**G** countable / uncountable nouns; *a / an, some / any*
**V** food
**P** the letters *ea*

# 9A What I ate yesterday




## 1 VOCABULARY food

**a** What food words do you know in English? With a partner, try to think of five words.

**b** ➤ p.163 **Vocabulary Bank** *Food.*

## 2 READING

**a** Look at the photos which show meals that three people – a model, a boxer, and a writer – ate yesterday. Guess which person ate which meal.

**b** Read three articles from a series *What I ate yesterday* in *The Times* newspaper. Check your answers to **a**.

**c** Read the articles again. Answer the questions with **M** (the model), **B** (the boxer), or **W** (the writer). Who…?

1 doesn't like eating during the day
2 doesn't eat anything between meals
3 didn't have any home-cooked food for lunch or dinner
4 had fruit for dessert at lunchtime
5 never eats meat
6 didn't drink any alcohol yesterday
7 had a drink and a snack before dinner
8 doesn't eat anything for breakfast
9 has a strange breakfast habit

**d** With a partner, look at the highlighted words related to food and guess their meaning. Use the photos to help you.

**e** Whose food do you prefer? Why?




# What I ate yesterday

## Laura Bailey *model*

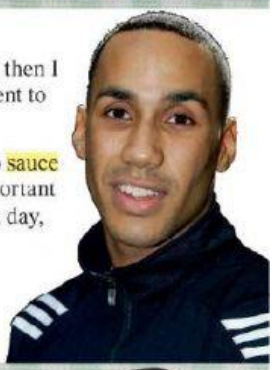


**Breakfast** I never miss breakfast! I had some cereal and fruit, and a piece of toast. I'm a bit unusual because I have tea and coffee in the morning. I don't mind in which order, but I need to have both.

**Lunch** I was at my studio all day, so I got takeaway vegetarian sushi from a restaurant called *Itsu*. I became a vegetarian 20 years ago and now I can't imagine living any other way.

**Dinner** I picked up my children from school and we had a snack – cheese and biscuits. In the evening I went to my favourite pizzeria, and I had a vegetarian pasta dish, and two glasses of white wine.

## James deGale *boxer*

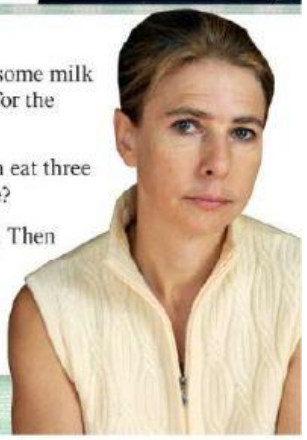


**Breakfast** I woke up and went running for an hour and a half, then I came home and had a cup of tea and some porridge. Then I went to the gym and trained.

**Lunch** I had a bowl of pasta with chorizo and bacon in tomato sauce with cheese on top, and an apple and an orange. I have an important fight soon, so my diet has to be very strict now. Three meals a day, and no snacks.

**Dinner** I had a grilled chicken breast and vegetables – mushrooms, sweetcorn and tomatoes. My mum made it – she's a fantastic cook.

## Lionel Shriver *writer*



**Breakfast** I had an enormous cup of espresso coffee with some milk and a little cream. It's all that I need and gives me energy for the whole day.

**Lunch** I don't eat lunch. I don't understand people who can eat three meals a day. How do they find the time to do anything else?

**Dinner** First I had a glass of sherry and a bowl of popcorn. Then I had grilled fish with some brown rice and vegetables – peppers and onions. For dessert I had a piece of chocolate cake. I drank red wine.

**sushi** a typical Japanese dish made with rice
**porridge** hot cooked cereal which British people often have for breakfast
**chorizo** a kind of Spanish sausage



LIVEWORKSHEETS

## 3 GRAMMAR countable / uncountable nouns; *a / an, some / any*



**a** Look at the photos. Complete the gaps with *a*, *an*, or *some*.

1 _____ strawberry
2 _____ tomato
3 _____ rice
4 _____ biscuits
5 _____ onion

**b** ➤ **p.140 Grammar Bank 9A.** Learn more about countable / uncountable nouns, etc. and practise them.

**c** Make sentences with *there's a / an / some...* and *there are some...* Choose food and drink from **p.163 Vocabulary Bank** *Food*.

## 4 PRONUNCIATION the letters *ea*

**a** How is *ea* pronounced in these words? Put them in the correct column.

bread breakfast eat healthy ice cream meat peas steak tea

| /iː/ tree | /e/ egg | /eɪ/ train |
|---|---|---|
| | | |

**b** 4 31 Listen and check. Practise saying them. Which is the most common pronunciation of *ea*?

## 5 SPEAKING

**a** Make a food diary for yesterday. Write down what food and drink you had. Use **Vocabulary Bank** *Food p.163* to help you.

***Breakfast*** *a cup of coffee, some cereal*

**b** Work in pairs. Tell each other what you had yesterday. Was it very similar or very different?

*For breakfast I had a cup of coffee and some cereal.*

## 6 LISTENING

**a** What cookery programmes do you have on TV in your country? What do you think of them? Do you sometimes cook their recipes?



**b** 4 32 Listen to part 1 of a TV cooking competition called *Get ready! Cook!* where contestants have to cook a starter, a main course, and a dessert. Answer the questions.

1 How many ingredients are there in the bag?
2 How long do the contestants have to cook their dishes?
3 Name *three* of the basic ingredients they can use.

**c** 4 33 Listen to part 2. Complete the dishes that Jack and Liz make.

| Jack | Judge's comments |
|---|---|
| 1 _____ and _____ soup | |
| 2 _____ breasts filled with cream _____ | |
| 3 pancakes with _____ sauce | |

| Liz | Judge's comments |
|---|---|
| 1 carrot and _____ salad with _____ dressing | |
| 2 _____ with creamy _____ sauce | |
| 3 _____ and _____ mousse | |

**d** ➤ **Communication** *Get ready! Cook! p.109* Look at the photos of their dishes. Whose dishes do you prefer?

**e** 4 34 Listen to part 3. What does the judge say about Jack and Liz's dishes? Who wins?

**f** In pairs, think of one of your favourite dishes. Write the ingredients you need. Tell your partner.



LIVEWORKSHEETS

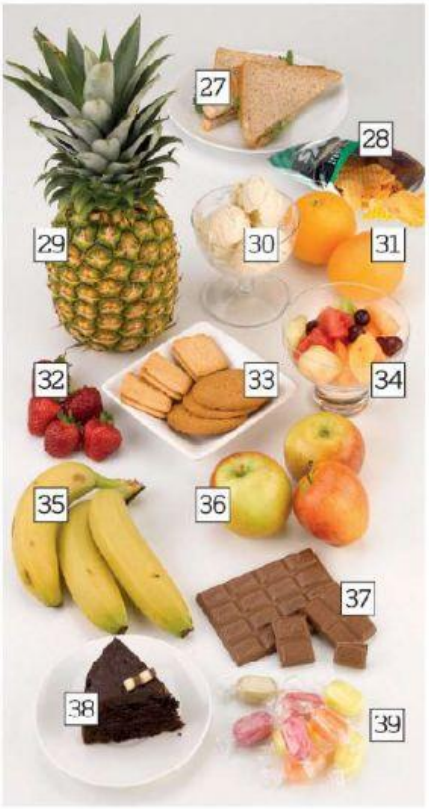
# Food












**a** Match the words and pictures.

**Breakfast** /'brekfəst/
- bread /bred/
- butter /'bʌtə/
- cereal /'sɪəriəl/
- cheese /tʃi:z/
- coffee /'kɒfi/
- eggs /egz/
- jam /dʒæm/
- (orange) juice /dʒu:s/
- milk /mɪlk/
- sugar /'ʃʊgə/
- 1 tea /ti:/
- toast /təʊst/

**Lunch / dinner** /lʌntʃ/ /'dɪnə/
- fish /fɪʃ/
- meat (steak, chicken, sausages, ham) /mi:t/
- (olive) oil /ɔɪl/
- pasta /'pæstə/
- rice /raɪs/
- salad /'sæləd/

**Vegetables** /'vedʒtəblz/
- carrots /'kærəts/
- chips (French fries) /tʃɪps/
- a lettuce /'letɪs/
- mushrooms /'mʌʃrʊmz/
- onions /'ʌnjənz/
- peas /pi:z/
- potatoes /pə'teɪtəʊz/
- tomatoes /tə'mɑ:təʊz/

**Fruit** /fru:t/
- apples /'æplz/
- bananas /bə'nɑ:nəz/
- oranges /'ɒrɪndʒɪz/
- a pineapple /'paɪnæpl/
- strawberries /'strɔ:bərɪz/

**Desserts** /dɪ'zɜ:ts/
- cake /keɪk/
- fruit salad /fru:t 'sæləd/
- ice cream /aɪs 'kri:m/

**Snacks** /snæks/
- biscuits /'bɪskɪts/
- chocolate /'tʃɒklət/
- crisps /krɪsps/
- sandwiches /'sænwɪdʒɪz/
- sweets /swi:ts/

**b** 4 29 Listen and check.

**c** Cover the words and look at the pictures. Test yourself or a partner.

◀ p.68



LIVEWORKSHEETS