Food and drink ESL lesson plan (B1)

B1 (intermediate) · 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)

- Tell me about a meal you will never forget.
- Who is the best cook in your family? What do they make?
- Have you ever tried a food that you thought you would hate and then liked?

2. Vocabulary (15 min)

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

Word	Meaning	Example
diet	the food you usually eat; a plan to eat less or differently	She's on a diet to lose weight.
healthy	good for your body	Try to eat a healthy breakfast.
junk food	food with a lot of fat, sugar or salt and little nutrition	Kids love junk food.
portion	the amount of food for one person	The portions in this restaurant are huge.
flavor	the taste of a food	Which ice cream flavor do you want?
tasty	having a good flavor	That was a really tasty meal.
bland	without much flavor	The sauce is a bit bland: add some salt.
raw	not cooked	You can eat these vegetables raw.
homemade	made at home, not bought in a shop	Nothing beats homemade bread.
allergic	having a bad reaction to a food	I'm allergic to nuts.

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 B1 food and drink vocabulary page on englishcue.app has a self-correcting quiz with all 22 words.

Food and drink (B1)

Student handout · Name: _____ · Date: _____

A. Word bank

grilled · craving · appetite · full · starving · booked · dairy · tip

B. Complete the sentences

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

1. Have you _____ a table?
2. No more, thanks. I'm _____.
3. We left a 15% _____.
4. I'm _____! When's dinner?
5. Running gives me a big _____.
6. We _____ some fish on the barbecue.
7. I have a _____ for chocolate.
8. I don't eat _____.

C. Talk with a partner

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

1. Do you follow recipes or cook without them?
2. How have your eating habits changed since you were a child?
3. What would you cook for a guest from another country?
4. Is it better to eat at home or to eat out? Give two reasons.
5. What food do you miss when you are away from home?

Write

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

Answer key

B. Complete the sentences: 1 booked · 2 full · 3 tip · 4 starving · 5 appetite · 6 grilled · 7 craving · 8 dairy