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

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ABILITÀ LINGUISTICHE 1° ANNO

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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.

TODAY:

- Grammar: Past simple
- General Lexis: Education
- SAN: - energy
  - macronutrients and micronutrients, and protein requirements
  - obesity and diet

USES OF THE PAST SIMPLE (for **FINISHED** time)

in the book: see pages 84-99, 637-8

In inglese si usa sempre il *past simple* quando parliamo di un tempo specifico nel passato, mentre in italiano si può usare il passato prossimo, sia l'imperfetto, sia il passato remoto:

It **was** an interesting day. **E' stata** una giornata interessante.

We **were** at the Science Museum on Saturday. **Eravamo** al museo delle scienze sabato.

The Science Museum first **opened** in 1928. Il museo delle scienze **aprì** per la prima volta nel 1928.

USES OF THE PAST SIMPLE (for **FINISHED** time)

in the book: see pages 84-99, 637-8

- Actions, situations and states concluded in the past: I studied for the exam.
- Actions in the past with time expressions (p.98): *yesterday*, *last week*, *in 1992* etc: Yesterday I studied for the exam all evening.
- Narration of past events with expressions indicating sequence: *then*, *afterwards*, *next* etc. Yesterday I went to the gym and then I studied for the exam all evening.

THE PAST SIMPLE OF '*TO BE*'

\+ I/he/she/it was we/you/they were

\- I/he/she/it wasn't (was not) we/you/they weren't (were not)

? was I/he/she/it…? were we/you/they…?

The past simple of regular verbs ending in 'ed'

\+ I played tennis yesterday.

\- I didn't (did not) play tennis yesterday.

? Did you play tennis yesterday?

Rules for spelling and pronunication: page 88

3 types of pronunciation:

played loved (pronounced d)

finished liked (pronounced t)

needed hated (extra syllable: id)

Rules for spelling and pronunication: page 88

Past simple affirmative form:
regular verbs = verb (listen) + ed.
I/you/he/she/it/we/they **listened** to music.
3 pronunciations of ‘ed’ (see book 88)
(i) after /p/, /s/, /k/, /f/, etc. **‘ed’** is pronounced **/t/**: helped, passed, liked, washed
(ii) after /d/ **‘ed’** is pronounced **/id/**: decided, tasted, admitted
(iii) after all other sounds **‘ed’** is pronounced **/d/**: saved, denied, tried, cried

THE PAST SIMPLE OF IRREGULAR VERBS
(see list of irrregular verbs on pages 637-38 of book)

+ (subject) spoke saw had made read (pronounced /red/)
- (subject) didn't speak see have make read (pronounced /ri:d/)
? Did (subject) speak see have make read…?

TO DO: 2 FUNCTIONS

1. Auxiliary verb with grammatical function but no semantic value
   Example: **Did** you go to the shops? No I **didn't.**
2. Main verb with semantic value (meaning *fare*).
   Example: I **did** the shopping. I didn't **do** the shopping.

Do (1) you do (2) karate? No, I don't (1).
Piero does (2) judo.
Did (1) Rita do (2) well in the exam? Yes, she did (2).

HISTORY QUIZ

1. What did Christopher Columbus do in 1492?
2. Why did Francis Crick, James Watson and Maurice Wilkins win the Nobel prize in 1962?
3. Who was the author of *Lettere del carcere* in 1947?
4. Why are there a lot of men in Naples called Diego?
5. What happened in Dallas, Texas in 1963?
6. How did Louis Pasteur contribute to the discipline of biology?
7. Where was the prophet Mohammed born?
8. Where did Yuri Gagarin go in 1961?
9. What is the origin of the Italian expression “in zona Cesarini”?
10. Who “modestly” described himself as “l’unto dal Signore” in 1994?

HISTORY QUIZ: ANSWERS

1. What did Christopher Columbus do in 1492? He **discovered** America / the New World
2. Why did Francis Crick, James Watson and Maurice Wilkins win the Nobel prize in 1962? Because they **proposed** the double helix stucture of the DNA molecule.
3. Who was the author of *Lettere del carcere* in 1947? The author **was** Antonio Gramsci.
4. Why are there a lot of men in Naples called Diego? Because they **are named** after the footballer Diego Maradona.
5. What happened in Dallas, Texas in 1963? President John Kennedy **was assassinated / shot**.
6. How did Louis Pasteur contribute to the discipline of biology? He **is best known** for his experiments supporting the germ theory of disease and for his vaccinations.
7. Where was the prophet Mohammed born? He **was born** in AD c. 570.
8. Where did Yuri Gagarin go in 1961? He **orbited** the Earth and was the first person to do so.
9. What is the origin of the Italian expression “in zona Cesarini”? The expression refers to an Italian Argentine football player who **played** for Juventus.
10. Who “modestly” described himself as “l’unto dal Signore” in 1994. It **was** Berlusconi who **used** this religious term to describe himself in 1994.

Using verbs such as went, watched, phoned, bought, studied, ate (/eit/ or /et/), read, wrote, spoke, saw, used, etc. write down something you did:

yesterday

last night

last weekend

the day before yesterday

the night before last

six months ago

yesterday morning

yesterday afternoon

Now I ask you: What did you do:

yesterday?

last night / last weekend?

the day before yesterday?

the night before last?

six months ago?

yesterday morning?

yesterday afternoon?

LEXIS

EDUCATION (Istruzione / Insegnamento)
(study pages 550 and 551)

Write down the English for these words (listen to me)

LEXIS

FALSE FRIENDS (don't confuse with Italian words with similar spellings but different meanings):

Advertisement (n) Advertise (v) ~~Avvertire~~

Affluence (n) Affluent (adj) ~~affluenza di capitali~~
What we are seeing is a society of private **affluence** and public squalor.
She lives in an **affluent** area of Edinburgh

Agenda (n) = ordine del giorno Diary = agenda
Getting fit is high on my **agenda**. Politicians need to put the public health service high on the government's **agenda**.

LEXIS FOR SAN:

Use only English-language websites on the internet (e.g., English Wikipedia) to:

1) find a simple definition of ‘energy’ (e.g., the ability to do work?) 9

2) define the difference between ‘macronutrients’ and ‘micronutrients’

3) find the daily requirements (the amount needed each day) of protein for the average man and the average woman. 9

ENERGY

Listen and answer the following questions:

1) What are the two kinds of energy?

2) What are the two rules of energy?

3) How do cells transfer energy?

4) What are calories?

ENERGY

Energy is something that allows work to be done. **There are two kinds of energy**: **1)** potential energy that is stored in something – diesel, petrol and food contain *potential chemical energy* that is stored in the bonds of molecules; **2)** kinetic energy that is the energy of motion, e.g., light, heat and moving objects. **There are two rules regarding energy: 1)** it can't be created or destroyed (= *First Law of Thermodynamics*); **2)** energy is transferred from one place to another. In the human body, **cells transfer energy between anabolic and catabolic reactions by using adenosine triphosphate (ATP)**. Energy from catabolic reactions is transferred to ATP, which is then provides energy for anabolic reactions. The amount of energy in food is measured in **calories, which are the amount of heat produced when food is 'burned' (metabolised) in your body cells**.

NUTRIENTS: ‘macronutrients’ and ‘micronutrients’

LISTEN

1) what are nutrients? 9

2) define the difference between ‘macronutrients’ and ‘micronutrients’

NUTRIENTS: ‘macronutrients’ and ‘micronutrients’

Nutrients are the natural chemical substances your body uses to build, maintain and repair tissues, and to conduct essential chemical reactions.

Macronutrients are protein, fat, carbohydrates, and water.

Micronutrients are vitamins, minerals and many other substances.

PROTEIN INTAKE 9

LISTEN:

What are the daily requirements (the amount needed each day) of protein for the average man and the average woman. 9

PROTEIN INTAKE

The daily requirements of protein for the average man are about 63 grams of protein a day and the average woman needs about 50 grams a day.

RDA = Recommended daily intake

OBESITY [9,37]

The John Hopkins Bloomberg School of Public Health, the Agency for Healthcare Research and Quality, and the University of Pennsylvania School of Medicine predict that by 2030 nearly 90 per cent of American adults will be overweight. The cost of treating their obesity-related health problems will approach $1 trillion a year. The fattest nation in Europe is the UK. We have the worst diets, and eat more processed food than any other European nation. Junk food is bad for us, even when it is promoted as ‘low carb’, ‘low sugar’ and ‘low fat’. Processed food can increase hunger and the amount of food people eat. It can also lead to a lack of diversity of stomach microbes and this can cause metabolic problems.

Obesity can also lead to reduced immunity, chronic low-grade inflammation, blood that is likely to clot (coagulo di sangue) and more likelihood of dying from Covid-19.

OBESITY: What's the solution? What do you think? [9,37]

1. Food education should be a compulsory subject from school to university.
2. Free school meals to encourage children to eat properly.
3. Children at school should be taught how to prepare a healthy meal with a few simple ingredients.
4. Medical doctors and other health professionals should receive more rigorous training in nutrition as a core subject.
5. The UK's successful sugar tax should be introduced to other sweet products.
6. Rich and powerful junk food and drink companies should be reduced.

WHAT ABOUT A DIET FOR OBESITY?

‘Diet’:

Latin *diaeta* ← Greek *diaita*

Two meanings:

- *Habitual food*
- *A prescribed course of food, restricted in type or limited in quantity, often but not necessarily to control a person’s weight*

HOW DO YOU PLAN A DIET FOR OBESITY?

‘Diet’:

Latin *diaeta* ← Greek *diaita*

Two meanings:

- *Habitual food*
- *A prescribed course of food, restricted in type or limited in quantity, often but not necessarily to control a person’s weight*

HOW DO YOU PLAN A DIET FOR OBESITY? 199

- Decide how many calories a person needs every day. Don’t take in more calories than you use for energy.
- Regular physical activity (healthy adults need at least 2.5 hours of moderately intense physical activity each week).
- Focus on a variety of foods and nutrient-dense foods such as fruit and grains.
- Reduce saturated fats, added sugars and sodium chloride.
- Adapt the diet to the patient’s taste preferences, traditions, culture and budget.
- Allow coffee as a permissible pleasure.

PART 4 OF ORAL EXAM: 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

1) LOOK AT THIS POWER POINT PRESENTATION

2) GRAMMAR: past simple: time expressions.

i) Look at the chart of time expressions on page 98.

ii) Exercises 10, 11, 12 and 13 on pages 96 and 97

iii) Exercise 2, p.98 and exercises 3,4,5 and 6 on page 99

3) LEXIS: General English:
Leisure and sports (book: pages 546-547)