante la video conferenza

AUDIO

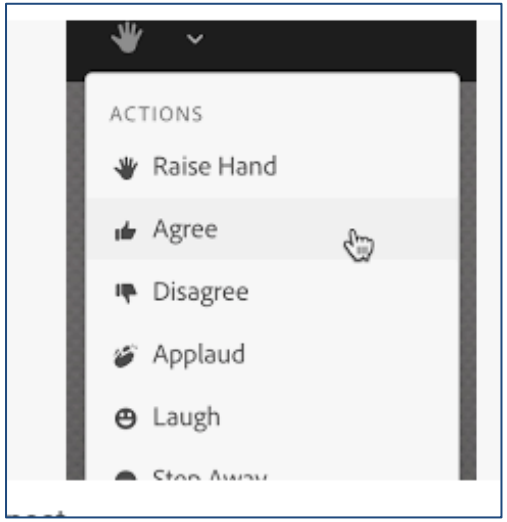
- Silenziare il microfono! Questo permetterà di eliminare i rumori di fondo

DOMANDE:

- Alzate la mano virtuale (vedi figura)
- Attendete che il docente vi dia la parola
- Alzate il volume del microfono per parlare
- Quando sarà il vostro turno, il docente autorizzerà la parola. In questo caso, la mano virtuale si abbasserà automaticamente.

- Se avete alzato la mano, ma non volete più parlare, abbassate la mano in modo tale da dare la priorità agli altri colleghi/colleghe

- Se il docente pone una domanda a una persona specifica, la persona deve attivare il microfono e disattivarlo dopo l'intervento.



CHAT

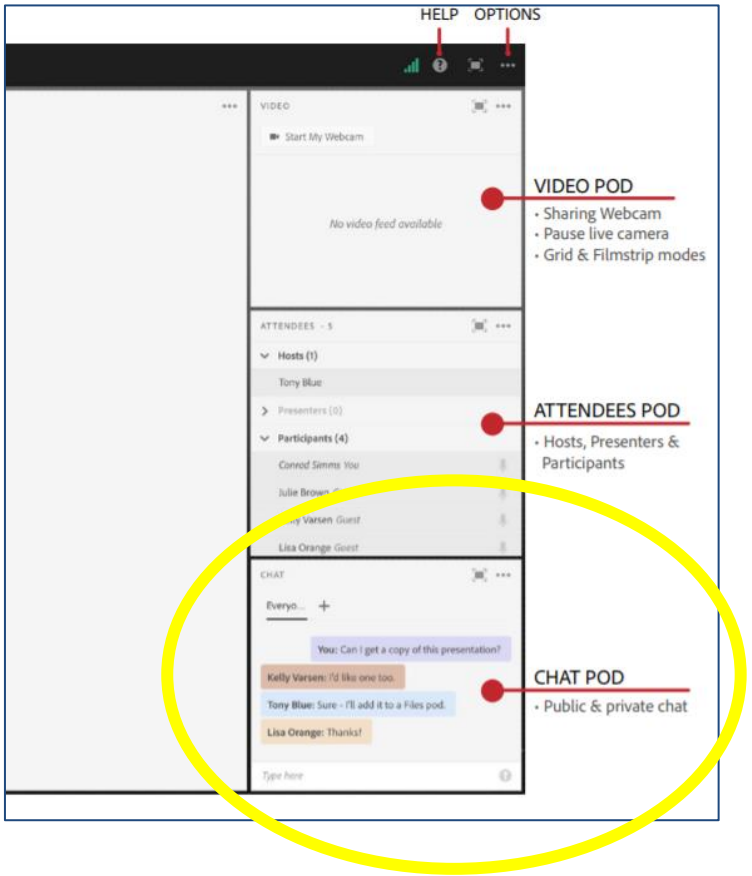
- In caso di domande, la funzione chat è sempre disponibile
- I will sometimes use the chat to give you the spelling of a word.

VIDEO CAMERA

- Si consiglia di mantenere la videocamera spenta per evitare rallentamenti della connessione

REGISTRAZIONI

- Le lezioni saranno registrate e caricate il prima possibile.



What we will do today

GRAMMAR:

- present simple and continuous, pages 70-74 in the book.
- state verbs (verbi di stato) pages 74-76

LEXIS:

- food + nutrition (book 578)
- describing and comparing photos and pictures (book 548-49)

LEXIS FOR SAN: Using food to treat disease, especially rheumatoid arthritis.

Uses of the Present Simple (review of previous lesson)

- Things that are always true: Susan doesn't like coffee.
- General truths/Laws of nature: Food is important for health. The earth goes round the sun.
- Habitual or repeated actions: I catch the bus at 8.15 every morning.
- Timetabled information: The plane lands at 17.50. The lesson starts at 10.00 on Mondays.

THE PRESENT SIMPLE

	+	-	?
I	like/watch	don’t (do not) like/watch	do I like/watch…?
you	like/watch	don’t (do not) like/watch	do you like/watch…?
he/she/it	likes/watches	doesn’t (does not) like/watch	does he/she/it like/watch?
we	like/watch	don’t (do not) like/watch	do we like/watch…?
you	like/watch	don’t (do not) like/watch	do you like/watch…?
they	like/watch	don’t (do not) like/watch	do they like/watch…?

The 3rd person singular form

Verbi terminanti in –o, -s, -sh, -ch, -x, -z	Verbi terminanti in consonante + y
go goes do does miss misses finish finishes catch catches relax relaxes buzz buzzes An exception: have has	study studies tidy tidies fly flies try tries

Short answers

Do you drive? Yes, I do.
Do we have to work on Sundays? No, we don't.
Do Anne and Helen smoke? No, they don't.
Do you two like pasta? Yes, we do.

Does Mike speak French? Yes, he does.
Does your dog bite people? No, it (he/she) doesn't.
Does Susan work well? Yes, she does.

ADVERBS OF FREQUENCY (SEE PAGE 60)

100%	always
90%	usually/generally/normally
75%	often
50%	sometimes
20%	occasionally
10%	seldom/rarely
5%	hardly ever
0%	never

Do you ever speak Sardinia? Yes, I occasionally speak Sardinian.
Does Silvio ever tell lies? Yes, he usually tells lies.
Does Sara ever drink spirits? No, she hardly ever drinks spirits.
Do Hans and Fritz ever drink beer? Yes, they often drink beer.
Does John ever swear? No, he never swears.

A LIFE-STYLE QUESTIONNAIRE

Hai uno stile di vita salutare? / Do you have a healthy life-style? Ask your partner (or ask yourself!) 'How often do you…?'

- eat vegetables?
- eat red meat?
- eat fish?
- eat fruit?
- drink water?
- smoke cigarettes?
- drink coffee?

USES OF THE PRESENT CONTINUOUS (PROGRESSIVE)

Things happening at the moment or in this period.

We can't go out yet because it's raining.

I'm busy this week because I'm studying for my English exam.

Future events that are already planned.

We're going to Maria's party on Saturday evening.

My friend Svetlana is coming to Sardinia next week.

With "always" for repeated, often irritating, actions / behaviour.

She's always gossiping about her neighbours.

He's always complaining about his job.

I don't like Mr/Ms X. He / She's always… .

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Write some more examples

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He’s always complaining about his job.
I don’t like X. He / She’s always… .

Write some more examples

THE PRESENT CONTINUOUS (present progressive)

+	-	?
I’m (I am) eating	I’m not eating	am I eating?
you’re (you are)eating	you aren’t eating	are you eating?
he/she/it is eating	he/she/isn’t eating	is he/she/it eating
we’re (we are) eating	we aren’t eating	are we eating?
you’re (you are) eating	you aren’t eating	are you eating?
they’re (they are) eating	they aren’t eating	are they eating?

Things happening at the moment or in this period.
ASK + ANSWER THE QUESTIONS:

- **How are you feeling?** → I'm tired / worried / happy because...
- **What are you trying to do in this period?** → I'm trying to pass my exam in mathematics.
- **What are you going to do to practise/improve your English?**

Future events that are already planned.

- **What are you doing this evening?** → I'm going to see a film called… / to take my dog for a walk / seeing my best friend called… .

PRESENT SIMPLE OR PRESENT CONTINUOUS?

1. She’s learning English at a school in London.
2. All Spanish students learn English at school.

Which one is a fact that is always true? Which one is an action or activity happening now, but possibly not at this moment?

1. She lives with her parents in Madrid.
2. She’s living with an English family in London.

In which sentence are we talking about a temporary situation?
In which sentence is the situation more permanent?

PRESENT SIMPLE OR PRESENT CONTINUOUS?

ANSWERS:

1. She's learning English at a school in London.
2. All Spanish students learn English at school.

Which one is a fact that is always true? 2
Which one is an action or activity happening now, but possibly not at this moment? 1

1. She lives with her parents in Madrid.
2. She's living with an English family in London.

In which sentence are we talking about a temporary situation? 2
In which sentence is the situation more permanent? 1

PRESENT SIMPLE OR PRESENT CONTINUOUS?

Match the numbers with the letters. Example: 1.d.

QUESTIONS: 1. What do you do? 2. Are you at University? 3. What are you studying? 4. Do you live at home? 5. Where are you living? 6. Who are you living with? 7. Are they studying mathematics? 8. Do they go out a lot?

ANSWERS: a. Mathematics. b. Two other students. c. No, they aren't. d. I'm a student. e. In a flat, near the university. f. Yes, they do – every night. g. No, I don't. h. Yes, I am.

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ANSWERS:

1d / 2h / 3a / 4g / 5e / 6b / 7c / 8f

PRESENT SIMPLE OR PRESENT CONTINUOUS?

ASK AND ANSWER THE QUESTIONS:

1. What do you do?
2. Are you at University?
3. What are you studying?
4. Do you live at home?
5. Where are you living?
6. Who are you living with?
7. Are you studying biology?
8. Do you go out a lot?
9. How are you feeling?

STATE VERBS (see book pages 74-5)

State verbs describe a condition that does not undergo transformation in time. These verbs are not usually used with the *ing* form. (I verbi di stato descrivono una condizione che non subisce trasformazioni nel tempo. Questi verbi non vengono generalmente usati nella forma progressiva (*ing*))

I know what you mean. ~~I'm knowing what you mean~~.
I see what you mean. ~~I'm seeing what you mean.~~
I understand what you mean. ~~I'm understanding what you mean.~~

STATE VERBS (see pages 74-5)

State verbs include:

perception: appear, look, seem, see
feelings: like, hate, want, love, prefer
cognitive activity: know, understand, think, believe
possession: have, own, belong
existence: be, exist

Some verbs are both state verbs and dynamic:
I have a new car. (permanent = possession).
I'm having a good time. (temporary)

I think this is wrong. (permanent opinion)
Be quiet! **I'm thinking**. (temporary)

STATE VERBS (see pages 74-5)

Choose the correct form of the verb:

This book seems / is seeming very interesting.
I think / I'm thinking you should stop smoking.
My aunt has /is having three cats.
Elisa is in hospital. She has / is having a baby.
I see / am seeing Peter tonight.
Mary likes / is liking watching television.
Does this book belong / Is this book belonging to you?
John has / is having a shower.
I have / I'm having a great idea for our holiday.
I prefer / I'm preferring coffee.

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I have / ~~I'm having~~ a great idea for our holiday.

I prefer / ~~I'm preferring~~ coffee.

LEXIS: FALSE FRIENDS

(don't confuse these words with Italian words with similar spellings but different meanings)

1. **Abuse** (noun and verb), **abusive** (adjective)

Abuse: 1) cruel or violent or morally wrong treatment of someone or something: '**The politician abused his power**'; 2) substance abuse = use of alcohol or drugs in a way that damages your health. **Abusive**: using offensive or insulting language. **'She shouted abusive language at him.'**

2. **Actual** (adj) = real / true, **actually** (adverb) = for emphasis). **The actual number of people killed by COVID 19 is not yet known. He's actually very intelligent.**

3. **Accommodation** (n) = a place to stay or live, accommodate (v) = include, consider. **The hotel provides accommodation. Your request will be accommodated.**

LEXIS / VOCABULARY: FOOD
(see the book, page 578)

Translate these words for:

1. **Fruit and vegetables.**
2. **Meat, fish and “legumes” / “pulse vegetables” (= pod or seed, example ‘peas / piselli’).**
3. **Milk and dairy products.**
4. **Adjectives for describing taste.**
5. **Dressings and condiments.**
6. **Bread, cereals and potatoes.**

1) Therapeutic measures to treat disease. Why are the following useful?

- **Orange juice.**
- **Honey.**
- **Fibre and whole grains.** **(13)**

2) Why are the following necessary? Protein. Fat. Carbohydrates. Vitamins. Minerals. Water. **(27)**

NOW LISTEN TO THE ANSWERS

1) Therapeutic measures to treat disease. Why are the following useful?

Orange juice. Assists immune system response.

Honey. Has antimicrobial properties. Can be used as an antiseptic.

Fibre and whole grains. Helps body to excrete excess fat and cholesterol (13)

2) Why are the following necessary? Protein: energy source / build body tissues; Fat: energy source; Carbohydrates: immediate source of energy; Vitamins: essential for many functions; Minerals: solid, inorganic compounds; Water: *the* nutrient: you can't live for long without it (23, 27)

DO SOME RESEARCH USING ONLY ENGLISH-LANGUAGE WEBSITES ON THE INTERNET

1) Therapeutic measures to treat disease. Why are the following useful?

Orange juice.

Honey.

Fibre and whole grains.

2) Why are the following necessary?

Protein

Fat

Carbohydrates

Vitamins

Minerals

Water

Arthritis

= a name for several conditions that involve inflammation of the joints (= where two bones are joined / “articolazioni”). Some arthritis conditions are autoimmune disorders.

Autoimmune disorders are caused by the immune system attacking its own cells. Like a horror movie, the body destroys its own cells. Possible causes include genetic errors and hormone activity.

RHEUMATOID ARTHRITIS (RA)

The most troubling symptoms of RA — an autoimmune disease in which your immune system attacks your joints and causes pain, stiffness and swelling — stem from the same source: inflammation.

What scientists know for sure is that there are important links between your stomach and inflammation, and that Western diets, with their emphasis on the fast, cheap, and highly flavorful, create the conditions for diseases like RA to flourish.

Research hasn't yet established that changing your diet will definitely reduce the severity of those RA symptoms, but some findings suggest that it MAY indeed help. (Possible but not 100% certain.)

Joints = a part of the body where 2 bones meet (e.g. knee). Articolazioni. Stiffness = rigidezza. Swelling = gonfiore. source = fonte. flourish = increase, grow, develop. hasn't yet established = non ha ancora constatato / dimostrato

RHEUMATOID ARTHRITIS (RA)

LISTEN: why can the following foods reduce inflammation and joint pain?

1. Fatty fish (e.g., sardines and salmon)
2. Garlic (= aglio)
3. Ginger (zenzero)
4. Broccoli
5. Walnuts (noci)
6. Berries (bacche)
7. Spinach
8. Grapes
9. Olive oil
10. Tart cherry juice (= succo di crostata di ciliegi)

RHEUMATOID ARTHRITIS (RA)

LISTEN and take notes:

1. Fatty fish (e.g., sardines and salmon)

RHEUMATOID ARTHRITIS (RA)

LISTEN and take notes:

1. Fatty fish (e.g., sardines and salmon)

Fatty fish is high in omega-3 fatty acids and vitamin D, both of which may be beneficial for reducing inflammation and the severity of arthritis symptoms.

In one small study, 33 participants were fed either fatty fish, lean fish or lean meat four times each week. After eight weeks, the fatty fish group had decreased levels of specific compounds related to inflammation (4Trusted Source).

RHEUMATOID ARTHRITIS (RA)

LISTEN and take notes:

2. Garlic (= aglio)

RHEUMATOID ARTHRITIS (RA)

LISTEN and take notes:

2. Garlic (= aglio)

Human and test-tube studies have found garlic may possess anti-inflammatory properties, and that eating it may be associated with a decreased risk of osteoarthritis.

A test-tube study showed that a specific component in garlic could decrease some of the inflammatory markers associated with arthritis (14Trusted Source).

RHEUMATOID ARTHRITIS (RA)

LISTEN and take notes:

3. Ginger (zenzero)

RHEUMATOID ARTHRITIS (RA)

LISTEN and take notes:

3. Ginger (zenzero)

Ginger has been shown to reduce symptoms of arthritis. Test-tube and animal studies have also found it may decrease inflammation, but more research in humans is needed.

A 2001 study assessed the effects of ginger extract in 261 patients with osteoarthritis of the knee. After six weeks, 63% of participants experienced improvements in knee pain (15Trusted Source).

RHEUMATOID ARTHRITIS (RA)

LISTEN and take notes:

4. Broccoli

RHEUMATOID ARTHRITIS (RA)

LISTEN and take notes:

4. Broccoli

Broccoli has been associated with reduced inflammation. It also contains sulforaphane, which may have anti-inflammatory properties, according to test-tube studies.

Sulforaphane is a compound found in broccoli. Test-tube studies have shown that it blocks the formation of a type of cell involved in rheumatoid arthritis development (19Trusted Source

RHEUMATOID ARTHRITIS (RA)

LISTEN and take notes:

5. Walnuts (noci)

RHEUMATOID ARTHRITIS (RA)

LISTEN and take notes:

5. Walnuts (noci)

Walnuts are nutrient-dense and loaded with compounds that may help reduce the inflammation associated with joint disease.

Walnuts are especially high in omega-3 fatty acids, which have been shown to decrease the symptoms of arthritis (5Trusted Source).

RHEUMATOID ARTHRITIS (RA)

LISTEN and take notes:

6. Berries (bacche)

RHEUMATOID ARTHRITIS (RA)

LISTEN and take notes:

6. Berries (bacche)

Tons of antioxidants, vitamins and minerals are crammed into each serving of berries, which may partially account for their unique ability to decrease inflammation.

In one study of 38,176 women, those who ate at least two servings of strawberries per week were 14% less likely to have an elevated level of inflammatory markers in the blood (23Trusted Source).

RHEUMATOID ARTHRITIS (RA)

LISTEN and take notes:

7. Spinach

RHEUMATOID ARTHRITIS (RA)

LISTEN and take notes:

7. Spinach

Spinach, in particular, contains plenty of antioxidants as well as plant compounds that can relieve inflammation and help fight disease (28Trusted Source).

Spinach is especially high in the antioxidant kaempferol, which has been shown to decrease the effects of the inflammatory agents associated with rheumatoid arthritis (29Trusted Source).

RHEUMATOID ARTHRITIS (RA)

LISTEN and take notes:

8. Grapes

RHEUMATOID ARTHRITIS (RA)

LISTEN and take notes:

8. Grapes

Grapes are nutrient-dense (~~dense in nutrients~~), high in antioxidants and possess anti-inflammatory properties.

Grapes also contain a plant compound called proanthocyanidin, which may have promising effects on arthritis. For example, one test-tube study showed that grape seed proanthocyanidin extract reduced inflammation related to the disease (33Trusted Source)

(grape seed proanthocyanidin extract = extract of proanthocyanidin from grape seed)

RHEUMATOID ARTHRITIS (RA)

LISTEN and take notes:

9. Olive oil

RHEUMATOID ARTHRITIS (RA)

LISTEN and take notes:

9. Olive oil

Olive oil has been shown to reduce inflammation and may be associated with a lower risk of arthritis. One animal study found that it may slow arthritis progression and ease symptoms.

In one study 49 participants with rheumatoid arthritis consumed either fish oil or an olive oil capsule each day for 24 weeks.

At the end of the study, levels of a specific inflammatory marker had decreased in both groups — by 38.5% in the olive oil group and between 40–55% in the fish oil group (35Trusted Source).

RHEUMATOID ARTHRITIS (RA)

LISTEN and take notes:

10. Tart cherry juice (= succo di crostata di ciliegi)

RHEUMATOID ARTHRITIS (RA)

LISTEN and take notes:

10. Tart cherry juice (= succo di crostata di ciliegi)

Tart cherry juice is an increasingly popular beverage derived from the fruit of the *Prunus cerasus* tree.

In one study, 58 participants received either two 8-ounce (237-ml) bottles of tart cherry juice or a placebo every day for six weeks.

Compared to the placebo, tart cherry juice significantly decreased symptoms of osteoarthritis and reduced inflammation (37Trusted Source).

The Bottom Line = the essential point

There is strong evidence that diet can play a major role in severity and symptoms of rheumatoid arthritis.

A variety of foods with powerful components may offer relief from inflammation and arthritis — while also promoting overall health.

GENERAL CONVERSATION

1) Where do you come from? Tell me some good things and some bad things about your home town or city. Are there any important buildings or monuments? Talk about the economy and job opportunities.

2) How do you imagine your life in 2030? Where do you think you will be living? What kind of career do you think you will have? Will you have a family of your own?

3) If you could meet a famous person, who would you choose? Why would would like to meet that person? What would you ask him/her? (Second conditional, PDF 18.)

4) The world is in danger. Global warming, plastic in the oceans, the risk of other pandemics after COVID-19 are just some of the problems. What can biologists do to save the planet? What should our priorities be?

5) In 2018 Arianna Grande had a hit single with a song entitled “God is a Woman”. Do women now have all the same opportunities as men? Or do they still suffer discrimination?

6) Imagine that you had a time machine. Would you travel to the past or to the future? Which year would you travel to? And why?

7) Talk about someone who has had a great influence on you. It could be a friend, a member of your family or someone you have never met. Why is that person important for you?

HOMEWORK

Study this power point presentation. It will be on my home page.

Grammar:

1. Present simple and present continuous: exercises 1 and 4 on page 79 of the book.
2. State verbs: exercises 1,2 and 3, page 75 of book.

Lexis:

1. food pages 578 and 579 of book.
2. describing and comparing photos and pictures (book 548-49)

What are you going to do to practise/improve your English? (30 mins. each day)