

# **The Man Who Ate Too Much**



**a short story for English  
reading and speaking**

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# Introduction

What is overeating?

Do you eat too much?

Do you know anyone who eats too much?

How can we discuss this topic in a sensitive way to promote healthy eating?

# The Man Who Ate Too Much

**Henry loved food.**

He loved to eat, and he had a very healthy appetite for eating.

Many would regard his love of food in this day of intermittent fasting and gym-toned bodies as being out of touch with modern health standards, but Henry waved these ideas away as he ordered another dish in one of his favourite restaurants.

“I am a foodie,” he said with great pride. “A lover of good food and a connoisseur of the finest cuisine in all the country.”

Henry had a blog. He did not refer to it as a blog, though.

“A review and critique of great food and dining,” he declared with inflated pride, should anyone bother to ask.

He had many social media accounts, too. He wrote articles, guides, introductions, and reviews of every restaurant he found.

He had no particular love or desire for one culinary style. He loved all of it.

***In truth, Henry was a glutton. He just loved to eat and eat and eat.***

This evening, Henry was preparing for another soiree. Another night in a dining establishment that pandered to his every need as soon as he walked in the door.

Tonight, he would eat a six-course dinner at a new French restaurant under the name of Ooh La La Bistro.

Henry arrived and the maître'd ushered him in, clapping his hands at the team of waiters with perfect starched white shirts and hair kept in place with lots of oil.

***The staff fawned over Henry as he gorged on plates of the finest food presented to him.***

He started with caviar stuffed quails' eggs and then went on to the lobster soup and a rare form of shrimp grilled with a pinch of garlic and handmade butter.

Then he had their speciality... gold-leaf steak. Prime beef marinated in gold — ***yes, gold!*** — and fried in an olive oil so smooth that ladies of the town would die for just a thimble to put on the lines under their tired and over-made-up eyes.

For dessert, Henry had a sorbet made from the rare and exotic kind of fruit that could only be found on a small and barely inhabited island in the Pacific Ocean.

***Henry ate and ate and ate.***

But when he left the restaurant and hailed a taxi, his stomach rumbled like he had not eaten all day...

That night, Henry ordered a big, fat cheeseburger with two huge portions of fries and a milkshake. He stuffed it all into his mouth like he had not seen food for days.

### **Still hungry!**

He collapsed onto his bed; the mattress creaking under his immense weight.

*Why do I feel so ravenous?* Henry thought to himself. He had never experienced such an intense hunger in all his life.

He awoke the next morning, his hands shaking. He ran for the phone and called the local delicatessen.

“I need the biggest loaf of bread you have,” he yelled down the phone. “All your cheese and... and...”

“And what, sir?” came the snobby voice of the owner of the deli.

### ***Henry tried to think about what he actually needed.***

“Everything. Bring me everything. Bring me a big chocolate cake.”

The food arrived as Henry paced the room, his mind going frantic at the mere thought of eating. His hands would not stop

shaking at the lack of protein, fat, sugar, and salt running through his bloodstream.

He glanced at his face in the mirror and a pale, ghost-like visage stared back at him.

### ***What was happening to him?***

Usually, his face had a thick and ruddy complexion. Like a stuffed pig, not a spectre haunting an old castle.

Eventually, the delivery boy pulled up on his bike, whistling a tune to himself.

“Where the devil have you been?” Henry gasped at him as he yanked the front door open.

The boy gave Henry a startled look but proceeded to pile food on the table. Great baskets of bread, cheese, bananas, a huge watermelon, biscuits, six chicken legs, an immense slab of pork, and the biggest, creamiest chocolate cake Henry had ever seen.

Henry immediately ripped the boxes and packaging apart.

He stuffed food into his mouth, chewing voraciously and barely giving himself time to swallow before filling his mouth again.

### ***But the hunger remained. Still, he was not sated.***

Henry called his assistant. An overworked woman, who patiently listened to Henry’s request to cancel all his

engagements for the day.

He was supposed to dine at another restaurant in the city. He was expected to write a full review of the gastronomical delights they had to offer.

But he had a more pressing issue. His insatiable hunger.

All day, Henry sat in his kitchen. He ordered from fast-food outlets, from supermarkets, from convenience stores.

He ordered everything he could imagine.

He ate all day.

***The hunger did not subside.***

Finally, he could feel his body weakening. His heart trembling, his stomach groaning in agony.

“I’m dying...” he cried out to himself.

Henry wondered who could help him. He had long lost contact with any family he had.

And friends... Henry couldn’t think of one person he could call a friend.

***On his last legs, he called a taxi.***

“Take me to the hospital!” he whispered to the driver. “But first, drop by any place you see selling food along the way...”

The driver sped through the town.



He stopped at a late-night shop selling chicken wings and kebabs. Henry filled his face with everything they had.

Then on to the hospital.

The taxi screeched to a halt outside the entrance, and the driver called out for help. A couple of nurses peered inside the back of the taxi and could not believe what they saw.

A man, half-emaciated, his skin white and ashen.

Henry was brought into the hospital, and he was immediately surrounded by doctors and nurses.

***But they were too late...***

Nothing could revive him. He breathed his last and final breath, then was gone.

“This poor man has starved to death,” came the verdict of the most senior doctor there.

And he recorded the time of death.

***And that was the end of Henry.***

# Reading Comprehension Questions

Who is the main character of the story?

What does Henry love to do?

How does Henry describe himself when it comes to food?

What is the name of the French restaurant Henry visits?

What did Henry eat at Ooh La La Bistro?

What did Henry eat after leaving the French restaurant?

How did Henry feel after eating the cheeseburger and milkshake?

What did Henry order from the local delicatessen?

What happened to Henry's appearance as the story progressed?

Why did Henry cancel all his engagements for the day?

Describe Henry's attitude towards food in the story.

Why did Henry's hunger intensify despite eating a lot?

How did Henry's behaviour change as he became hungrier?

What did the delivery boy bring to Henry's house?

What actions did Henry take as he tried to satisfy his hunger?

How did Henry's body react to his excessive eating?

Who did Henry try to call for help before going to the hospital?

Why did the taxi driver stop on the way to the hospital?

What was the final verdict of the senior doctor at the hospital?

How did the story end for Henry?

# Essential Vocabulary

Restaurant	Haunting	Lobster soup
Review	Ruddy	Shrimp
Social media	Spectre	Garlic
Culinary	Ghost-like	Prime beef
Glutton	Agony	Marinated
Sorbet	Starved	Olive oil
Inhabited	Inflated	Thimble
Mattress	Maitre'd	Emaciated
Shake	Gorged	Verdict
Delicatessen	Caviar	Senior doctor
Delivery boy	Quails' eggs	Revive

## Exercise

Write down all the words and phrases in your vocabulary notebook. Look in your dictionary and find the meaning of each word. Write the definition next to each word.

Then make up your own sentences using each word or phrase.

For example:

**Restaurant:** *A place where people pay to sit and eat meals that are prepared and served by others.*

**Haunting:** *Persistently disturbing or distressing, often related to eerie or ghostly experiences or memories that continue to trouble someone.*

Then write a sentence of your own that uses the new word or phrase correctly.

***We decided to celebrate our anniversary at a fancy restaurant downtown.***

***The haunting melody of the music brought tears to her eyes.***

Do this with all the vocabulary and, over time, this will help improve all your English skills — reading, writing, speaking and listening.

# True or False?

Look at all the statements below.

Decide if they are true or false according to the story.

***You can check your answers at the end of the lesson plan!***

**True/False:** Henry was a health-conscious individual who followed modern health standards.

**True/False:** Henry had a blog dedicated to reviewing and critiquing food and dining.

**True/False:** Henry only enjoyed a specific culinary style of food.

**True/False:** Henry's appetite was insatiable, and he loved to eat and eat.

**True/False:** Henry ordered a six-course dinner at Ooh La La Bistro, a French restaurant.

**True/False:** Henry's meal at Ooh La La Bistro included caviar-stuffed quails' eggs.

**True/False:** The gold-leaf steak at Ooh La La Bistro was marinated in actual gold.

**True/False:** Henry experienced intense hunger after his meal at

Ooh La La Bistro.

**True/False:** Henry's face had a pale and ghost-like complexion during his insatiable hunger.

**True/False:** Henry ordered a big, fat cheeseburger and a milkshake after his meal at Ooh La La Bistro.

**True/False:** Henry's insatiable hunger led to his eventual death.

**True/False:** Henry called his assistant to request the cancellation of all his engagements.

**True/False:** Henry's assistant was a close friend who had known him for years.

**True/False:** Henry eventually sought medical help at the hospital for his insatiable hunger.

**True/False:** The senior doctor at the hospital determined that Henry had died of starvation.

# What is the Correct Synonym?

Look at the table below.

Join the words on the left with the correct synonyms on the right.

A synonym is a word of similar meaning.

***You can check all your answers at the end of the lesson plan!***

Healthy	Pallid
Glutton	Wasted
Ravenous	Gourmet shop
Spectre	Judgment
Sated	Shaking
Trembling	Voracious
Emaciated	Apparition
Ashen	Gourmand
Verdict	Satiated
Delicatessen	Robust



# What is the Correct Antonym?

Look at the table below.

Join the words on the left with the correct antonyms on the right.

An antonym is a word of similar meaning.

***You can check all your answers at the end of the lesson plan!***

Glutton	Junk Food
Voraciously	Pleasant
Ravenous	Plump
Insatiable	Breathe
Emaciated	Moderately
Gastronomical	Satisfied
Asphyxiate	Plain
Delicatessen	Living
Haunting	Satiated
Spectre	Moderate

# Find The Missing Words

Look at the table of words below.

Use each of the words in one of the sentences below the table.

***You can check all your answers at the end of the lesson plan!***

Restaurant	Haunting	Lobster soup
Review	Ruddy	Shrimp
Social media	Spectre	Garlic
Culinary	Ghost-like	Prime beef
Glutton	Agony	Marinated
Sorbet	Starved	Olive oil
Inhabited	Inflated	Thimble
Mattress	Maitre'd	Emaciated
Shake	Gorged	Verdict
Delicatessen	Caviar	Senior doctor
Delivery boy	Quails' eggs	Revive

After dining at the new sushi place, I left a glowing \_\_\_\_\_ on social media to share my positive experience.

The creamy \_\_\_\_\_ at the seaside restaurant was a delightful treat on a chilly evening.

The garlic butter \_\_\_\_\_ at the coastal restaurant was a savoury delight.

The chef's face turned \_\_\_\_\_ from the heat in the kitchen as he prepared a spicy curry.

She decided to \_\_\_\_\_ the snow off her coat before entering the warm and cosy cabin.

The \_\_\_\_\_ arrived promptly with our takeout order, ensuring our food was still hot.

The historic building was said to be \_\_\_\_\_ by the spirits of past residents, adding to its mystique.

The food critic's \_\_\_\_\_ on the new restaurant was overwhelmingly positive, praising the innovative dishes and exceptional service.

The elegant restaurant provided \_\_\_\_\_ of exotic liqueurs as a post-meal treat.

The prices on the restaurant's menu seemed \_\_\_\_\_ compared to the portion sizes they offered.

The chef watched in \_\_\_\_\_ as the soufflé collapsed just before serving it to the restaurant's toughest food critic.

The old, abandoned house on the hill had a \_\_\_\_\_ aura about it, making it the perfect setting for a ghost story.

The mango \_\_\_\_\_ served as a refreshing palate cleanser between courses at the fancy dinner party.

Despite feeling full, he couldn't resist ordering another dessert, revealing his inner \_\_\_\_\_.

The comfortable \_\_\_\_\_ at the bed-and-breakfast ensured a restful night's sleep for weary travellers.

The pale, translucent figure that appeared in the haunted house was truly \_\_\_\_\_ in its appearance.

At the extravagant gala, guests were served \_\_\_\_\_ on blinis as an exquisite appetizer.

The \_\_\_\_\_ dog, found wandering the streets, was taken in and nursed back to health by a kind-hearted family.

The aroma of \_\_\_\_\_ sautéing in olive oil filled the kitchen, signalling the start of a delicious meal.

The chef drizzled extra virgin \_\_\_\_\_ over the fresh salad, enhancing its taste and aroma.

The restaurant boasted about serving only the finest cuts of \_\_\_\_\_, ensuring a top-notch dining experience.

We picked up some gourmet cheeses and cold cuts from the local \_\_\_\_\_ for our picnic in the park.

After a long hike, we were absolutely \_\_\_\_\_ and eagerly devoured the picnic lunch we had packed.

The \_\_\_\_\_ greeted us with a warm smile and escorted us to our table in the upscale dining establishment.

The \_\_\_\_\_ in the hospital had decades of experience and was highly respected by the medical staff.

Many people document their culinary adventures on \_\_\_\_\_ platforms like Instagram, sharing their foodie experiences with others.

The chicken was \_\_\_\_\_ in a special blend of herbs and spices, giving it a burst of flavour.

After the Thanksgiving feast, we all felt \_\_\_\_\_ from the delicious turkey and stuffing.

We decided to try out the new Italian \_\_\_\_\_ downtown for our anniversary dinner.

The gourmet restaurant offered a unique appetizer featuring \_\_\_\_\_, beautifully presented on a bed of micro-greens.

A cup of strong coffee in the morning was just what I needed to \_\_\_\_\_ my energy and start the day.

She pursued a career in the \_\_\_\_\_ arts, attending a prestigious cooking school to become a chef.

The eerie mist in the old graveyard created a \_\_\_\_\_-like atmosphere, sending shivers down our spines.

# Words and Meanings

Take a look at all the words in the table below.

Now match each of the words with one of the correct meanings below the table.

***You can check all your answers at the end of the lesson plan!***

Restaurant	Spectre	Prime beef
Haunting	Garlic	Glutton
Lobster soup	Culinary	Sorbet
Review	Ghost-like	Inhabited

A savoury, liquid dish made from lobster meat, typically with added ingredients such as vegetables, herbs, and seasonings.

Resembling or having the characteristics of a ghost, often used metaphorically to describe something elusive or intangible.

The act of persistently and disturbingly occupying someone's thoughts, emotions, or memories.

Relating to the art and practice of cooking and preparing food.

The highest quality and most tender cuts of beef, typically derived from young cattle.

A frozen dessert made from fruit juice or puree, sugar, and water, typically served as a refreshing palate cleanser or dessert.

A place where people go to dine and enjoy prepared meals, often provided by a chef or kitchen staff.

An assessment or evaluation of something, such as a product, service, or performance, often shared publicly to inform others.

A pungent and flavourful bulbous plant widely used as a seasoning and flavour enhancer in cooking.

Currently occupied or lived in by people or other creatures.

A ghostly or phantom-like apparition, often associated with the supernatural or the unknown.

A person who habitually overindulges in eating and drinking, often to excess.



# Discussion Questions

What is your initial impression of Henry based on the text?

Do you think Henry's love for food was healthy, or did it become an obsession?

Have you ever considered starting a blog or social media account about a personal interest or hobby? What would it be about?

How would you describe Henry's dining experience at Ooh La La Bistro?

Do you think the extravagant dishes Henry ate were worth the expense? Why or why not?

What do you think caused Henry's intense hunger after leaving the restaurant?

How did Henry's appearance change as he continued to eat uncontrollably?

Have you ever experienced a strong craving for a specific food? What was it, and how did you satisfy it?

What do you think Henry's assistant felt when he cancelled all his appointments?

If you were in Henry's situation, what would you do to try to control your insatiable hunger?

Can you relate to Henry's feeling of isolation and lack of close friends?

How might Henry's story be different if he had sought help earlier instead of continuing to eat?

What role did food play in Henry's life, and how did it ultimately lead to his downfall?

Do you think Henry's story serves as a cautionary tale about the consequences of excessive indulgence?

How important is it to strike a balance between enjoying food and maintaining a healthy lifestyle?

Can you think of any famous historical figures who were known for their love of food or gluttony?

In your culture, are there any traditional dishes or foods that people enjoy without restraint during special occasions?

Do you believe that people should have cheat days when they can indulge in their favourite foods guilt-free? Why or why not?

How do you think Henry's story could have been different if he had found a support system or close friends?

What lessons can we learn from Henry's tragic end, and how

can we apply them to our own lives regarding food and moderation?

Do you think people today eat more than they used to? Why or why not?

What are some common reasons people overeat?

Have you ever overeaten? What was the occasion, and how did you feel afterwards?

In your culture, are there any traditional dishes or celebrations that involve eating a lot of food?

What are the health consequences of eating too much?

How do you manage portion control when you're eating out at restaurants?

Are there any foods or snacks that you find it hard to stop eating once you start?

What strategies can help people avoid overeating during holiday seasons or on special occasions?

Do you believe that emotional factors, like stress or boredom, can contribute to overeating? Why or why not?

How can someone develop healthier eating habits if they tend to eat too much?

Are there any cultural or social factors that encourage or discourage overeating in your country?

Do you think the food industry plays a role in promoting overeating? How?

Have you ever tried a diet or weight loss program to control overeating? Did it work for you?

What role does mindfulness play in preventing overeating?

How can friends and family support someone who is trying to overcome overeating habits?

Are there any famous or historical figures who struggled with overeating? What can we learn from their experiences?

Do you think it's possible to enjoy food without overeating? How can people strike a balance?

What advice would you give to someone who wants to develop a healthier relationship with food?

Should schools and workplaces promote healthier eating habits to reduce overeating? Why or why not?

Can you share a personal story or experience related to the topic of overeating and its consequences?



# Role Play

This is a role play activity.

## Title: "A Conversation About Healthy Eating"

Follow the directions below for the role play.

### Characters

There are two characters for the role play:

#### Anna

Background: Anna is a fitness enthusiast and is very conscious of her diet. She believes in maintaining a healthy lifestyle.

Goal: Anna is concerned about her friend's eating habits and wants to discuss the topic of overeating in a supportive and non-judgmental way.

#### David

Background: David is a friendly person who enjoys food but often overeats due to stress and boredom.

Goal: David is open to discussing his eating habits but is also slightly defensive about it.

## **Instructions for the Role Play**

Divide the class into pairs.

One of you should play the role of Anna and the other to play the role of David. (if you wish to change the names of the characters in the role play, you can.)

Imagine that Anna and David are friends who meet for coffee, and the topic of overeating comes up naturally in their conversation.

Encourage Anna to express her concern for David's health and well-being gently. She can share some tips on how she maintains a healthy diet.

Encourage David to talk about his eating habits honestly and openly. He can share his reasons for overeating and any challenges he faces in trying to eat more healthily.

The conversation should flow naturally, with both characters actively engaging in the discussion. The goal is not to judge, but to share thoughts and ideas on the topic of overeating.

We must be very sensitive when talking about this issue!

**Take some time to prepare your role play.**

***When you are ready, show the class!***

After the role-play, bring the whole class together for a debriefing discussion.

Ask each other to share what you learned from your partners during the role play and what you think are some practical tips for avoiding overeating.



# Debate

**This is a debate activity.**

## **Title: "Debate on Overeating"**

### **Instructions for the Debate**

These are the steps for the debate activity.

### **Preparation**

Divide your class into two groups: Group A and Group B.

Each group should have a group spokesperson.

You should also choose a chairperson for the debate. This person should ensure that there is order during the debate and that each and every person has the opportunity to speak.

### **Group A**

Assign Group A to argue in favour of overeating (though they should take a light-hearted, humorous approach rather than promoting unhealthy habits).

## **Group B**

And assign Group B to argue against overeating. Their views should be in complete opposition to Group A.

## **Prepare Your Arguments**

Provide both groups with some time to prepare their arguments. Encourage them to brainstorm reasons and supporting points.

## **Opening Statements**

Each group selects a spokesperson to deliver an opening statement. The spokesperson should clearly state their group's position on overeating.

Group A (in favour of overeating) might use humorous and exaggerated reasons, like "Overeating is an excellent way to try all the amazing food in the world," or "It's a stress-reliever!"

Group B (against overeating) should present more practical and health-conscious reasons, such as "Overeating can lead to health problems," or "It's essential to eat in moderation."

## **Rebuttal**

After the opening statements, each group takes turns providing rebuttals to the opposing group's arguments. Encourage them to counter the points made by the other group.

### **Cross-Examination**

Allow both groups to cross-examine each other. In this phase, students can ask questions to the opposing group to challenge their arguments. For example, Group B might ask Group A, "Do you think overeating is healthy in the long run?"

### **Closing Statements**

Each group's spokesperson delivers a closing statement, summarizing their key points and making a final persuasive appeal.

### **Discussion and Reflection**

Conclude the activity with a class discussion. Ask each other to share your thoughts on the topic of overeating, whether you agreed or disagreed with the arguments presented in the debate, and what you've learned from the exercise.

You must use sensitivity in this debate! Do not be rude to

others or say things to hurt others!

***And try to have fun during the debate!***

# Writing

Title: "The Effects of Overeating"

Instructions for the Writing Exercise

## **Step 1: Introduction (5 minutes)**

Begin by discussing the topic of overeating with the class. Explain that overeating can have both short-term and long-term effects on a person's health and well-being. Encourage students to think about their own experiences or observations related to overeating.

## **Step 2: Brainstorming (10 minutes)**

Ask students to take a few minutes to brainstorm ideas related to overeating. They can consider the following questions:

What is overeating, and why do people do it?

What are the short-term consequences of overeating (e.g., feeling uncomfortable, indigestion)?

What are the long-term consequences of overeating (e.g., obesity, health problems)?

Are there cultural or social factors that contribute to overeating?

## **Step 3: Writing (20-30 minutes)**

Instruct students to write an essay or reflection on the topic of overeating. They should aim for a minimum of 250 words. Encourage them to organize their writing with the following structure:

### **Introduction (1-2 paragraphs):**

Introduce the topic of overeating and provide a brief overview of what the essay will discuss.

### **Body (3-4 paragraphs):**

Explain what overeating is and why people may engage in it. Discuss the short-term consequences of overeating and provide examples.

Explore the long-term consequences of overeating, emphasizing the impact on health.

Mention any cultural or social factors that may contribute to overeating.

### **Conclusion (1 paragraph):**

Summarize the key points made in the essay. Offer personal reflections or opinions on the topic. Suggest ways to avoid or overcome overeating.

### **Step 4: Review and Editing (10 minutes)**

After completing their essays, encourage students to review and edit their work for grammar, punctuation, and clarity. They can also check if they have followed the essay structure provided.

### **Step 5: Sharing and Discussion (Optional, 10-15 minutes)**

If time allows, students can share their essays with the class or in small groups. This can lead to a discussion on different perspectives and experiences related to overeating.

This writing exercise allows students to express their thoughts and insights on the topic of overeating while practising their writing skills in English. It also encourages critical thinking and reflection on a relevant health-related topic.

# True or False — Answers

These are the correct answers below.

**False:** Henry was not a health-conscious individual and did not follow modern health standards.

**True:** Henry had a blog dedicated to reviewing and critiquing food and dining.

**False:** Henry enjoyed all culinary styles of food.

**True:** Henry had an insatiable appetite and loved to eat and eat.

**True:** Henry ordered a six-course dinner at Ooh La La Bistro, a French restaurant.

**True:** Henry's meal at Ooh La La Bistro included caviar-stuffed quails' eggs.

**False:** The gold-leaf steak at Ooh La La Bistro was not marinated in actual gold.

**True:** Henry experienced intense hunger after his meal at Ooh La La Bistro.

**True:** Henry's face had a pale and ghost-like complexion during his insatiable hunger.



**True:** Henry ordered a big, fat cheeseburger and a milkshake after his meal at Ooh La La Bistro.

**True:** Henry's insatiable hunger led to his eventual death.

**True:** Henry called his assistant to request the cancellation of all his engagements.

**False:** Henry's assistant was not described as a close friend who had known him for years.

**True:** Henry eventually sought medical help at the hospital for his insatiable hunger.

**True:** The senior doctor at the hospital determined that Henry had died of starvation.

# What is the Correct Synonym — Answers

These are the correct answers below.

Healthy	Robust
Glutton	Gourmand
Ravenous	Voracious
Spectre	Apparition
Sated	Satiated
Trembling	Shaking
Emaciated	Wasted
Ashen	Pallid
Verdict	Judgment
Delicatessen	Gourmet shop

# What is the Correct Antonym — Answers

These are the correct answers below.

Glutton	Moderate
Voraciously	Moderately
Ravenous	Satisfied
Insatiable	Satiated
Emaciated	Plump
Gastronomical	Plain
Asphyxiate	Breathe
Delicatessen	Junk Food
Haunting	Pleasant
Spectre	Living

# Find The Missing Words — Answers

These are the correct answers below.

**Restaurant:** We decided to try out the new Italian **restaurant** downtown for our anniversary dinner.

**Haunting:** The old, abandoned house on the hill had a **haunting** aura about it, making it the perfect setting for a ghost story.

**Lobster soup:** The creamy **lobster soup** at the seaside restaurant was a delightful treat on a chilly evening.

**Review:** After dining at the new sushi place, I left a glowing **review** on social media to share my positive experience.

**Ruddy:** The chef's face turned **ruddy** from the heat in the kitchen as he prepared a spicy curry.

**Shrimp:** The garlic butter **shrimp** at the coastal restaurant was a savoury delight.

**Social media:** Many people document their culinary adventures on **social media** platforms like Instagram, sharing their foodie experiences with others.

**Spectre:** The eerie mist in the old graveyard created a **spectre**-like atmosphere, sending shivers down our spines.

**Garlic:** The aroma of **garlic** sautéing in olive oil filled the kitchen, signalling the start of a delicious meal.

**Culinary:** She pursued a career in the **culinary** arts, attending a prestigious cooking school to become a chef.

**Ghost-like:** The pale, translucent figure that appeared in the haunted house was truly **ghost-like** in its appearance.

**Prime beef:** The restaurant boasted about serving only the finest cuts of **prime beef**, ensuring a top-notch dining experience.

**Glutton:** Despite feeling full, he couldn't resist ordering another dessert, revealing his inner **glutton**.

**Agony:** The chef watched in **agony** as the soufflé collapsed just before serving it to the restaurant's toughest food critic.

**Marinated:** The chicken was **marinated** in a special blend of herbs and spices, giving it a burst of flavour.

**Sorbet:** The mango **sorbet** served as a refreshing palate cleanser between courses at the fancy dinner party.

**Starved:** After a long hike, we were absolutely **starved** and eagerly devoured the picnic lunch we had packed.

**Olive oil:** The chef drizzled extra virgin **olive oil** over the fresh salad, enhancing its taste and aroma.

**Inhabited:** The historic building was said to be **inhabited** by the

spirits of past residents, adding to its mystique.

**Inflated:** The prices on the restaurant's menu seemed **inflated** compared to the portion sizes they offered.

**Thimble:** The elegant restaurant provided **thimbles** of exotic liqueurs as a post-meal treat.

**Mattress:** The comfortable **mattress** at the bed-and-breakfast ensured a restful night's sleep for weary travellers.

**Maitre'd:** The **maitre'd** greeted us with a warm smile and escorted us to our table in the upscale dining establishment.

**Emaciated:** The **emaciated** dog, found wandering the streets, was taken in and nursed back to health by a kind-hearted family.

**Shake:** She decided to **shake** the snow off her coat before entering the warm and cosy cabin.

**Gorged:** After the Thanksgiving feast, we all felt **gorged** from the delicious turkey and stuffing.

**Verdict:** The food critic's **verdict** on the new restaurant was overwhelmingly positive, praising the innovative dishes and exceptional service.

**Delicatessen:** We picked up some gourmet cheeses and cold cuts from the local **delicatessen** for our picnic in the park.

**Caviar:** At the extravagant gala, guests were served **caviar** on

blinis as an exquisite appetizer.

**Senior doctor:** The **senior doctor** in the hospital had decades of experience and was highly respected by the medical staff.

**Delivery boy:** The **delivery boy** arrived promptly with our takeout order, ensuring our food was still hot.

**Quails' eggs:** The gourmet restaurant offered a unique appetizer featuring **quails' eggs**, beautifully presented on a bed of micro-greens.

**Revive:** A cup of strong coffee in the morning was just what I needed to **revive** my energy and start the day.

# Words and Meanings — Answers

These are the correct answers below.

**Restaurant:** A place where people go to dine and enjoy prepared meals, often provided by a chef or kitchen staff.

**Haunting:** The act of persistently and disturbingly occupying someone's thoughts, emotions, or memories.

**Lobster soup:** A savoury, liquid dish made from lobster meat, typically with added ingredients such as vegetables, herbs, and seasonings.

**Review:** An assessment or evaluation of something, such as a product, service, or performance, often shared publicly to inform others.

**Spectre:** A ghostly or phantom-like apparition, often associated with the supernatural or the unknown.

**Garlic:** A pungent and flavourful bulbous plant widely used as a seasoning and flavour enhancer in cooking.

**Culinary:** Relating to the art and practice of cooking and preparing food.

**Ghost-like:** Resembling or having the characteristics of a ghost,



often used metaphorically to describe something elusive or intangible.

**Prime beef:** The highest quality and most tender cuts of beef, typically derived from young cattle.

**Glutton:** A person who habitually overindulges in eating and drinking, often to excess.

**Sorbet:** A frozen dessert made from fruit juice or puree, sugar, and water, typically served as a refreshing palate cleanser or dessert.

**Inhabited:** Currently occupied or lived in by people or other creatures.

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