

Presenting an opinion

- 1  (2.20) Read and listen to the presentation. According to the speaker, what makes the Asian diet so healthy?



I'm going to talk about Asian food and why I like it so much. Over half the world eats Asian food regularly. It's an amazing statistic, isn't it? Many experts consider the Asian diet to be particularly good for your health. It's the lack of saturated fats, and variety of fresh fruit, vegetables and pulses that make it so healthy. In the west we eat much more red meat and dairy products, and it's these products that are thought to contribute to obesity, diabetes and heart disease. All of these diseases are less prevalent in Asian cultures. Is it any wonder that doctors recommend including Asian food in our diets?

Apart from the health benefits, what I love about Asian food is that it's delicious and varied. It's the great range of spices that add excitement and make Asian dishes exotic for me. The best thing about the Asian diet is that it's mostly plant-based with thousands of fantastic vegetarian dishes, rich in vitamins and fibre. Of the many Asian cuisines, the one I like most is Thai cuisine. It's the blend of ingredients that makes it so unique. Why not try a green curry or Thai fishcakes next time you have the chance? And the best thing is, these days you can find Thai restaurants all over the UK.

- 2 Read the *Speaking tip*. Which two rhetorical questions does the speaker ask? What is the effect of his questions?

Speaking tip

Using a rhetorical question is a good way to engage listeners and to maintain their interest. When a speaker uses a rhetorical question he or she does not expect an answer, but the listener will think about a possible answer. In this way the speaker can emphasize a point and make the listener more sympathetic to his or her opinion.

- 3 Read the *Look out!* box. Then read the presentation again and underline the expressions that add emphasis.

LOOK OUT!

Adding emphasis

We can emphasize certain points by using cleft sentences beginning with *it*, or a question word:
It's the lack of saturated fats that makes it so healthy!
What I love about Asian food is that ...

- 4  (2.21) Listen to two presentations. Which of the topics do the speakers talk about? Tick two boxes.
- | | | | |
|-------------------|--------------------------|----------------------|--------------------------|
| 1 an organic farm | ☐ | 3 an open air market | ☐ |
| 2 a restaurant | ☐ | 4 a fitted kitchen | ☐ |

- 5  (2.21) Listen to the presentations again and answer the questions.

Presentation 1

- What makes the town market unique?
- What can you buy at the market?
- Where does it take place?

Presentation 2

- What equipment does the presenter suggest you will have space to store?
- What does the presenter say he really likes?
- What scene does he ask his listeners to imagine?

- 6 Choose one of the following topics to give a short presentation. Use rhetorical questions and cleft sentences for emphasis.

- the things you like eating
- your idea of a healthy diet
- the cuisine of your region or another culture
- your favourite places to eat out

- 7 Work in groups of four. Give your presentations to each other and vote for the presentation that you find the most convincing.

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