



What tickles your taste buds?

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Unit Four

Phrases	Highlighted Words	Meaning
you get a sudden message from your stomach.	your stomach rumbles	تصلك رسالة مفاجئة من معدتك.
let your body digest dinner	let your dinner go down	ترك معدتك تهضم العشاء
Eat	Devour	يلتهم / يأكل
quickly cook	rustle up	يعدّ شيئاً للأكل بسرعة
something tasty and full of unhealthy ingredients	comfort eating	تناول شئبيّ لذيذ ومليء بالمكوّنات غير الصحية بين الحين والآخر

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Questions

1. Why do people sometimes find it difficult to resist hunger pangs outside of regular mealtimes?
2. What will the next texts include?
3. What does the underlined pronoun (these) refer to?

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Everyone knows that it's important to have a regular routine regarding meals, but it's also true to say that it's often impossible to ignore hunger pangs outside regular mealtimes, when we give in to temptation of one type or another and indulge ourselves. We wanted to hear what can trigger people's appetites – when and why they succumb to temptation. Here are some contributions from different readers. Can you relate to any of these?

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Questions

1. What two dishes had the person already eaten before watching TV?
2. Which two senses become active when the detective enters the fish and chip shop?
3. Find an expression that means (you get a sudden message from your stomach.).
4. Find an expression that means (quicky cook).

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(A) Picture the moment. You've had a really filling meal of dumplings and tender chicken casserole, and you're chilling out on the sofa watching an hour or so of mindless TV to let your dinner go down and forget the day's issues. It's a police series, nothing too exciting. But then, oh no – the detective goes into a fish and chip shop. Your senses are suddenly on full alert. You can smell the vinegar, hear the chips sizzling in the fryer, and your stomach rumbles. The policeman bites into the fish, and your mouth starts to water. What do you do? Well, what I do is head for the kitchen, rustle up what I've just seen on the screen – and then feel awful afterwards. I can't resist the foodie delights I see on TV. The saltiness of the fish, the feeling of greasy chips on my fingers. Irresistible! Pictures in a book or magazine or online don't do it for me, but moving visuals do. It's useless trying to ignore the pangs, I'm afraid. I'm a lost cause.

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Questions

1. What two emotions do the writer's friends say lead them to comfort eating?
2. What two things happen after the writer gives in to temptation?
3. Find an expression that means (something tasty and full of unhealthy ingredients)
4. What does the underlined pronoun (they) refer to?

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(B) I'm usually careful to avoid the temptations that lead to snacking between meals. But, unfortunately, when boredom sets in, the healthy habits waver. Some of my friends maintain that it's stress or anger that leads them straight to the crisp packet or a slice of gooey cream cake. They say that comfort eating helps them cope with whatever situation it is that they're facing. I have no such excuses. My hunger pangs strike when I'm between activities. Work's done, but I have an hour to kill before meeting up with friends, and more likely than not, I'm fed up with trawling through social media. My brain thinks, 'What shall I do now?' And my stomach kicks in with, 'Well, I've got an idea! Remember that box of chocolates you got for your birthday?' And before I know it, the box is beside me, half empty ... And, unlike my friends – I don't feel better afterwards – I'm just too full!

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Questions

1. What two places release tempting food smells that influence the writer?
2. What two actions do supermarkets take to influence customers' buying habits?
3. Find an expression that means (eat)
4. What does the underlined pronoun (they) refer to?

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(C) We're continually being bombarded with information, advice, warnings and threats relating to healthy eating, but then the shops and supermarkets sabotage everything. I could be walking down the street to the bus stop without a thought of food in my head – when the smell of freshly baked bread wafts out of the baker's and stops me in my tracks. I'm sure most people would agree that smells like this have the uncanny ability to communicate directly with our stomachs, completely bypassing the brain. So, then I devour a gooey chocolate cake and feel really guilty. The supermarkets are even worse. They've researched the smells that trigger food responses in us, and they purposely release them in certain aisles to encourage us to buy. For me, smell is a very powerful sense and it can take me back to a childhood walk in the country, or, in the case of bread, chocolate and coffee – straight into a café or a shop!

Good Luck

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