Food and drink ESL lesson plan (A1)

A1 (beginner) · 60 minutes · for English teachers · englishcue.app

Stage	Time
Warm-up	5–10 min
Vocabulary	15 min
Controlled practice	10 min
Grammar focus	10 min
Speaking	15 min
Wrap-up and homework	5 min

1. Warm-up (5–10 min)

- What do you usually have for breakfast?
- What is your favourite food?
- Can you cook? What can you make?

2. Vocabulary (15 min)

Elicit each word before you give it, model the pronunciation, then check meaning with a quick question.

Word	Meaning	Example
breakfast	the first meal of the day	I have breakfast at seven o'clock.
lunch	the meal you eat in the middle of the day	We have lunch at school.
dinner	the main meal of the evening	What's for dinner tonight?
bread	a basic food made from flour, water and yeast and baked	Can you buy some bread, please?
rice	small white or brown grains that you cook in water	We eat rice with chicken.
egg	an oval thing from a chicken that you can cook and eat	I want two eggs for breakfast.
cheese	a food made from milk, often yellow or white	I love cheese sandwiches.
chicken	the meat of a chicken	My mom makes great chicken soup.
fish	an animal that lives in water; its meat as food	We eat fish on Fridays.
vegetable	a plant you eat, like a carrot or a potato	Eat your vegetables!

Grammar focus (10 min): Countable and uncountable: some and any

Ravi and Lea plan a picnic. Lea looks in the kitchen: “We have some bread and some apples. But there isn’t any cheese, and we don’t have any juice. Is there any water?” By the end of this lesson you can talk about food and quantities with some and any.

Form	Pattern	Example
Countable	a / an + singular · plural with -s	an apple · some apples
Uncountable	no a / an · no plural	some bread · a loaf of bread
Some	affirmative · offers · requests	Would you like some tea?
Any	negatives · real questions	Is there any milk? · There isn’t any.

Watch for: ~~Can I have a water?~~ → **Can I have some water? / Can I have a glass of water?**. Water is uncountable.

Speaking (15 min): Explain a recipe without naming the dish

The learner describes how to make a dish step by step without saying its name; you guess. Then swap. Give feedback on sequencing words (first, then, after that, once it’s ready).

Useful language

- I can’t stand… / I’m not keen on…
- It tastes like… / It smells…
- to fry · to boil · to bake · to chop
- It’s made with… / It’s served with…
- sweet · salty · spicy · bitter · sour
- I’m full. / I’m starving.

Wrap-up and homework (5 min)

- Each learner says the three new words they will remember, and one sentence with each.
- Homework: write 80–120 words about food and drink using at least six words from the lesson and the grammar point.
- Self-study: the A1 food and drink vocabulary page on englishcue.app has a self-correcting quiz with all 22 words.

Food and drink (A1)

Student handout · Name: _____ · Date: _____

A. Word bank

apple · water · milk · coffee · fruit · hungry · tea · juice

B. Complete the sentences

Use a word from the word bank. Then compare with a partner.

1. I eat a lot of _____.
2. Can I have a glass of _____?
3. Would you like a cup of _____?
4. I'd like an orange _____, please.
5. I'm _____. Let's eat!
6. Do you take _____ in your coffee?
7. I drink _____ every morning.
8. An _____ a day keeps the doctor away.

C. Talk with a partner

Ask and answer. Make notes of one interesting answer to report to the class.

1. What food don't you like?
2. How often do you eat in a restaurant?
3. What is a typical dish from your country?
4. Do you drink coffee or tea? How many cups a day?
5. What did you eat yesterday?

Write

Write 80–120 words about food and drink. Use six words from the lesson.

Answer key

B. Complete the sentences: 1 fruit · 2 water · 3 tea · 4 juice · 5 hungry · 6 milk · 7 coffee · 8 apple