



ROUND #6

Create Your Own Food “Rules” with Michael Pollan | MasterClass

Source: Master Class

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1. Vocabulary *Check the meaning of these words/expressions in the dictionary.*

💡 Today's Expression(오른쪽 링크 클릭) - [To be in a bind](#)

- Definition
- Example

QR코드를 통해
'To be in a bind' 의
설명 영상을 보실 수 있습니다.



1. **Fructose**(noun) a hexose sugar found especially in honey and fruit. - called also *fruit sugar, levulose*

"This has, you know, high **fructose** corn syrup in it."

2. **Curate**(verb)to select things such as documents, music, products, or internet content to be included as part of a list or collection, or on a website

ex) a **curated** library of short movies available online

"So you know, these food rules, I didn't write. I mean, I wrote some of them. Mostly, I **curated** them."

3. **Blunt**(adj.) saying what you think without trying to be polite or considering other people's feelings
ex) I'll be **blunt** - that last piece of work you did was terrible.

"I thought that was a pretty **blunt** one. So these are memes circulating the culture."

2. Listening Drill

In trying to figure out what should—what should I eat and what should you eat, I realized that food rules offered a way, a tool, a useful tool.

By food rules, I mean *policies*. What a policy does for you is it *keeps you from* having to run a complicated algorithm every time you're making a decision.

So in other words, you *go down the aisle* of the supermarket, you pick up the food, and you read all these ingredients. And you have to sit there and think,

oh, this has, you know, high fructose corn syrup in it. I don't think I should eat this. It has maltodextrin. I don't even know what that is. And it-- and you're stuck. And it's a half hour. And on aisle three.

But if you have a policy, I'm not gonna eat any food with more than five ingredients. Suddenly, the problem takes care of itself. So the idea of food rules is develop a set of policies that makes it more reasonable for you to choose foods without going through that really *complicated analysis*.

I actually wrote a book of these rules called "Food Rules." Here are some of them. Don't eat anything your great-grandmother wouldn't recognize as food. Eat only foods that have been cooked by humans.

Eat when you're hungry and not when you're bored. So you know, these food rules, I didn't write. I mean, I wrote some of them. Mostly, I *curated them*. And I went around asking people. I mean, one great rule I got from my grandmother is, the whiter the bread, the sooner you'll be dead.

I thought that was a pretty blunt one. So these are memes *circulating the culture*. In terms of which ones you're gonna adopt, I mean, you know, you can come up with your own. And I encourage you to send them in if you do because I'm still collecting them.

And if you come up with a good food rule that has some kind of visual possibilities, think about making a poster, a victory-garden-style poster. And send that to me, too. What works for you?

What do you remember? What's *sticky*? I mean, that whiter the bread, the sooner you'll be dead. I mean, that sticks. You'll remember that next time you're picking up loaf-- a loaf of bread.

And you may go more to the whole grain, hopefully, because that's *ringing in your ear* somewhere. So what's sticky with you?

That's all.

3. Summary

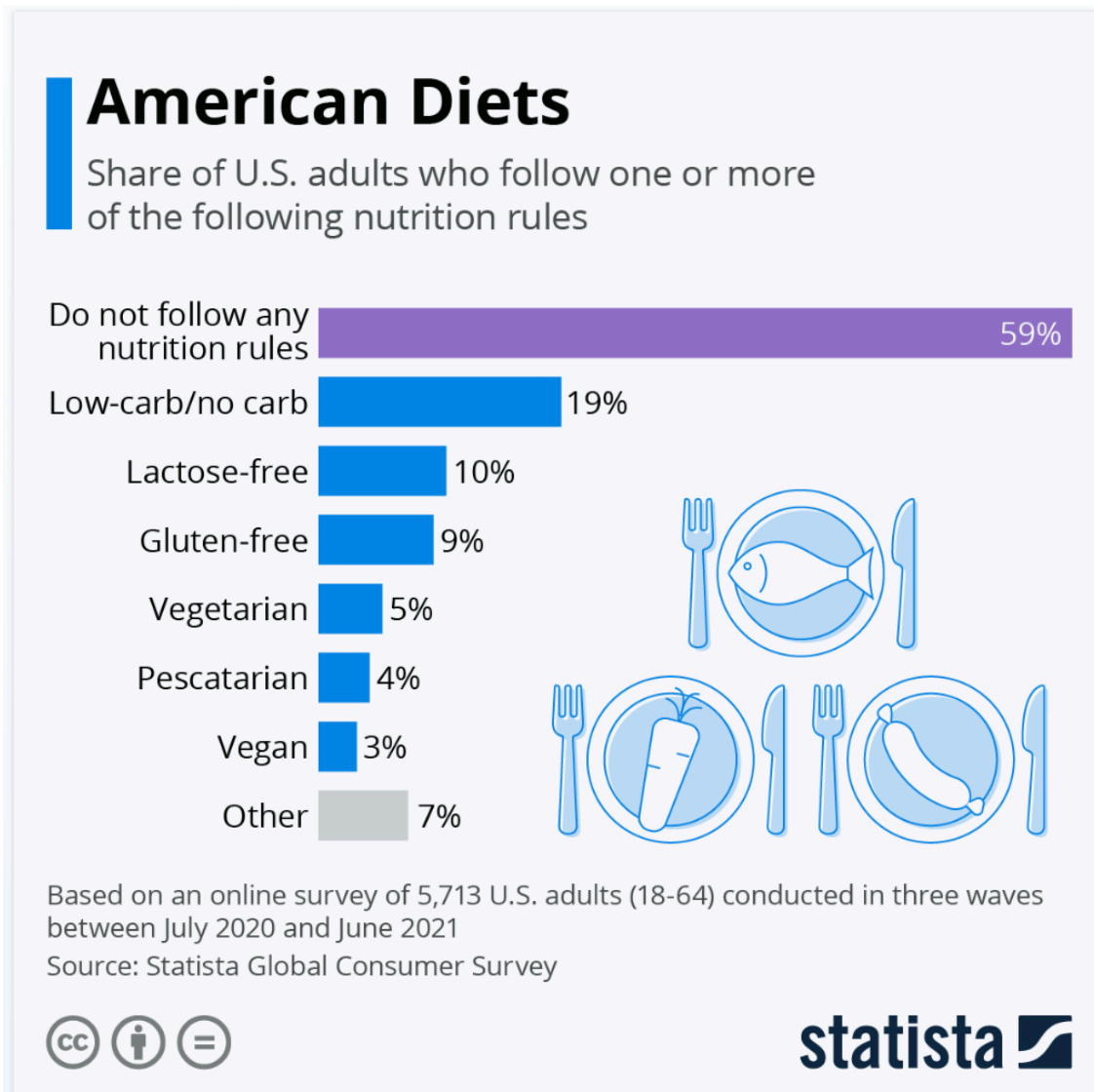
Summarize what you have seen/heard in two or three sentences

Tip.

Answer the questions using vocabularies that you learned in the vocabulary section.

4. Describing The Chart

Describe what is the general idea being expressed by the graph. Discuss it to your class. Try to interpret what you see in the chart.



American Diets

by Felix Richter, Jul 23, 2021

As awareness of the health impact and ecological footprint of our diets keeps growing, so does the number of people making adjustments to what they eat. Whether it's limiting meat consumption, passing up on lactose or gluten, or refraining from consuming animal products altogether, never have people thought so much about their diets. According to findings from Statista's Global Consumer Survey, more than 4 in 10 Americans now follow some kind of nutrition rule(s), with low or no-carb intake the most widespread nutritional regimen. While 10 percent of the respondents eat and drink lactose-free and 9 percent have scrapped gluten from their diet, the share of people going full vegetarian or vegan is still surprisingly low at 5 and 3 percent, respectively.

Questions

1. What 's the take away of the graph?
2. What extra information can help you understand the graph even better?
3. Do you have any interesting findings? What's your guess about it?

5. Discussion Questions

Let's begin at the easy category. You are expected to have prepared your answers already before the class begins.

Easy

1. What is your favorite food that your mother/ grand mother cooks?
2. Are there any foods that you wouldn't eat as a child that you eat now?
3. About how many different color foods did you eat for dinner last night?
 - Do you think about color when you are preparing a meal?

5. Discussion Questions

Let's begin at the easy category. You are expected to have prepared your answers already before the class begins

Average

1. Do you have your own food 'rules' already?
- If you don't have one yet, please google some food rules and share them with talksharp members.

2. Excepting Food Rules, what other rules do you have? (Work, Love...)

Note1

Date: _____ Topic _____

Expression of the Day

Write Down idioms/ phrasal verbs that you learned in the sessions

Have you used today?

Week 1.

Yes

No

Week 2.

Yes

No

Words of the Day

Please write down vocabularies and idioms that you have learned at Talksharp and try to practice them in your own sentences today. Once you use any of them today? Please cross them out.

Useful Sentences

Video Script is a good source to enhance your verbal sentences. Put a note of sentences that you want to learn

Today's Correction

Write down today's correction.

Note 2

Please write down Korean sentences difficult for you to convey in English

Sentence1

Sentence2

Sentence3

Please write sentences above in English so that you could never fail again

Sentence1

Sentence2

Sentence3

Put a note of vocabularies or idioms that you want to learn