

Vocabulary

1 Uzupełnij definicje.

- 1 A cucumber is a long green salad vegetable.
- 2 Chickens give us _____.
- 3 Milk, _____ and _____ are types of dairy products.
- 4 A _____ is a round red fruit that a lot of people think is a vegetable.
- 5 _____ is meat from an animal that makes milk.
- 6 _____ is a type of fish and has a pink colour.

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2 Zakreśl właściwą opcję.

- 1 I've got a slice / bunch / bottle of bread.
- 2 We need to add / cut / peel the milk to the eggs.
- 3 Let's open a bottle / tin / cup of corn.
- 4 Do you want a cup / bunch / slice of tea?
- 5 I always add / mix / peel the potatoes before I cook them.
- 6 Please cut / mix / peel the bread.

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Grammar

3 Uzupełnij tekst formami *much, many, a lot of* lub *lots of, a few* i *a little*.

Our favourite café is fantastic, so ¹ a lot of of people eat there. It's small; it hasn't got ² _____ tables and chairs, so there isn't ³ _____ space to sit. They only serve ⁴ _____ drinks, like smoothies and juice, but they've got ⁵ _____ tasty food, like sandwiches, cakes, pasta and pizza, and it only costs ⁶ _____ money to eat there.

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4 Popraw błędy w zdaniach.

- 1 Peel a little potatoes. *few* _____
- 2 Mix a little milk to the eggs. _____
- 3 Don't take another slice of pizza. You're eating enough much! _____
- 4 A glass of water is more healthy than a can of cola. _____
- 5 I haven't got soup enough in my bowl!

- 6 Don't add too many cheese! _____

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5 Popraw błędy. Napisz poprawne zdania.

- 1 I'm not having this soup now. It's too much hot.
_____ *It's too hot.* _____
- 2 I can't hear you, you aren't enough loud.

- 3 I'm buying these pears; I think they are enough fresh.

- 4 He eats beef every day. That's too many meat.

- 5 There are too much tables in the café; I can't move!

- 6 You're putting too cheese on your pasta!

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6 Uzupełnij zdania wyrazami z ramki.

as expensive more most than the

- 1 The durian is one of the most expensive fruits in the world.
- 2 According to a survey, potatoes are _____ popular than any other vegetable in the UK.
- 3 Is a vegetarian diet cheaper _____ a diet with lots of meat in it?
- 4 A burger isn't as healthy _____ a salad.
- 5 Salmon is less _____ now than in the past.
- 6 The artichoke is _____ most unpopular vegetable in the UK.

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7 Przetłumacz zdania z zadania 5.

1. ...*Durian jest jednym z najdroższych owoców na świecie...*
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3.
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5.
6.

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Speaking

8 Ułóż kwestie dialogu w poprawnej kolejności.

- ___ A That's good. I eat some pasta with a little cheese in the evening. And then I often have some yoghurt with honey.
- 1 B I love breakfast. Every morning, I have two eggs, toast with butter and strawberry jam, and a glass of orange juice. What about you?
- ___ C Me? Oh, I just have a little fruit and a cup of hot water. What do you have for lunch?
- ___ D And what about dinner? I often eat pizza with chips, but I eat a lot of salad, too.
- ___ E Really? That's too little for me! I often have a big bowl of pasta with lots of cheese. And then I eat a few biscuits after.
- ___ F Wow! That's too much for me! I have a bowl of soup and a slice of bread.

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Reading

9 Oznacz zdania literami T (true – prawda), F (false – fałsz) lub NG (not given – nie podano).

- 1 Lots of food bloggers are teenagers. F
- 2 Alessandra Peters stopped going to school because she wasn't well. ___
- 3 All her allergies stopped when she changed her diet. ___
- 4 Lots of people were interested in her book. ___
- 5 All of Alessandra's recipes are vegetarian. ___
- 6 Alessandra eats a lot of burgers. ___

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The Foodie Teen

Food is an obsession on the Internet! Lots of people share photos of their meals. There are also hundreds of food blogs with recipes for anything from vegan pizza to fried chicken. But not many of those 'foodie' bloggers are teenagers!

When Alessandra Peters was about fourteen, she was very ill. She was thin and she didn't have much energy, so she couldn't go to school. A doctor diagnosed her with a lot of food allergies, so she decided to change her eating habits.

Alessandra wanted to know exactly what was in her food, so she stopped eating fast food and she learned to cook. Her health improved, and her friends and family liked her recipes, so she started a blog called *The Foodie Teen*. In her blog she shared her recipes and her opinions about healthy eating, and it soon attracted thousands of followers.

Alessandra started to receive positive messages from other teenagers with food allergies. The messages inspired her to continue with the blog. She was happy that she could help other people with it.

When Alessandra was seventeen, a big publishing company contacted her and asked her to write a cookery book. She was very surprised, but the book was a big success.

The recipes in *The Foodie Teen* cookery book don't have any sugar, milk or gluten in them. But the difference between Alessandra and lots of other food bloggers is that her recipes include burgers, cakes and chocolate – not just salads and fruit.

Alessandra knows that what you eat can affect your life, but she doesn't believe that any foods are 'good' or 'bad'. Everybody needs a few treats now and then!

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Listening

10 04 Posłuchaj rozmowy o owocu nazywanym durianem. Zakreśl właściwą opcję.

- 1 The durian (is) isn't very popular.
- 2 It smells **great** / terrible.
- 3 It tastes of **cheese** / sugar.
- 4 People **don't eat** / eat them in China.
- 5 It's **normal** / unusual to pay €50 for a durian.
- 6 In some countries they **aren't allowed** / are sold on trains and buses.

11 Dokończ wyrazy.

- 1 My favourite fruit is pineapple.
- 2 You use a s_____ to eat soup.
- 3 How many peas can you put on your f_____?
- 4 I need a n_____ to clean my mouth.
- 5 Please use a p_____. I don't want any food on the floor!
- 6 I can't cut the bread with this k_____.

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