

0.1 Diet

Grammar: Present tenses – review

Vocabulary: Food

1 Complete the words in the extracts from recipes. Some letters are given.

- 0 Be careful not to add too much soy sauce as this will make the noodles too salty.
- 1 Soak the dried mushrooms in warm water to rehydrate them before you add them to the stir-fry.
- 2 Get that bitter flavour by using plenty of dark chocolate in the cake mixture.
- 3 Use very ripe fruit for a softer fruit salad.
- 4 For extra flavour, throw in a handful of fresh herbs from the garden just before serving.
- 5 Don't add extra oil to the frying pan or the duck will become too greasy.
- 6 Not all sushi uses raw fish. Try this recipe for California rolls with baked salmon.
- 7 Use lime juice to make the salad dressing sour.
- 8 Don't throw away old stale bread. Instead, use it to make breadcrumbs.
- 9 To make a less fatty version of this dish, replace the butter with olive oil.

2 Choose the correct options.

- 1 Ken doesn't cook / isn't cooking every evening because sometimes he doesn't get home until 9 p.m.
- 2 Guess what! I've been becoming I've become a vegetarian since we last met.
- 3 Shelly and Nick don't work / aren't working today because they've both got food poisoning.
- 4 Excuse me, waiter. We've been waiting / 've waited for our desserts for half an hour now.
- 5 Wow! What is that gorgeous smell? What have you, cooked have you been cooking?

3 Complete the conversations with the correct form of the verbs in brackets.

- 1 A: I am following (follow) the seafood diet at the moment.
B: The seafood diet? I never hear (never/hear) of that one.
A: It's pretty easy, really. Whenever I see (see) food, I eat (eat) it!
- 2 A: What do you do (you/do), Julia?
B: I make (make) some lunch for us. It shouldn't be long. do you think (you/think) these eggs will be hard-boiled yet?
A: Well, I don't know. How long do you boil (you/boil) them for?
B: About an hour.
A: An hour? I think (think) they might be done, yes. In fact, I think we might have trouble eating them unless you've got a hammer.

0.2 Fun and games

Grammar: Past tenses – review

Vocabulary: Sport

1 Complete the extract from a successful athlete's biography with the correct form of the verbs in the box.

beat	break	come	go
keep	score	throw	win

I've always been a very competitive person. At school I did a lot of athletics but I was never happy unless I ⁰ came first or ¹ beat the school record. If I was playing football, I was pleased if our team won, but I was never truly satisfied unless I was the one who had ² scored the goals. It wasn't enough to ³ beat my opponent or ⁴ win a prize; I had to be the absolute best at whatever I did. To be honest, I don't think many people liked me because of this, but I couldn't help it. Some people are satisfied with ⁵ going fit or ⁶ throwing cycling or even just ⁷ throwing a ball around for fun, but that was never enough for me.

2 Read the text and choose the correct options.

Yesterday, two English climbers ¹ completed / were completing / had completed one of the most difficult climbing routes in the world. Over 4 million people ² watched / were watching / had watched live on the Internet when the brave pair ³ reached / were reaching / had reached the top of Old Major, a rock face in Yellowstone National Park. By the time they completed their adventure, they ⁴ climbed / were climbing / had climbed over 900 metres through all kinds of weather. Luckily, there were no weather problems yesterday – the sun ⁵ shone / was shining / had shined brightly when the exhausted climbers finally ⁶ pulled / were pulling / had pulled themselves over the top of the rock face at exactly 15.37.

3 Complete the sentences with the correct form of the verbs in brackets. Use short forms where possible.

- 0 It was snowing (snow) heavily when the marathon began.
- 1 We got stuck in traffic on the way to the game and by the time we got there, our team had scored (already/score) three baskets.
- 2 Did you remember (you/remember) to take an extra racket for Tom yesterday?
- 3 Did you watch (you/watch) when the rider fell off his horse? It looked pretty painful.
- 4 The golfer who missed the vital shot threw (throw) his club into the lake.
- 5 We weren't allowed in the pool because we forgot (forget) our swimming caps.
- 6 The goalkeeper didn't concentrate (not concentrate) when the attacking player suddenly took a shot.

