

Food and cooking

1 FOOD

a Match the words and photos.

Fish and seafood

- 1 crab /kræb/
- lobster /'lɒbstə/
- mussels /'mʌslz/
- prawns /'prɔːnz/
- salmon /'sælmən/
- squid /'skwiːd/
- tuna /'tjuːnə/

Meat

- beef /biːf/
- chicken /'tʃɪkɪn/
- duck /dʌk/
- lamb /læm/
- pork /pɔːk/

Fruit and vegetables

- aubergine /'aʊbəʒiːn/ (AmE eggplant)
- avocado /ə'veɪkə'doʊ/
- beetroot /'biːtrʊt/
- cabbage /'kæbɪdʒ/
- cherries /'tʃeriz/
- courgette /'kɔːʒet/ (AmE zucchini)
- cucumber /'kjuːkʌmbə/
- grapes /'ɡreɪps/
- green beans /'ɡriːn 'biːnz/
- lemon /'lemən/
- mango /'mæŋɡəʊ/
- melon /'melən/
- peach /'piːtʃ/
- pear /'peə/
- raspberries /'ræzbəriz/
- red pepper /red 'pepə/



b 1.2 Listen and check.

ACTIVATION Talk to a partner. Are there any things in the list that you...?

- a love
- b hate
- c have never eaten

Are there any other kinds of fish, meat, fruit, or vegetables that are very common in your country?

VOCABULARY BANK

2 COOKING

a Match the words and photos.



- baked /beɪkt/
- boiled /bɔɪld/
- 1 fried /fraɪd/
- grilled /ɡrɪld/
- roast /rəʊst/
- steamed /stiːmd/

b 1.3 Listen and check.

ACTIVATION Talk to a partner. How do you prefer these things to be cooked?

chicken eggs fish potatoes

3 PHRASAL VERBS

a Complete the phrasal verbs with a word from the list.

down on out (x2)

- 1 I **eat** _____ a lot because I often don't have time to cook. Luckily, there are lots of good restaurants near where I live.
- 2 I'm trying to **cut** _____ coffee at the moment. I'm only having one cup at breakfast.
- 3 The doctor told me that I should completely **cut** _____ all cheese and dairy products from my diet.

b 1.4 Listen and check.

← p.6

fresh

frozen

hot

spicy

low-fat

raw

tinned

pizza topping

filling

ready-made food

takeaway food

allergic

intolerant

cheer yourself up

1 VOCABULARY food and cooking

a Circle the word that is different. Explain why.

- 1 beans grapes peach raspberry
The others are all fruit.
- 2 chicken duck lamb salmon
The others are all _____.
- 3 beetroot cabbage pear pepper
The others are all _____.
- 4 aubergine lemon mango melon
The others are all _____.
- 5 crab mussels beef prawns
The others are all _____.
- 6 cabbage cherry courgette cucumber
The others are all _____.

c Complete the sentences with the words in the box.

fresh frozen low-fat raw spicy takeaway tinned

- 1 Tinned tomatoes usually last for about two years.
- 2 I don't feel like cooking. Let's get a _____ for dinner.
- 3 Are there any _____ peas in the freezer?
- 4 I'm not very keen on _____ fish, so I never eat sushi.
- 5 Hannah's on a diet, so she's bought some _____ yoghurt to have for dessert.
- 6 They eat a lot of _____ food in Mexico.
- 7 We buy _____ bread from the baker's every morning.

3 GRAMMAR present simple / continuous, action and non-action verbs

a Are the **highlighted** phrases right (✓) or wrong (✗)? Correct the wrong phrases.

- 1 **Does your girlfriend like** seafood? ☒
- 2 Lucy's in the kitchen. **She makes** a cup of tea. ☒
She's making
- 3 **Are you eating out** every weekend? ☐
- 4 **I don't know** what to cook for dinner. ☐
- 5 **Are you thinking** the fish is cooked now? ☐
- 6 **We're having** lunch with my parents every Sunday. ☐
- 7 My mother's in the garden. **She's cutting** the grass. ☐
- 8 **I'm not wanting** any potatoes with my fish, thanks. ☐
- 9 **Do you prefer** steamed rice to fried rice? ☐
- 10 Jack's on the phone. **He orders** some pizzas. ☐

b Complete the sentences with the present simple or continuous form of the verbs in brackets.

- 1 Our neighbours grow all of their own vegetables. (grow)
- 2 My mother _____ usually _____ at the weekend. (not cook)
- 3 Do you want to come for lunch on Sunday?
We _____ roast lamb. (have)
- 4 We _____ tonight because there's a football match on TV. (not go out)
- 5 _____ you usually _____ your birthday with your family? (spend)
- 6 That restaurant _____ delicious mussels at lunchtime. (serve)
- 7 How often _____ you _____ in a typical week? (eat out)
- 8 I _____ a starter because I'm not hungry. (not have)
- 9 We _____ often _____ steak. (not buy)
- 10 My boyfriend's on a diet so he _____ on fried food. (cut down)

4 READING

- a Read the article once and put the headings in the correct place.

- A Can I eat apples?
B How can I prevent serious illnesses?
C How should I start the day?
D Do I really need to eat five a day?



The truth about healthy eating

Food experts are always telling us what we should and shouldn't eat, but they often give us different advice. Our food writer, Teresa Gold, has had a look at all the information to work out what is fact and what is fiction.

1 C

A full-English breakfast will certainly stop you feeling hungry, but it's high in calories which means that you'll put on weight if you have it regularly. A healthier option is to have just the egg. Boil it instead of frying it, and eat it with a piece of toast made with brown bread. Breakfast cereals are very high in sugar, so if you feel like cereal, have muesli – with no added sugar. You can also get your first vitamins of the day by drinking a glass of freshly-squeezed orange juice.

2

Fruit and vegetables contain the vitamins and minerals we need to stay healthy. But five is actually a fictional number thought up by an American nutritionist. She looked at what the average person ate and doubled it. According to more recent research, the right number is actually eight. The research shows that people who have eight pieces of fruit and vegetables a day are much less likely to suffer from heart disease than those who eat three.

3

This particular fruit has had some bad publicity because dentists say it can harm our teeth. While it's true that apples do contain a little sugar, they are also a source of fibre. Nutritionists say that we need about 18g of fibre a day, and a medium apple – peel included – contains about 3g. Some varieties contain more fibre than others, so you should choose carefully.

4

The key to good health is a balanced diet which contains fats and carbohydrates as well as proteins, vitamins, and minerals. Fats may be high in calories, but they also contain vitamins. According to the World Cancer Research Fund, you should only have about 500g of red meat per week – a steak is about 100g. One type of food on its own won't kill or cure you, but eating the right amount of the right food will stop you getting ill.

- b Read the article again. Mark the sentences T (true) or F (false).

- 1 A full-English breakfast every morning isn't good for you. T
- 2 The best breakfast is any type of cereal. —
- 3 An American nutritionist carefully calculated the amount of fruit and vegetables we should eat. —
- 4 We should eat more than five pieces of fruit and vegetables per day. —
- 5 Apples contain a lot of sugar. —
- 6 All apples have the same amount of fibre. —
- 7 Fats can be good for us. —
- 8 You can eat as much red meat as you want to. —

- c Look at the highlighted words and phrases. What do you think they mean? Use your dictionary to look up their meaning and pronunciation.

5 LISTENING

- a **iChecker** Listen to a radio phone-in programme about the article in exercise 4. Tick (✓) the caller(s) who completely agree with it.

- | | | | |
|-----------|--------------------------|---------|--------------------------|
| A William | ☐ | C Harry | ☐ |
| B Kate | ☐ | D Rosie | ☐ |

- b Listen again and answer the questions.

Which caller...?

- 1 thinks that some fruit and vegetables are unhealthy —
- 2 says that most children prefer fast food —
- 3 eats very little fruit —
- 4 is very healthy because he/she eats a lot of fruit and vegetables —

- c Listen again with the audioscript on p.69.

USEFUL WORDS AND PHRASES

Learn these words and phrases.

- carbohydrates /kə:'bɒ'hædreɪnts/
protein /'prəʊtɪn/
awake /ə'weɪk/
oily /'ɔɪli/
powerful /'paʊəfl/
relaxed /rɪ'leɪkst/
sleepy /'sli:pi/
stressful /'stresfʊl/
violent /'vaɪələnt/
ready-made food /'redi meɪd 'fu:d/