

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.

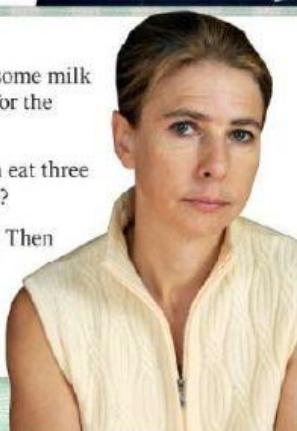


### Lionel Shriver writer

**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 *u, 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

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	

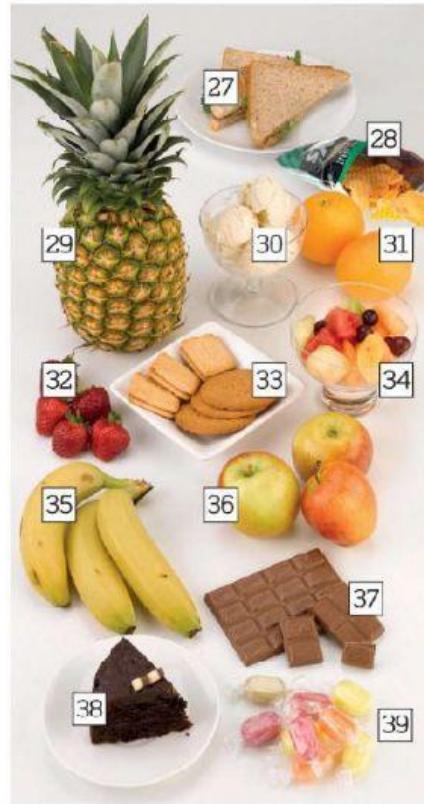
d ► Communication *Get ready! Cook!* p.109 Look at the photos of their dishes. Whose dishes do you prefer?

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 /brekfəst/

- 1 bread /bred/
- 2 butter /'bʌtə/
- 3 cereal /'siəriəl/
- 4 cheese /tʃiz/
- 5 coffee /'kɔfi/
- 6 eggs /egz/
- 7 jam /dʒæm/
- 8 (orange) juice /dʒu:s/
- 9 milk /milk/
- 10 sugar /'sɔ:gə/
- 11 tea /ti:/
- 12 toast /təʊst/

### Lunch / dinner /lʌntʃ/ /dɪnə/

- 13 fish /fɪʃ/
- 14 meat (steak, chicken, sausages, ham) /mi:t/
- 15 (olive) oil /ɔ:l/
- 16 pasta /'pæstə/
- 17 rice /rais/
- 18 salad /'sæləd/

### Vegetables /'vedʒtəblz/

- 19 carrots /'kærəts/
- 20 chips (French fries) /tʃips/
- 21 a lettuce /'letis/
- 22 mushrooms /'mʌʃrəmz/
- 23 onions /'ənjanz/
- 24 peas /pi:z/
- 25 potatoes /pə'teɪtəz/
- 26 tomatoes /tə'mə:təz/

### Fruit /fru:t/

- 27 apples /'æplz/
- 28 bananas /bə'nænəz/
- 29 oranges /'ɔ:rindʒiz/
- 30 a pineapple /'painəpl/
- 31 strawberries /'strɔ:bəriz/

### Desserts /dɪ'zɜ:ts/

- 32 cake /keɪk/
- 33 fruit salad /fru:t 'sæləd/
- 34 ice cream /ais 'kri:m/

### Snacks /snæks/

- 35 biscuits /'biskits/
- 36 chocolate /tʃɒk'lət/
- 37 crisps /'krɪps/
- 38 sandwiches /'sænwidʒiz/
- 39 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