

Unit 17. 食べ物 Food(1)



Food is any **substance** consumed to provide nutritional support for the body. It is usually of plant or animal origin, and contains **essential** nutrients, such as carbohydrates, fats, proteins, vitamins, or minerals. The substance is **ingested** by an organism and **assimilated** by the organism's cells in an effort to produce energy, maintain life, or stimulate growth.

Let's learn together

food- Any nutritious substance that people or animals eat or drink, or that plants absorb, in order to maintain life and growth.

substance- Essential nature; essence.

essential- Basic or indispensable; necessary

ingested- To take into the body by the mouth for digestion or absorption.

assimilated- To transform (food) into living tissue by the process of anabolism; metabolize constructively.

Let's Practice

Useful Expressions

I'm so hungry.

I'm starving.

I'm ravenous.

No wonder

I'm in the mood

I'm starving to death

Conversation

Yasu : Oh, my tummy is crumbling. What time is it?

Lyn : It's 5 minutes to 12.

Yasu : No wonder, I'm ravenous.

Lyn : Let's grab a bite! What would you like eat?

Yasu : I feel like eating spicy food.

Lyn : Oh I'm not in the mood for hot and spicy. Say, why don't we go to the nearest Japanese restaurant?

Yasu : Sounds great ! Come on, I'm starving to death! grrrr...

Answer the following questions.

1. What is your favorite food and why?
2. What are junk foods?

Self-study

Make a food chart. Write all the food that you eat everyday.