

## Vocabulary

1 Complete the sentences with the missing words. The first letters are given.

- 0 A balanced diet that includes protein, vegetables and grains is very important.
- 1 If you get hungry during the afternoon, you can have a healthy s\_\_\_\_\_ like nuts or fruit.
- 2 Our m\_\_\_\_\_ salad includes lettuce, cabbage, carrots and tomatoes.
- 3 That was such a h\_\_\_\_\_ meal that I nearly fell asleep afterwards!
- 4 I always put c\_\_\_\_\_ pepper in my soup because it makes it taste more interesting.
- 5 Could you buy a loaf of w\_\_\_\_\_ bread, please? It's much tastier than the white sort.

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2 Complete the sentences with the words in the box. There is one extra word.

homemade household energy  
safety hot tinned stale

- 0 My grandmother makes homemade soup with lots of vegetable in it.
- 1 These \_\_\_\_\_ biscuits are disgusting! Someone must have left them out on a plate overnight.
- 2 The waiter didn't warn me that the dish was very \_\_\_\_\_. It was too spicy for me to eat!
- 3 We are trying to reduce our \_\_\_\_\_ waste by buying things with little or no packaging.
- 4 Be careful when cooking with \_\_\_\_\_ tomatoes. They usually contain more salt and sugar than fresh vegetables.
- 5 Food \_\_\_\_\_ standards are very strict in most countries because they don't want a lot of people to get seriously ill.

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## Grammar

3 Complete the sentences with the words in the box. There are two extra words.

# as soon as after unless

- 0 I can prepare something if you are hungry.
- 1 Remove the biscuits from the oven \_\_\_\_\_ you can see they're turning brown.
- 2 You should keep the fruit in the fridge \_\_\_\_\_ you want to eat it right now.

if before until when

- 3 Please remember to wash your hands \_\_\_\_\_ you touch the food so you don't get any germs on it.
- 4 I always get hungry \_\_\_\_\_ I watch one of those cooking programmes on television.
- 5 You will learn how to cook this dish \_\_\_\_\_ you pay close attention to all the steps.

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4 Complete the sentences with the correct form of the verbs in brackets. Use the Future Continuous or the Future Perfect.

- 0 You can call me very early tomorrow. I will be having (have) breakfast at six o'clock.
- 1 I \_\_\_\_\_ (finish) cleaning my room in an hour and then I'll call you.
- 2 This time tomorrow, I \_\_\_\_\_ (eat) something delicious.
- 3 What \_\_\_\_\_ (you / achieve) by the time you are thirty years old?
- 4 I've ordered a couple of cookery books but they \_\_\_\_\_ (not / arrive) by Monday.
- 5 You can visit us later today. We \_\_\_\_\_ (not / do) anything special.

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## Use of English

### 5 Choose the correct option.

#### WHAT ARE WE EATING TODAY?

Friday 3:30p.m.

I had lunch just two hours ago, but I'm so <sup>0</sup>C now that I can't think about anything else but food. I can't wait to get home. <sup>1</sup> I get there, my girlfriend and I will start cooking. My nutritionist has advised me to eat more healthily, so today we're having <sup>2</sup> rice and fish for supper. Rice is very easy to prepare. You just need to put it in a pan with water and check about forty minutes later to see if it is ready. It's important to make sure that it is not <sup>3</sup> or hard in the middle, so cook it for a few more minutes if necessary. We're going to eat the fish in a mild sauce along with a simple green salad. It sounds like a healthy, simple meal, <sup>4</sup>? I hope there isn't much traffic tonight so that, by 6 p.m., we <sup>5</sup> a perfect homecooked meal.

0 A thirsty	B tired	<input checked="" type="checkbox"/> C hungry
1 A As soon as	B Unless	C Before
2 A ground	B brown	C wholemeal
3 A rotten	B stale	C raw
4 A won't it	B isn't it	C doesn't it
5 A will enjoy	B will be enjoying	C will have enjoyed

2 [Track 9] You will hear four people talking about food. Match statements A–G with speakers 1–4. There are three extra letters.

Speaker 1 \_\_\_\_\_

Speaker 2 \_\_\_\_\_

Speaker 3 \_\_\_\_\_

Speaker 4 \_\_\_\_\_

- A The speaker says that good ingredients can't guarantee a good meal.
- B The speaker is advertising a restaurant.
- C The speaker says that food is always better in restaurants.
- D The speaker says that you can cook food until its sell-by date expires.
- E The speaker says that cookery programmes are not usually helpful.
- F The speaker is trying to persuade people to learn to cook.
- G The speaker has recently helped to prepare a meal.

\_\_\_\_/5