

French gastronomic meal Worksheet

Guidelines for educators

- **Context and the area of cultural heritage: The French gastronomy - Intangible cultural heritage**
- **Description and justification:**

The French gastronomic meal is a social practice intended to celebrate the most important moments in the lives of individuals and groups, such as births, weddings, anniversaries, successes and reunions.

It is a festive meal in which the guests practice the art of "eating well" and "drinking well" for the occasion. The gastronomic meal emphasizes being together, the pleasure of taste, the harmony between human beings and the products of nature. Important components include: the careful choice of dishes from an ever-growing body of recipes; the purchase of good, preferably local, products whose flavors go well together; the pairing of food and wine; the decoration of the table; and specific gestures during the tasting (smelling and tasting what is served at the table).

The gastronomic meal should follow a set pattern: it starts with an aperitif and ends with a digestive, with at least four courses in between, namely a starter, fish and/or meat with vegetables, cheese and a dessert.

The gastronomic meal brings the family and friends closer together and, more generally, strengthens social ties.

- **Duration:** 45 minutes
- **Language level:** A2
- **Prior knowledge:**

Basic vocabulary related to food; ability to read, listen to simple audio material, watch simple video and then do exercises based on that. Knowledge of present simple and past simple, basic regular and irregular verbs.

- **Thematic area, grammatical and syntactical phenomena (learning objectives):**

In this worksheet, students will learn about French gastronomy, traditional French meals and French traditions. Thanks to the reading exercise, they will improve their reading skills and their knowledge about French traditions. There are two oral exercises in this worksheet that will show the students how to defend their point of view and give instructions to someone who's lost (directions/coordinates, left, right, up, down, south, north, etc).

- **Skills developed (or benefits for students):**

At the end of this worksheet, students will be able to talk about French gastronomic meal, will know what are the different courses during such a meal, and they will know what ingredients are used to prepare a soufflé which is one of traditional French meals. They will know the vocabulary attached to the table dressing. They will know how to help someone who's asking them for directions and how to express their point of view on a cultural question.

- **Material needed:**

Pen and pencil to take notes and write down your thoughts on the subject. We recommend printing the worksheet - this way the student receiving the instructions will be able to draw them on their version of the map and then two participants will be able to compare their maps.

- **References and resources:**

Chenal, L. (2021, 11 mai). The French Art Of Table Setting. Leonce Chenal.
<https://leoncechenal.com/french-table-setting/>

Disney, O. M. (2016, 15 avril). Fall Food Inspired by Ratatouille. Oh My Disney.
<https://ohmy.disney.com/food/2013/09/22/fall-food-inspired-by-ratatouille/>

Ratatouille –. (2016, 14 juillet). DisneyMeals.
<http://disneymeals.me/category/ratatouille/>

Worksheet for the student

EXERCISE 1: preparation of the French gastronomic meal

(Duration: 20 min)

Task 1: Read the text below.

Decoration of the table before the meal

"Table decoration is an art in French culture. It's always best to cover your table with a tablecloth even if you have a very beautiful table. The French prefer a classic white tablecloth that goes with any table decorations. At an elegant French dinner, there are always plenty of courses, and because each course has its own plate, there are several plates on the table.

To set your table like the French, there are few rules to follow when it comes to placing eating utensils (**les couverts** in French). First, the forks should always go to the left of the plate on the napkin and with the tines pointing down, called **à la française** (or French-style). Next, the knives go to the right of the plate with the cutting surfaces pointing towards the plate. The spoon goes to the right of the knife and is placed face down. Eating utensils are placed in the order in which you will be using them, you will probably use for example a serrated steak knife for red meat, and then a fish knife. The utensils furthest from the plate are the ones you will use first.

The French always use cloth napkins and not paper napkins. You can either place them to the left of the dinner plate or on the top plate. On every elegant table, there is always an open bottle of wine and a beautiful carafe of water. Avoid plastic bottles. Also, you can set bread, butter, and other condiments in small ramekins for a pretty table."

Task 2

After reading the fragment of the article, choose the eating utensils necessary for the French gastronomic meal from the list below. Attention, there are two extra words!

For a typical French dinner, we will need (circle correct answers):

A spoon - salt shaker - napkins - a tablecloth - a knife - croissants - a fork - a carafe of water - plates - drinking glasses

Task 3

Directions: left, right, up, down, next to, across from...

IN PAIRS

French gastronomy means also looking for local products of the best quality. In France, small shops that specialize in selling cheese, wine or fish are a pleasant element of everyday life and an important one of gastronomic meal preparation. Starting from point A - your home, try to tell your partner how to reach point B - your local cheese shop. Use the directions left, right, straight, etc. We prepared a box with useful words you can use:

Between	In the middle of two things
Next to	To the side of something
Behind	At the back of something
In front of	Opposite
Near	In a close position
Far	In a distant position
On the corner	The angle where two roads meet
Left	On the west side or direction
Right	On the east side or direction
Straight (on / ahead)	Stay on this road (don't turn)

And some useful sentences:

Go past the restaurant (= pass the restaurant).

Go along this road.

Go straight on / straight ahead (= stay on this road, don't turn).

Go through the tunnel.

It's on your left.

Turn left / turn right.

You'll see it in front of you.

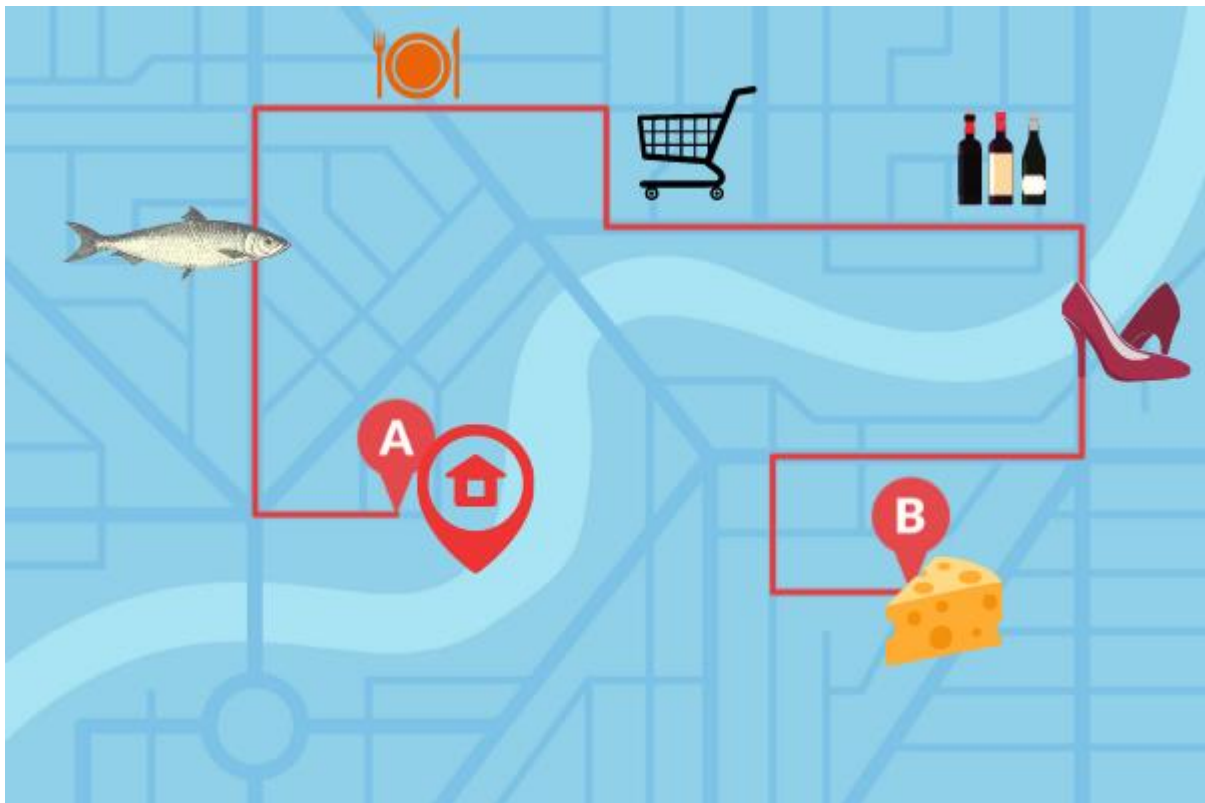
It's on the other side of the road.

You're going the wrong way.

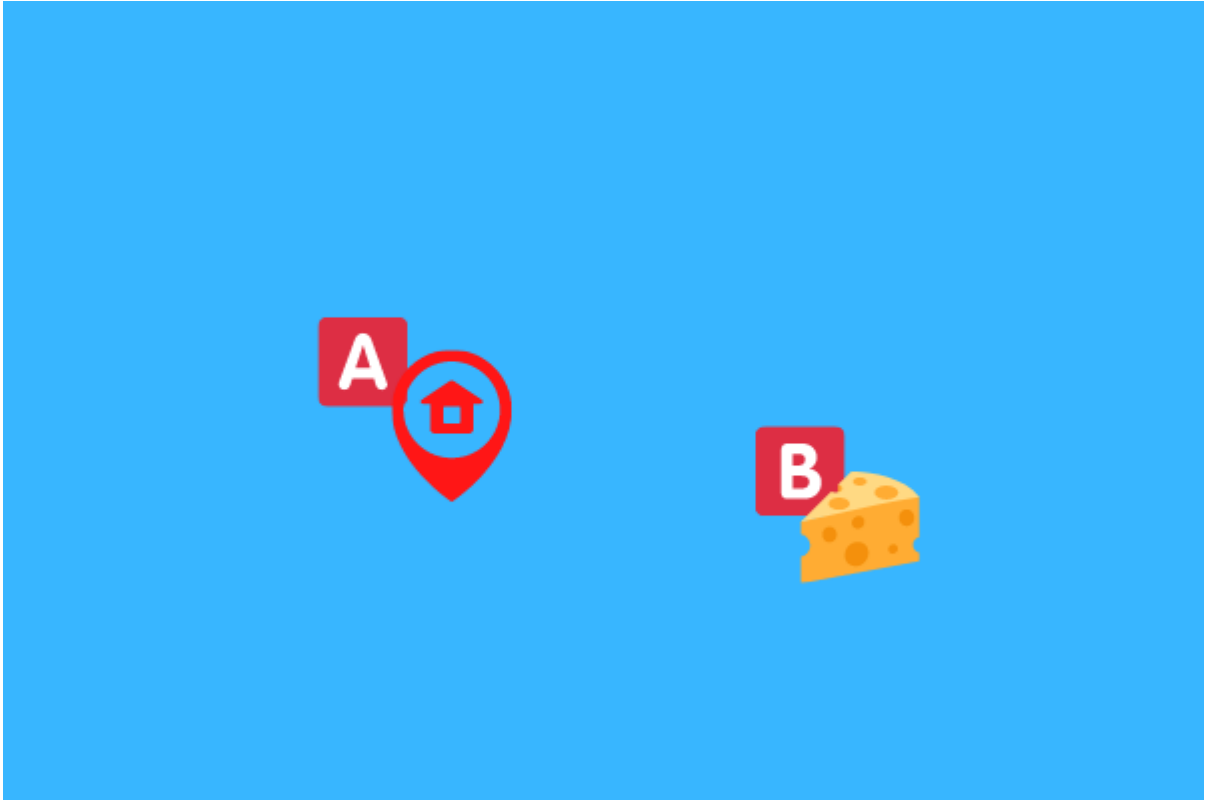
How to play?

In pairs: each of you has a different version of the map - one person has version 1 - this person will give the instructions. The other person has version 2 of the map. He/she listens to the instructions of his/her partner and draws a line on the map. The purpose of this task is to cooperate. Person 1 has to guide person 2.

Version 1 for the person that will give the instructions



Version 2 for the person that will receive the instructions



EXERCISE 2: COOKING WITH REMY

(Duration: 25 min)



You probably know Remy - he is the friendly rat in the Pixar movie **Ratatouille**. This movie is also a good example for showcasing French dishes and a French gastronomic meal. For that reason, we decided to ask Remy for help with the exercises. We hope you'll like it!

Task 1 Read the text below

The French are known for their passionate love affair with food. French cuisine is diverse and elegant. Those who have never experienced a French dinner should be prepared for a long evening ahead. French people appreciate each bite and like to take their time. A traditional gastronomic meal is divided into different courses. A course refers to items served together at once. For example, a salad, dressing and bread are a course. Meals can also last up to five or six hours - Traditional French dinners have up to seven courses. We can mention courses such as:

L'Entrée (Appetizer)

Le Potage (Soup)

Le Plat Principal (Main course)

Le Fromage (Cheese) and La Salade (Salad)

Le Dessert (Dessert)

Le Café (Coffee)

Remy says that a **soufflé** is a really good entrée. He even gave us the recipe from Gusteau! We will now go to a grocery store to get the necessary ingredients. Read the recipe below to know what we'll need to prepare this delicious dish!

In the recipe, it says:

Base

- ½ cup milk
- 1 ½ cups creme fraiche
- 4 egg yolks
- 225 grams sugar
- 85 grams flour
- 1 teaspoon cornstarch

For the Souffle

- 1 ½ teaspoons souffle base
- 2 egg whites, whipped to stiff peaks

Task 2 Choose the correct name from the list and associate with the image. Write the name of the products under each photo, on the line. There are two extra images.

eggs - milk - sugar - flour



Task 3

Remy invited his friends over for dinner. But they're not used to all the French courses and they keep asking us when they will eat cheese. Could you help us fill in the blanks in the text so that Remy's friends know the chronological order of eating? For a little hint, look at Task 1 of Exercise 2.

In France, we start our meal with an _____ - it's a small amount of food served before the meal. After the _____, we eat _____ to get our bellies warm. Then, finally, the main attraction: the _____!!! Usually, it's meat with a side dish, such as potatoes, asparagus, or other vegetables. Then, we eat _____. If you're a fan of _____, France is *the* place to be. There are as many as 400 varieties of _____ in France. Different types come from

different regions and have different tastes. But one thing doesn't change - they all smell bad! In French families, we eat a _____ with cheese- just to have something green on our plate! Then comes _____, or as we like to call it, something sweet for our soul. It can be a cake like **un éclair**, **a mille-feuille**, or **a fondant au chocolat**, which is a chocolate cake with liquid chocolate inside! It's a killer, we tell you! Then, finally, to finish this crazy feast, we drink _____. Its bitterness is a good contrast to all the sweets we just ate! Black, strong and hot, _____ is a perfect ending to each French gastronomic meal.

Task 4: Read the short text and discuss in pairs.

French gastronomy is a part of this country's national heritage. It has been official since 2010, when a french gastronomic meal has been put on Unesco's national heritage list. It's a very important element of French culture and a must of every French person. A good meal is a necessary part of the French lifestyle! But... why? Think about some reasons as to why the French gastronomic meal is so important for French culture. Try to think about reasons other than physiological needs and give a minimum of 3 reasons.

ANSWER KEY

EXERCISE 1: preparation of the French gastronomic meal

Task 1

For a typical French dinner, we will need:

A spoon, salt shaker, napkins, a tablecloth, a knife, croissants, a fork, a carafe of water, plates, drinking glasses

Task 2



To get to the cheese shop, turn left and continue for one minute. Then turn right and go straight. After the fish shop, turn left. Go past a restaurant and go straight until you see a grocery store. Before the grocery store, turn right, then turn left. Go past the wine shop and continue till the end of the road. Then, turn right. On your left, you will see the shoe shop. Go past it and turn right. Continue for 2 minutes, then turn left and left. You'll see the cheese shop in front of you.

EXERCISE 2: COOKING WITH REMY

Task 3

In France, we start our meal with an entree/appetizer - it's a small amount of food served before the meal. After the appetizer, we eat soup to warm our bellies. Then, finally, the main attraction: the main course!!! Usually, it's meat with a side dish, such as potatoes, asparagus, or other vegetables. Then, we eat cheese. If you're a fan of cheese, France is **the** place to be. There are as many as 400 varieties of cheese in France. Different types come from different regions and have different tastes. But one thing doesn't change - they all smell bad! In French families, we eat a salad with fromage - just to have something green on our plate! Then comes dessert, or as we like to call it, something sweet for our soul. It can be a cake like **un éclair**, a **mille-feuille**, or a **fondant au chocolat**, which is a chocolate cake with liquid chocolate

inside! It's a killer, we tell you! Then, finally, to finish this crazy feast, we drink coffee. Its bitterness is a good contrast to all the sweets we just ate! Black, strong and hot, coffee is a perfect ending to each French gastronomic meal.

Task 4

A French gastronomic meal is so important for French culture because it's a social gathering. During such a meal, we can see the members of our family or our friends. A French gastronomic meal is an occasion to talk and laugh together, but also to eat delicious food. It strengthens social ties and reinforces our national identity... etc.