

UNIT 4: FOOD AND DRINK

VOCABS + SPEAKING

Exercise 1: Read the information. Then read the sentences and choose the correct answers.

1. I went to the shop and bought two ice creams, one for me and one for you.

In this sentence, ‘*ice cream*’ is

- countable
- uncountable

2. For dessert, we’ve got ice cream.

In this sentence, ‘*ice cream*’ is

- countable
- uncountable

3. In my family, we often have pizza for dinner. It’s our favorite meal.

In this sentence, ‘*pizza*’ is

- countable
- uncountable

4. I ordered a takeaway pizza, but when it arrived, it was really small.

In this sentence, ‘*pizza*’ is

- countable
- uncountable

5. Would you like a chocolate?

In this sentence, ‘*chocolate*’ is

- countable
- uncountable

6. I never eat chocolate. It’s too sweet for me.

In this sentence, ‘*chocolate*’ is

- countable
- uncountable

7. Could we have three coffees, please?

In this sentence, ‘*coffee*’ is

- countable
- uncountable

8. Do you like coffee?

In this sentence, 'coffee' is

- countable
- uncountable

Exercise 2: Read the information. Then choose the correct words to complete the sentences.

1. How **many / much** meals do you eat every day?
2. We haven't got **many / much** bread. Can you buy some?
3. There wasn't **many / much** food at the party, so I'm still hungry!
4. You eat too **many / much** sweets. They're bad for your teeth.
5. Do you eat **many / much** fruit?
6. How **many / much** rice do you want? A lot or just a little?
7. You didn't cook **many / much** peas. Are you sure there are enough for all of us?
8. I don't want too **many / much** spaghetti. I'm not really hungry.
9. There's too **many / much** butter on that toast! It's not healthy.
10. I don't eat **many / much** eggs. I don't really like them.

Exercise 3: Read the information, then complete the sentences. Use the words in the box.

and	because	because	but	so
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1. Sugar causes a lot of health problems, _____ people should eat fewer things that contain sugar.
2. In my country, it's easy to have a healthy diet _____ we grow a lot of fruit and vegetables.
3. Fast food is unhealthy, _____ it's tasty and cheap.
4. One reason I like fruit is that it tastes nice _____ another reason is because it's healthy.
5. People drink a lot of water in the summer _____ it's very hot.

Exercise 4: Select the correct word or phrase to complete the sample answers.

1. What do you usually eat for breakfast?

For breakfast, I usually have something simple and _____. I often start with a bowl of _____ with fresh fruit and nuts, which gives me a good mix of fiber and protein to keep me energized throughout the morning. Sometimes, I'll have a smoothie if I'm _____. I try to keep my breakfast balanced to start the day on the right note.

2. Do you think breakfast is important?

To me, breakfast is an _____ part of my morning routine. It provides the energy we need to start our day and helps improve _____. Skipping breakfast might leave us feeling sluggish or hungry, which can _____ our mood and focus.

3. Are there any differences between the mornings of your childhood and now?

Yes, mornings now are quite _____ from when I was a child. Back then, my mornings were simple, I would get up with help from my parents, have breakfast, and _____. Now, as an adult, my mornings are busy. I have to wake up on my own, make breakfast, and plan my day in advance. There's more to think about and do, like making to-do list or _____, which I didn't worry about as a child.

4. Would you like to change your morning routine?

Yes, I would like to change my morning routine a bit. I'd like to start _____ earlier so I have more time to exercise or meditate before starting my day. Adding these activities could help me _____ as well as boost my concentration. I also want to spend _____ on my phone in the mornings and more time enjoying a calm, peaceful start to the day.

Exercise 5: You are going to do IELTS Speaking Part 2. You have to take notes your ideas.

Describe what you like to have for breakfast in the morning.

You should say:

what you like to eat and drink for breakfast

how you prepare these things

whether you think this is a healthy breakfast

and explain why you like to eat and drink these things.