



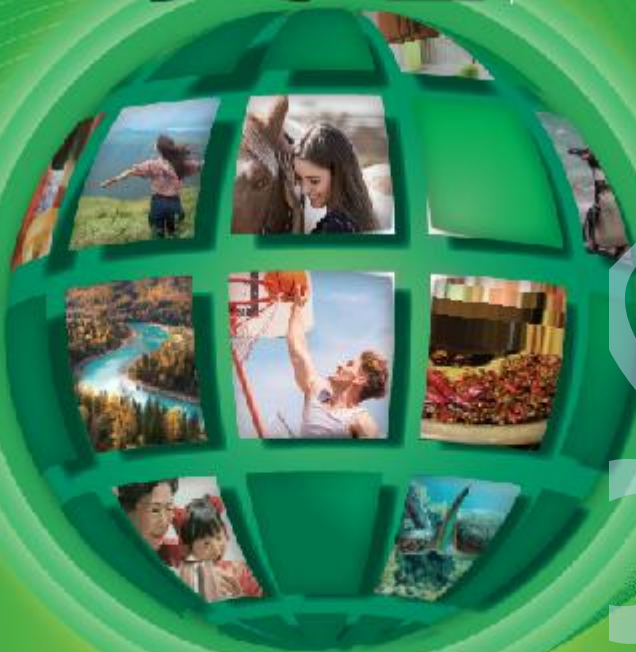
普通高中教科书

ENGLISH

英语

必修

第二册



上海外语教育出版社

《高中英语》（上外版）

必修 第二册

上海市英语教育教学研究基地
上海外语教育出版社

Unit 3 Food

Period 1 Getting Started & Reading A

Period 2 Reading A & Vocabulary Focus

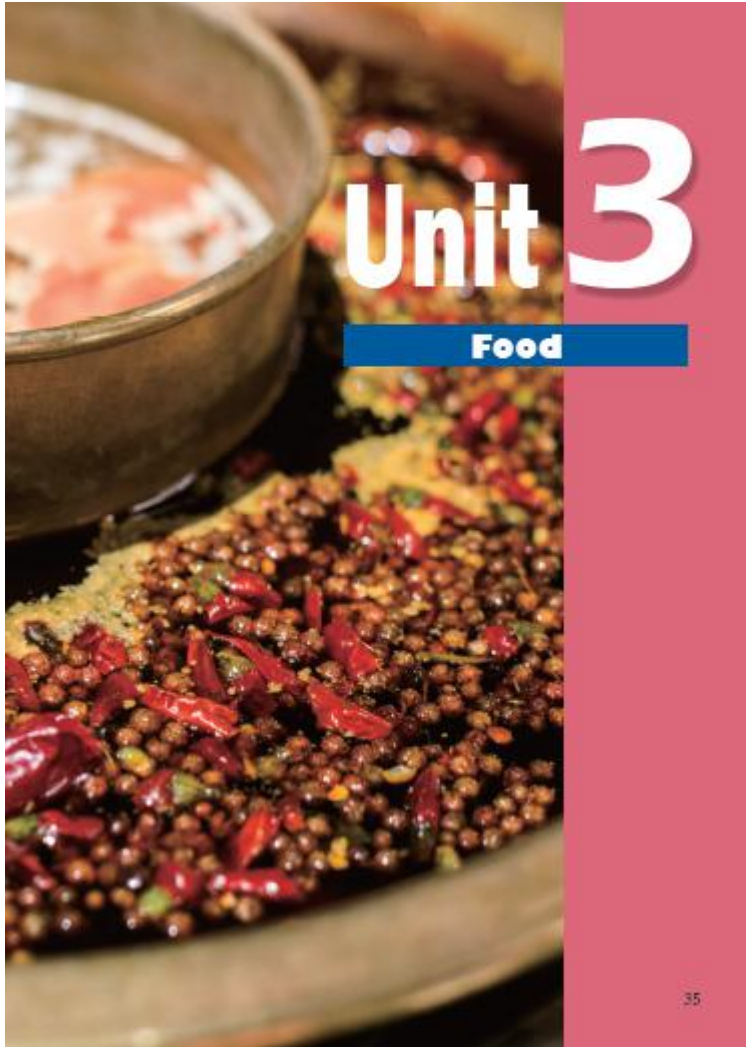
Period 3 Grammar in Use

Period 4 Moving Forward: Writing

Period 5 Listening & Moving Forward:
Speaking

Period 6 Viewing & Reading B

Period 7 Reading B & Critical Thinking



Period 1 Getting Started & Reading A

——胡斌
上海市光明中学

Unit 3 Food

Dining in France: Culture Shock



Unit Organisation

Period No.	Objectives	Activities
1	1. To understand the text (know what happened to the author, understand what culture shock is, and know how to deal with culture shock in a foreign country); 2. To grasp the structure and language features of a blog; 3. To have a proper attitude towards culture shock.	1. Lead-in 2. Skimming and scanning 3. Language study 4. Reading comprehension
2		
3		
4		
5		
6		
7		

Name the food and the country where it is popular



- **Food:**
- **Country:**



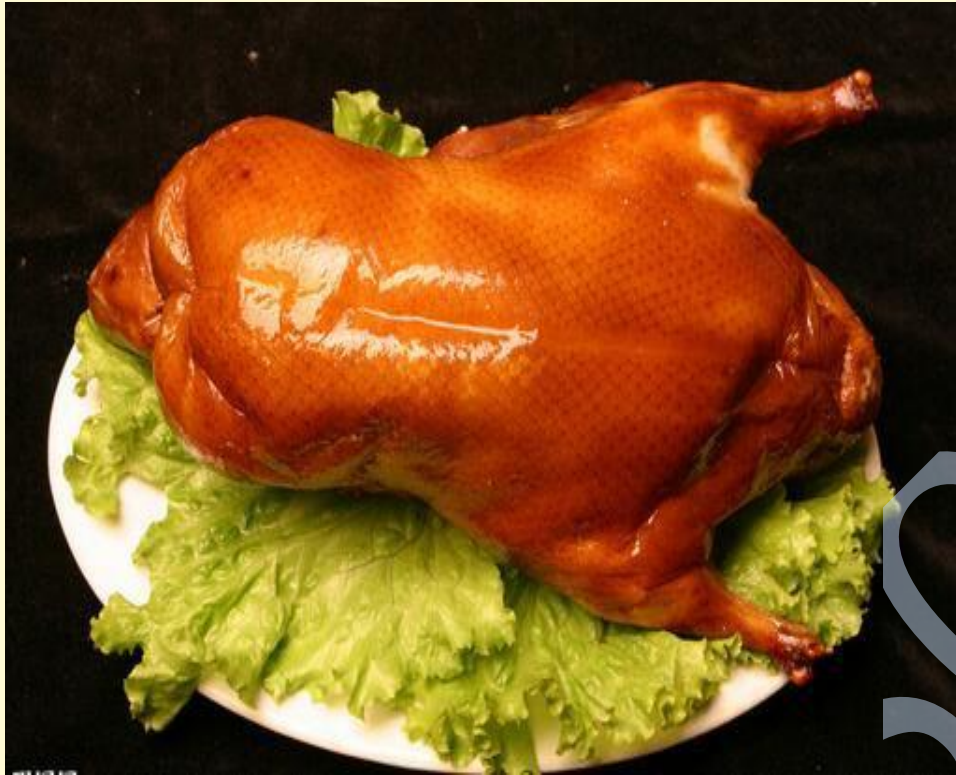
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Name the food and the country where it is popular



- **Food:**
- **Country:**



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- **Food:**
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- **Food:**

- **Country:**



Name the food and the country where it is popular



- **Food:**
- **Country:**



This reading material most probably comes from:

A. a short story collection

B. a magazine

C. a personal blog

D. a WeChat official account

Reading A

Do you know any French foods or French dining customs? Read Hannah's blog diary to discover more.

3,800 Followers

Hannah's World


Jan. 20 Mon.

Categories

Search here

• IN FRANCE (35)

Dining in France: ...



DINING IN FRANCE: CULTURE SHOCK

HOME > ALL POSTS > DINING IN FRANCE: CULTURE SHOCK

On my first weekend abroad, I attended a dinner party with my host family to celebrate the New Year. It was everything I had imagined a French dinner party would be — multiple courses, a variety of cheeses, bottles of champagne, and slices of fresh bread. Then, at the end of the meal, the host called out, "Okay, everyone, get under the table!"

What? I watched as the children came running into the dining room and hid under the table. As it turns out, in the days after the New Year, the French celebrate with the *galette des rois*, or the "king cake," a special cake with its own set of traditions. There is a small toy hidden inside the cake, and whoever finds it in their serving is the winner. Before it is sliced, all the children hide under the table so that they cannot see who will get the slice with the toy.

I've learned that many French traditions focus on food, and often they've taken me by surprise! From time to time, I've experienced a sense of culture shock, the feeling of confusion in a new country when you're adjusting to things that may be unfamiliar to you. Thankfully, I haven't run into anything too difficult to manage. Before leaving for France, I learned strategies from the International Programs Office, a facility which helps prepare students to deal with these kinds of ups and downs.

They explained the phenomenon with a line graph to illustrate the highs and lows of the experience. You may experience a "honeymoon" phase, where you find everything new and exciting or even better than your home country. You may also experience low points, where all these little differences may seem frustrating and overwhelming.

I encountered a few fun, food-related cultural differences while in France. For example, the French eat with both wrists resting on the table, while many Americans tend to keep their left hands in their laps. I hadn't even noticed the difference until my five-year-old host brother pointed it out! It is also common to use bread as a utensil, holding it in your hand like a knife, or using it to clean up the plate at the end of the meal. Finally, I love hearing "Bon appétit!" ("Good appetite!") before eating, whether I'm seated at the table with my host family, or just grabbing a coffee at a nearby café!

Personal Touch

Have you experienced or heard about any cultural differences concerning food and dining customs at home or abroad? Share your stories with your classmates.


Food 37

Personal Touch:

Which food or dining custom mentioned in the diary sounds new or strange to you?

Reading A

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Personal Touch

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Food 37

Skimming

What does the text mainly tell us? Analyse the structure of the blog post.

Personal experiences
(story telling)

+

Lessons learned
(sharing experience)

What is
culture shock?

How to
deal with it?

Reading A

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Personal Touch

- Have you experienced or heard about any cultural differences concerning food and dining customs at home or abroad? Share your stories with your classmates.

Food 37

Listen to the tape and complete the table.



My Experiences

Where?	1 _____
When?	My first weekend abroad
With whom?	My 2 _____
On what occasion?	3 _____
What happened?	I was shocked by the 4 “_____” traditions.

Match the expressions with the pictures.

1) slices of fresh bread

2) using bread as a utensil

3) to grab a coffee at a nearby café

A



B



C



Match the English expressions with their Chinese equivalents.

1) run into difficulties

A. 策略；计谋，战略

2) learn strategies from International Programs Office

B. 盛衰，沉浮

3) ups and downs of the experience

C. (偶尔) 遇到，(无意) 碰见

4) the differences seem frustrating

D. 使人气馁的，让人泄气的

Read the text and answer the following questions.

Q1: What is culture shock?

Q2: What did the author do to deal with culture shock?

**Q3: What did IPO (International Programs Office) do
to help the author?**

Questions for further comprehension

Q1: What are the highs and lows of one's experience of culture shock?

Q2: Which phase did the author experience at that time?
Why?

Q3: What other cultural differences about food and dining between France has the author discovered?

Questions for further comprehension

Q1: What are the highs and lows of one's experience of culture shock?

A1: The “highs” refer to the honeymoon phase, where one finds everything new and exciting while the “lows” refer to low points, where the little differences may seem frustrating and overwhelming.

Questions for further comprehension

Q2: Which phase did the author experience at that time?
Why?

A2: Judging from the author's reaction, she was
experiencing
the honeymoon phase.

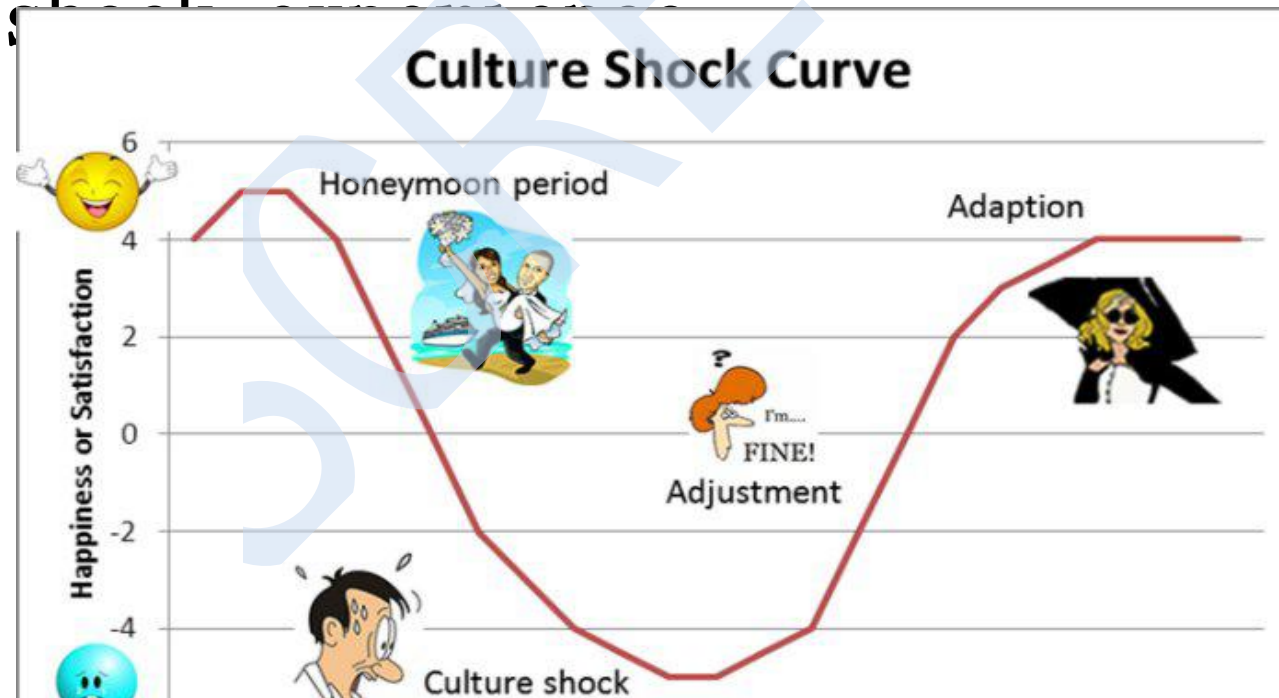
Questions for further comprehension

Q3: What other cultural differences about food and dining between

France has the author discovered?	
	In France
	In the author' s home country
1	There are the “king cake” traditions.
2	The French eat with both wrists resting on the table.
3	The French often use bread as a utensil.
4	The French often say “Bon appétit!” before eating.

Group work

1. Discuss: What is your attitude towards culture shock?
2. Draw a line graph to illustrate the highs and lows of a culture shock experience.



Assignment

Collect and tell a story of culture shock concerning food of another culture based on what you heard or what you experienced.



Assignment

Presentation: A culture shock story concerning food of another culture.

The content of the article must include:

- 1) A story: 5W1H (when, where, who, what ...)
- 2) Cross-cultural comparison and possible explanations
- 3) Practical way(s) to deal with such culture shock

The language of the article must include:

cohesive devices: expressions of contrast or comparison



Thank you!

More Questions for Group Discussion

1. What cultural differences may a Chinese student notice
about eating and drinking while studying in a
foreign
country?
2. Make cross-cultural comparison and try to explain
these
cultural differences.
3. Give some practical tips on how to handle the
possible

Share culture shock stories concerning food of another culture.

Check List

Check List		
1. Is the culture shock brought by food of another culture?	Yes.	No.
2. Does the story include the key elements, such as time (<i>when</i>), place (<i>where</i>) and people (<i>who</i>)?	Yes.	No.
3. Are there cross-cultural comparison and possible explanations?	Yes.	No.
4. Does the speaker mention practical way(s) to deal with such culture shock?	Yes.	No.
5. Is the presentation linked by cohesive devices?	Yes.	No.