

G countable / uncountable nouns; a / an, some / any

V food

P the letters ea

What did you have for lunch?

A pizza and some salad.

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.

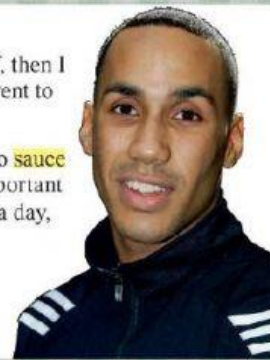


James deGale boxer

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.

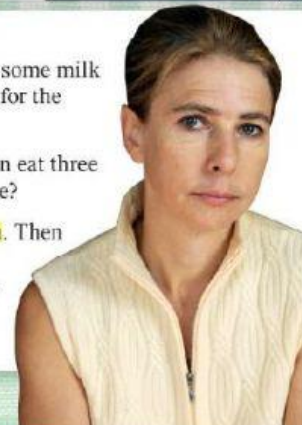


Lionel Shriver writer

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

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

 tree	 egg	 train
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- 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	

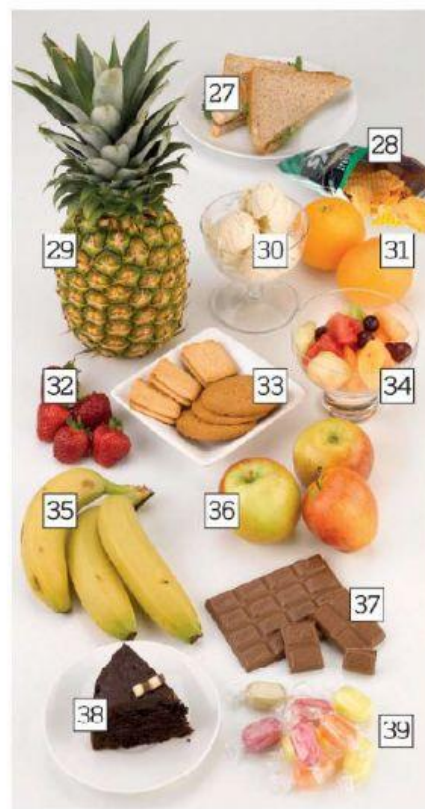
- d ➤ Communication *Get ready! Cook!* p.109 Look at the photos of their dishes. Whose dishes do you prefer?

- 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.

Food

VOCABULARY BANK



a Match the words and pictures.

Breakfast /ˈbrekfəst/

- ☐ bread /bred/
- ☐ butter /ˈbʌtə/
- ☐ cereal /ˈseəriəl/
- ☐ cheese /tʃiːz/
- ☐ coffee /ˈkɒfi/
- ☐ eggs /egz/
- ☐ jam /dʒæm/
- ☐ (orange) juice /dʒuːs/
- ☐ milk /mɪlk/
- ☐ sugar /ˈʃʊɡə/
- ☐ 1 tea /ti/
- ☐ toast /təʊst/

Lunch / dinner /ˈlʌntʃ/ /ˈdɪnə/

- ☐ fish /fɪʃ/
- ☐ meat (steak, chicken, sausages, ham) /mi:t/
- ☐ (olive) oil /ɔɪl/
- ☐ pasta /ˈpæstə/
- ☐ rice /raɪs/
- ☐ salad /ˈsæləd/

Vegetables /ˈvedʒtəblz/

- ☐ carrots /ˈkærəts/
- ☐ chips (French fries) /tʃɪps/
- ☐ a lettuce /ˈletɪs/
- ☐ mushrooms /ˈmʌʃrʊmz/
- ☐ onions /ˈɒnjənz/
- ☐ peas /piːz/
- ☐ potatoes /pəˈteɪtəʊz/
- ☐ tomatoes /təˈməʊtəʊz/

Fruit /fru:t/

- ☐ apples /æplz/
- ☐ bananas /bəˈnɑːnəz/
- ☐ oranges /ˈɒrɪndʒɪz/
- ☐ a pineapple /ˈpaɪnæpl/
- ☐ strawberries /ˈstrɔːbərɪz/

Desserts /dɪˈzɜːts/

- ☐ cake /keɪk/
- ☐ fruit salad /fru:t ˈsæləd/
- ☐ ice cream /aɪs ˈkriːm/

Snacks /snæks/

- ☐ biscuits /ˈbɪskɪts/
- ☐ chocolate /ˈtʃɒklət/
- ☐ crisps /krɪps/
- ☐ sandwiches /ˈsænwɪdʒɪz/
- ☐ sweets /swiːts/

b 4 29 Listen and check.

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

◀ p.68