


## LISTENING & SPEAKING

1. Is there any food or drink that you couldn't live without? How often do you eat / drink it?
2. Do you ever have…
   a. Ready-made food?
   b. Takeaway food? What kind?
3. What's your favourite
   a. fruit?
   b. vegetable?
4. When you eat out, do you normally order meat, fish or vegetarian?
5. What food do you usually eat
   a. when you're feeling a bit down?
   b. before doing sport or exercise?
   c. before you have an exam or some important work to do?

**Listen to five people talking. Each person is answering one of the questions in the questionnaire above. Match each speaker with a question.**

__4__ Speaker A
_____ Speaker B
_____ Speaker C
_____ Speaker D
_____ Speaker E




## READING

1. Are the foods in the list **carbohydrates** or **proteins**? Think of four more kinds of food for each category.

   **CAKE CHICKEN PASTA SALMON**

2. Answer the questions below with either **C** (carbohydrates) or **P** (proteins)
   a. What kind of food do you think is better to eat…?



   - for lunch if you have an important exam or meeting?
   - for breakfast?
   - for your evening meal?
   - if you are feeling stressed?

3. Look at the title of the article. What do you think it means? Read the article once to find out and check your answers to **2.**

4. Read the article again. Then say in your own words why the following people are mentioned. Give as much information as you can.



   a. Dr. Paul Clayton
   b. People on diets
   c. Schoolchildren
   d. Paul and Terry
   e. Nightclub owners in Bornemouth

5. Find adjectives in the article for the verbs and nouns in the list. What's the difference between the two adjectives made from *stress*?

| | |
|---|---|
| **Stress** (noun) (x2) | **Relax** (verb) |
| **Wake** (verb) | **Sleep** (verb) |
| **Power** (noun) | **Violence** (noun) |
| **Oil** (noun) | |

LIVEWORKSHEETS




**We live in a stressful world, and daily life can sometimes make us feel tired, stressed or depressed. Some people go to the doctor's for help, others try alternative therapies, but the place to find a cure could be somewhere completely different: in the kitchen.**

**Dr Paul Clayton**, a food expert from Middlesex University, says 'The brain is affected by what you eat and drink, just like every other part of your body. Certain types of food contain substances which affect how you think and feel.'

For example, food which is high in carbohydrates can make us feel more relaxed. It also makes us feel happy. Research has shown that people on diets often begin to feel a little depressed after two weeks because they are eating fewer carbohydrates.

On the other hand, food which is rich in protein makes us feel awake and focused. Research has shown that schoolchildren who eat a high-protein breakfast often do better at school than children whose breakfast is lower in protein. Also, eating the right kind of meal at lunchtime can make a difference if you haven an exam in the afternoon or a business meeting where you need to make some quick decisions. I an experiment for a BBC TV programme two chess players, both former British champions, had different meals before playing each other. Paul had a plate of prosciutto and salad (full of protein from the read meat), and his opponent, Terry, had pasta with a creamy sauce (full of carbohydrate). In the chess match Terry felt sleepy and took much longer than Paul to make decisions about what moves to make. The experiment was repeated several times with the same result.

Another powerful mood food could become a secret weapon in the fight against crime. In Bournemouth in the south of England, where late-night violence can be a problem, some nightclub owners have come up with a solution. They give their clients free chocolate at the end of the night. The results have been dramatic, with a 60% reduction in violent incidents.

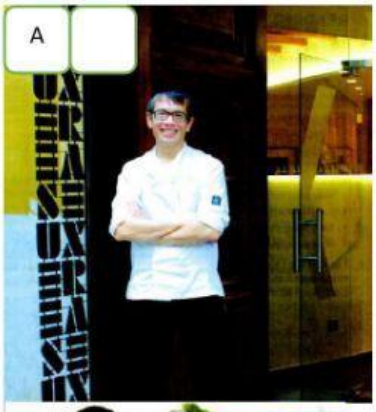
Why does chocolate make people less aggressive? First, it causes the brain to release feel-good chemicals called endorphins. It also contains a lot of sugar, which gives you energy, and can help stop late-night tiredness turning into aggression. These two things, together with a delicious taste, make chocolate a powerful mood changer.

**Mood Food – What the experts say**

- Blueberry and cocoa can raise concentration levels for up to five hours.
- Food that is high in protein helps your brain to work more efficiently.
- For relaxation and to sleep better, eat carbohydrates.
- Dark green vegetables (e.g. cabbage and spinach) and oily fish (e.g. salmon) eaten regularly can help to fight depression.

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A



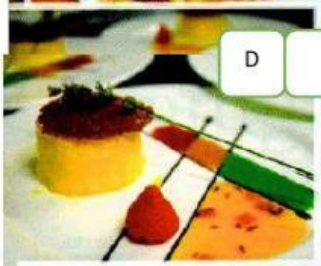
B



C



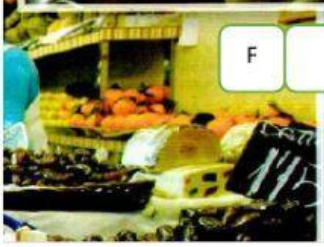
D



E



F



1. Read the text about Steve Anderson. Then listen to **Part 1** of an interview with him, and number the phots in the order he mentions them.

**STEVE ANDERSON** has always had a passion for food.
He was first taught to cook by his mother, who is half Burmese. After studying physics at university, he got a holiday job helping on a cookery course in Italy, where he met several famous chefs. One of them, Alastair Little, later employed him as a trainee chef. Two years later he moved to Valencia in Spain and opened a restaurant, *Seu Xerea*, now one of the most popular restaurants in town.

PART 1

2. Now listen to **Part 2** and answer the questions.

PART 2

a. What does he say is the best and worst thing about running a restaurant?

b. What's the main difference between British and Spanish customers?

c. What kind of customers does he find difficult?

d. How does he think eating habits in Spain are changing?

## GRAMMAR – Present Simple & Continuous, action and non-action verbs.

1. Circle the form of the verbs Steve uses in the interview.

a. This week, for example, *I cook / I'm cooking* nearly every day. We usually *close / are closing* on Sundays and Mondays, but this Monday is a public holiday.

b. The British always *say / are saying* that everything is lovely.

c. Actually, I think I *prefer / am preferring* that honesty, because it helps us to know what people like.

d. Unfortunately, I think *they get / they're getting* worse. People *eat / are eating* more unhealthily.

2. Listen and check.

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## PRESENT SIMPLE

- We use the present simple for things that are always true or happen regularly.

  *I work in a bank.* *I don't work in a bank.*

  *She studies Russian.* *She doesn't study Russian.*

  *Do you live in France?* *Where does he live?*

- We often use the present simple with **adverbs of frequency**, e.g. *usually, never,* or **expressions of frequency,** e.g. *every day, once a week.*
  - Adverbs of frequency go before the main verb, but after the verb *to be*.

    *I usually arrive late.* *I am usually late for work.*
  - Expressions of frequency usually go at the end of the sentence or verb phrase.

    *I have English classes once a week.*

## PRESENT CONTINUOUS

- We use the present continuous for actions in progress at the time of speaking, e.g. things that are happening now or around now. These are normally temporary, not habitual actions.

  *I'm waiting for a friend.* *I'm not watching TV because I have a headache.*

  *Is your sister still going out with Adam?* *No, she isn't. She isn't going out with anyone at the moment.*

- We also use the present continuous for future arrangements.

  *My sister's coming next week to celebrate my birthday.*

  *We're going to the beach for our next holidays.*

## ACTION AND NON-ACTION

- Verbs which describe **actions**, e.g. *cook, make* can be used in the present simple or continuous.

  ***I'm making** the lunch.* *I usually **make** lunch at the weekend.*

- Verbs which describe **states** or **feelings** (not actions) e.g. *love, need, understand, be, agree, believe, belong, depend, forget, hate, hear, know, like, matter, mean, prefer, realize, recognize, remember, seem, suppose* are called **non-action verbs**. They are not usually used in the present continuous, even if we mean 'now'.

  *I am a teacher.* ***NOT*** ~~*I'm being a teacher.*~~

  *John understands my English.* ***NOT*** ~~*John is understanding my English.*~~

  *I know the answer to this question.* ***NOT*** ~~*I'm knowing the answer to this question.*~~

## VERBS THAT CAN BE BOTH ACTION AND NON-ACTION

- A Few verbs have an action and a non-action meaning. E.g. *Have* and *Think.*

  *I have a cat now* = possession (non-action)

  *I can't talk now, I'm having lunch* = an action.

  *I think this music is great* = opinion (non-action)

  *What are you thinking about?* = an action.

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**3.** Complete the sentences with the present simple or present continuous forms of the verbs in brackets.

**a.** These days, most children _____ (have) too many fizzy drinks.

**b.** _____ (you / take) any vitamins at the moment?

**c.** Don't eat that spinach if you _____ (not like) it.

**d.** _____ (he / know) how to cook fish?

**e.** We _____ (not get) takeaway pizzas during the week.

**f.** What _____ your mother _____? (make) it smells great!

**g.** You look sad. What _____ (you / think) about?

**h.** The diet in my country _____ (get) worse.

**i.** How often _____ (you / eat) seafood?

**j.** I _____ (not usually cook) fish at home because it's too smelly.

**4.** Choose the correct option, present simple or continuous.

**a.** _____ that you cooked this meal yourself.

**b.** Come on, let's order. The waiter _____.

**c.** Kate _____ to have dinner now. She isn't hungry.

**d.** The head chef is ill, so he _____ today.

**e.** The bill _____ very high to me, maybe the waiter made a mistake.

**f.** We've had an argument, so we _____ to each other at the moment.

**g.** My mother _____ my diet is awful these days.

**h.** _____ to go shopping today?

**i.** Can I call you back? _____ dinner right now.

**j.** I didn't use to like oily fish, but now _____.

**k.** What _____? It smells delicious!

## WHAT DO YOU THINK?

1 Men are better cooks than women.
2 Both boys and girls should learn to cook at school.
3 Cheap restaurants usually serve bad food.
4 On a night out with friends, where and what you eat isn't important.
5 Not all fast food is unhealthy.
6 Every country thinks that their cuisine is the best in the world.

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