

Unit 4 You are what you eat

GELATO: ITS HISTORY AND HOW IT DIFFERS FROM ICE CREAM



Gelato—which translates to “frozen” from Italian—is a frozen dessert from Italy which was originally created in the 16th century. It is the common word in Italian for all kinds of ice cream. Historians are not sure who originally invented it, but one of the most popular versions of the story is that Bernardo Buontalenti, from Florence, created a form of the modern gelato. He impressed the

court of Catherina dei Medici with his delicious frozen treat. From there it spread across Italy and then the rest of Europe. Shops began opening and the tradition passed from father to son for generations. This continues into today, all across the world.

How is Gelato Different from Ice Cream?

You might wonder how these sweet desserts are different. Gelato has much less butterfat, about two thirds less. It is also thicker because it is whipped slowly and contains less air than ice cream. This makes it much more flavourful. This Italian delight contains less butterfat, but it contains more sugar. One fact about the differences between gelato and ice cream is that gelato is served at a slightly higher temperature than ice cream.

Exercise 1: Choose the best answer from (a), (b) or (c).

1. What does the Italian word “gelato” mean?
 - a) dessert
 - b) frozen
 - c) Italian
2. What is the meaning of the expression: **from father to son**?
 - a) children look like their parents
 - b) from one father to his son
 - c) from one generation to the next
3. Unlike ice cream, gelato has more _____.
 - a) air
 - b) sugar
 - c) butterfat
4. According to the author, gelato is _____.
 - a) tasty
 - b) warm
 - c) flavourless

5. What is the difference between gelato and ice cream serving temperature?
- a) Gelato is served at a little warmer temperature than ice cream.
 - b) Gelato is served at a lower temperature than ice cream.
 - c) Gelato is served at a lot warmer temperature than ice cream.

Exercise 2: Read the passage again and answer the questions.

1. Where does gelato originate from?

2. How is serving gelato and ice cream different?

Exercise 3: Read the three texts below and choose the best answer for each question.

The Best Food Markets in Europe

La Boquería (Barcelona)

La Boquería can be found right in the tourist centre of Barcelona, Las Ramblas. It is a destination more often visited by travellers than locals. Nonetheless, this market deserves a visit. You can take some incredible photos of the colourful fruit and juice stalls, and you can also find a wide variety of fish, nuts, and other fresh foods.

The market has plenty of history, given that it has been open for 180 years. It is the perfect place to spend an afternoon, thanks to the fact that you can also order tapas and traditional Spanish dishes at some of the various prepared food stalls.

Reffen (Copenhagen)

Also known as Copenhagen Street Food, this market is known for its more than 30 international and creative food stalls. You can try interesting African dishes, New Orleans soul food, Nepalese cuisine, and Moroccan classics.

This market is located next to one of the city's typical canals. In about 6,000 square metres, Reffen hosts not only excellent food stalls but also a variety of events and startups that focus on cooking innovation.

Naschmarkt (Vienna)

Naschmarkt is by far the most popular market in Vienna. It is an open-air market that is over 1.5 kilometers long and has some 120 fresh and prepared food stalls. While you can try typical Viennese food, the market also has food stalls with Indian, Italian, and Vietnamese cuisine, just to name a few. Additionally, Naschmarkt hosts a flea market every Saturday where you can find endless antiques.

Adapted from: <https://www.thegourmetjournal.com/english-version/the-10-best-food-markets-in-europe/>

		La Boquería (Barcelona)	Reffen (Copenhagen)	Naschmarkt (Vienna)
1	Where can you try local and international food?	A	B	C
2	Which place has more tourists than locals?	A	B	C
3	Which is best for fresh fruit?	A	B	C
4	Which market offers canal views?	A	B	C
5	Where can you buy second-hand goods?	A	B	C
6	Which has a rich history of over 100 years?	A	B	C
7	Which hosts events about food?	A	B	C

Exercise 4: Write an email to your friend telling him/her about your favourite café or restaurant.

In your email:

- describe it.
- say what you normally order.
- say why you like it.

Write about 80 words.

[illegible]

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Level CEFR A1+

Answer Key!

Exercise 1

1. b, 2. c, 3. b, 4. a, 5. a

Exercise 2

1. Italy.
2. Gelato is served at a slightly higher temperature than ice cream.

Exercise 3

1. C, 2. A, 3. A, 4. B, 5. C, 6.A, 7. B