



FOOD - LUNCH/DINNER

Level: Basic (A1 / True Beginners)

Target: Teens & Adults

Time: 50–70 minutes

Goal: Learn lunch/dinner vocabulary, talk about daily meals/habits (present simple), express likes/preferences, describe food simply, and order in a home/cafe setting. Fun link to previous lessons (healthy vs junk).

Focus: Speaking & listening. Visuals + role-plays with menu prop.

Materials:

- Flashcards (PDF 2)
- Lunch/Dinner Menu prop (JPEG – print or screen share)
- Role-play scripts (PDF 4)

Lesson Flow:

1. Warmup Q&A (10–15 min)
2. Flashcard Vocab Intro (10 min)
3. Practice Activities (15–20 min) – light grammar fun
4. Role-Play (15–20 min) – home dinner or cafe ordering
5. Quick Review (5–10 min)

Teacher Tips: Mime eating, thumbs up/down for "delicious/yuck", gestures for "hot/spicy". Link back: "Remember junk food? Now lunch/dinner – healthy or fun?"

Warmup Activity: Teacher-Student Questions

Circle/pairs. Ask slowly, repeat words, accept short answers. Use mime.

1. What do you eat for lunch?
2. What do you eat for dinner?
3. Do you like soup?
4. Do you eat rice every day?
5. Do you eat vegetables for dinner?
6. What is your favourite dinner?
7. Do you eat at home or out?
8. Do you like spicy food?
9. What do you drink with lunch/dinner?
10. Do you eat dessert after dinner?

Extra fun: "What's for dinner tonight?" – students mime cooking/eating.