

4

Eat, drink and be healthy

VOCABULARY

4.1

Fruit and vegetables • describing food • collocations

SHOW WHAT YOU KNOW

1 Choose the odd one out in each group of four words and complete the sentences.

jam honey rice sugar
 *rice is the odd one out because all the others taste ^bsweet.

1 carrot onion potato lemon
 * _____ is the odd one out because all the others are types of ^b_____.

2 pineapple cucumber mango raspberry
 * _____ is the odd one out because all the others are types of ^b_____.

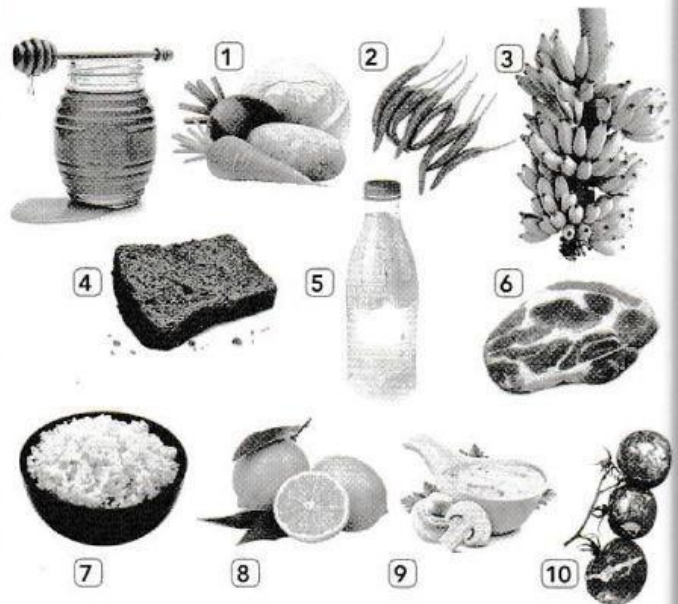
3 milk biscuits crisps spaghetti
 * _____ is the odd one out because it's the only one that you can ^b_____.

4 pumpkin pear leek grape
 * _____ is the odd one out because all the others are types of ^b_____.

5 chicken beef pork pasta
 * _____ is the odd one out because all the others are types of ^b_____.

FOCUS ON WORDS | Describing food

3 Write the opposites. Use the photos to help you.



- bitter ≠ sweet (e.g. honey)
- 1 cooked ≠ _____ (e.g. vegetables)
 2 mild ≠ _____ (e.g. chillies)
 3 ripe ≠ _____ (e.g. green bananas)
 4 fresh ≠ _____ (e.g. bread and cakes)
 5 fresh ≠ _____ (e.g. milk)
 6 lean ≠ _____ (e.g. meat)
 7 tasty ≠ _____ (e.g. rice without spices)
 8 sweet ≠ _____ (e.g. lemon)
 9 hot ≠ _____ (e.g. sauce)
 10 fresh ≠ _____ (e.g. tomatoes)

FOCUS ON WORDS | Fruit and vegetables

2 Complete the menu. Some letters are given.

Vegi Artiano Restaurant

Starters

- Bright orange pumpkin soup made with hot red ¹c _____ i pe _____ s.
- Exotic red and green salad with ²rad _____ s, ³ca _____ e leaves and slices of ⁴av _____ o.

Main Dishes

- Lasagne with ⁵sp _____ h and ⁶aub _____ s.
- Baked ⁷cau _____ r served with baby ⁸ca _____ ts and ⁹g _____ ic.

Sides: order a side dish of ¹⁰bee _____ t or ¹¹sw _____ rn to enjoy with your main meal.

Desserts

- Fruit salad with ¹²che _____ s, ¹³pi _____ le, ¹⁴apr _____ t and ¹⁵fi _____ s.
- Mousse made from ¹⁶co _____ ut or ¹⁷gra _____ t served with home-made vanilla ice cream.

All our fruit and vegetables are fresh each day



REMEMBER THIS

Przymiotniki *sweet* i *sour* mają więcej niż jeden antonim.

- 1 **sweet** ≠ bitter, e.g. *black coffee* or *dark chocolate*
- 2 **sweet** ≠ **sour**, e.g. *lemons* or *vinegar*
- 3 **fresh** ≠ **sour**, e.g. *old milk* or *yoghurt*

4 Complete the dialogues with adjectives from Exercise 3. The adjective *sour* is used twice.

- 1 **W:** Are you ready to order, madam?
C: Yes, er ... could I ask you about the Thai Red Curry? Is it *hot*? I'm afraid too much chilli gives me stomachache.
W: That's no problem, madam. I can ask the chef to make a _____ version for you without the chilli.
- 2 **C:** Excuse me, waiter!
W: Yes, sir. How can I help?
C: Well, I'm not satisfied with this meal at all. First of all, the rice is cold and worse than that, the fish is completely uncooked – it's _____! Are you trying to poison your customers?
W: Sir, are you aware that this is a sushi restaurant?
- 3 **A:** I love travelling, but it's always great to get home. I'm hungry. What have we got?
K: Er, well ... it looks like the electricity went off while we were away. The food in the fridge is not exactly fresh anymore. We've got some ^a _____ potatoes, some ^b _____ milk and there are a few slices of ^c _____ bread.
A: Hmm ... doesn't sound very tasty. Shall we phone for pizza?
K: Woo hoo! Great idea.
- 4 **R:** So, what fruit do you eat in Indonesia, Aulia?
A: Well, we eat a lot of mangoes. At this time of year, most of them are yellow and ^a _____, or in other words ready to eat. Green ones can be quite ^b _____ tasting but the yellow ones are exactly the opposite; really ^c _____ and delicious.
- 5 **P:** Oh, dear. Is this cake old? It breaks into pieces instead of melting in the mouth. And it's ^a _____ too – it has almost no flavour.
M: Really? Let me try. The woman in the baker's said it was ^b _____ and baked only today.
- 6 **L:** What a wonderful steak this is. Not too much fat, nice and ^a _____, just how I like it. And the pepper sauce on top makes it even more delicious. Mmmm.
B: Do you think so? I have to disagree. It's quite ^b _____ if you ask me. There's too much fat on it I'd say.

FOCUS ON WORDS | Collocations

5 Match adjectives 1–7 to nouns A–G.

- | | | |
|--------------|-------------------------------------|------------|
| 1 stale | <input checked="" type="checkbox"/> | A pepper |
| 2 sliced | <input type="checkbox"/> | B bread |
| 3 ground | <input type="checkbox"/> | C syrup |
| 4 long-grain | <input type="checkbox"/> | D water |
| 5 side | <input type="checkbox"/> | E salad |
| 6 mushroom | <input type="checkbox"/> | F soup |
| 7 maple | <input type="checkbox"/> | G rice |
| 8 soda | <input type="checkbox"/> | H biscuits |

6 Complete the sentences with the nouns A–H from Exercise 5.



I'm not very good at baking. I'm afraid these *biscuits* are too dry and crunchy.

- 1 I don't like sugar or chocolate _____ – I prefer bitter coffee.
- 2 Would you like still or sparkling _____, madam?
- 3 Would you like white or wholemeal _____ for your toast?
- 4 Which is spicier – the black or the cayenne _____?
- 5 Would you like a mixed or a green _____ as a starter?
- 6 Is this home-made or tinned _____? It's delicious. Can I have another bowl, please?
- 7 I'd like white _____ with my curry, please. No, actually make that brown.

REMEMBER BETTER

Zrób wieczorem listę angielskich nazw wszystkich produktów spożywczych, które zjadłeś/zjadłaś tego dnia. W razie potrzeby skorzystaj ze słownika. Przeczytaj listę przed zaśnięciem i następnego dnia rano sprawdź, ile słów pamiętasz.

SHOW WHAT YOU'VE LEARNT

7 Choose the correct words.

- 1 Jackie doesn't like spicy food, so don't add too many *figs* / *chilli peppers* / *carrots* to the curry.
- 2 Mum, how do I know if this baked potato is *stale* / *ripe* / *cooked*? It's been in the oven for 20 minutes.
- 3 I prefer chicken to beef because white meat is not as *lean* / *raw* / *fatty* as dark meat.
- 4 Where did you buy these *beetroots* / *cherries* / *radishes*? They're really hot!
- 5 Mmm. Delicious! How does your dad make such wonderful *home-made* / *tinned* / *crunchy* soup?
- 6 Wow! This coffee is extremely *sour* / *bitter* / *sweet*. Could you pass the sugar, please?
- 7 If you eat *cooked* / *unripe* / *fresh* fruit, you may get stomachache. Choose softer pieces as they are usually ready to eat.
- 8 My young brother doesn't eat many vegetables, but he will have *cauliflower* / *spinach* / *pumpkin* because he says he loves green!
- 9 Grandma can't eat *crunchy* / *stale* / *sour* food because she doesn't have her own teeth!
- 10 Jess spilled *beetroot* / *syrup* / *grapefruit* all down her white blouse. Her dad washed it three times but the red stains just turned pink.

/10

SHOW WHAT YOU KNOW

1 Match the sentence beginnings with the correct endings. Tick the sentences that refer to the future.

- I have to deliver this parcel tomorrow between g
- | | |
|---|--------------------------|
| 1 I'm thinking of spending my next holiday | <input type="checkbox"/> |
| 2 It might rain in the mountains during | <input type="checkbox"/> |
| 3 I'm planning to visit my old friends in Denver at | <input type="checkbox"/> |
| 4 Peter and Mary may be out somewhere with | <input type="checkbox"/> |
| 5 I intend to keep calm throughout | <input type="checkbox"/> |
| 6 I would love to go travelling around | <input type="checkbox"/> |
- | | |
|-------------------------|-------------------------|
| a Christmas this year. | e the long May weekend. |
| b in Portugal. | f their children. |
| c the family dinner. | g 10 and 11 a.m. |
| d South Africa one day. | |

2 ★ Rearrange the words to make sentences. There is one extra word in each sentence.

about / Do / worry / clean / Charlotte / not / because / will

Don't worry because Charlotte will clean the kitchen. top / I / some / put / Shall / on / cherries / will

- 1 _____ of the cake?
bar / to / a / burger / We / going / eat / are
- 2 _____ for dinner tonight.
not / shall / Jason / will / until / again / be / hungry
- 3 _____ this evening.

3 ★ ★ Choose the correct forms.

- 1 M: Sally ^ais cooking / will cook breakfast tomorrow morning, so we should buy some milk and cereal just in case! We don't want to be hungry if it ^bis / will be a disaster.
K: No problem. I ^cwill go / am going to the shops this afternoon with Jo, so I ^dwill buy / am going to buy some then.
- 2 F: The restaurant ^awill close / closes at 9 p.m. tonight because tomorrow's a holiday.
P: That's perfect for me. Tomorrow I ^bwake up / am waking up early to go on an excursion with some friends.
- 3 S: Tori ^awon't be / isn't being able to meet us for lunch but she ^bjoins / will join us later.
O: I hope so. I ^aam going to give / might give her the birthday present I've just bought her because I ^dam not / won't be here for her party tomorrow.
- 4 D: I ^awill make / am making Joe's favourite dish for dinner tonight and have just finished shopping for all the food.
E: That's very nice of you. ^bWill / Shall I help you with the preparations? I can help us as soon as I ^ccomplete / will complete my homework.
- 5 L: Polina says she ^ais not going to eat / isn't eating the fish from yesterday, so we should throw it away.
W: Don't waste good food. I ^bam going to / will eat it if nobody else wants it.

4 ★ ★ ★ Complete the dialogues. Put the verbs in brackets in the correct form.

- 1 J: Are you looking forward to your meal? It is (be) tonight, right?
L: Yes, Franco ^a_____ (cook) my favourite dish – spinach lasagne with rocket salad on the side.
J: When ^b_____ (he/come) over?
L: I think he ^c_____ (be) here at around 5 p.m. and we ^d_____ (plan) to eat at about 7 p.m.
J: OK. I guess I will leave before he ^e_____ (get) here, so give him my congratulations on getting the job!
- 2 I: ^a_____ (you/do) anything interesting this weekend, Tim?
T: Not really, I ^b_____ (work) in the shop on Saturday till 6 p.m. What about you?
I: Actually, I ^c_____ (have) a barbecue in the evening. We ^d_____ (begin) cooking at around 7 p.m. That's the idea anyway. Do you want to join us?
T: That sounds great. I ^e_____ (definitely/be) there! I'll go home and change clothes before I ^f_____ (come) but I can be there just after seven. Thanks, Iza.



SHOW WHAT YOU'VE LEARNT

5 Find and correct the mistakes.

- What time will the bus leave the station? does
- 1 I'm exhausted after so much work this week. I think I stay home and go to bed early. _____
- 2 Am I going to help you? You look like you could use some help. _____
- 3 We're ready to order food now, right? I am calling the waiter. _____
- 4 As soon as I am getting on the train, I will call you. _____
- 5 Where you going to stay when you go to France next week? _____
- 6 Henry and Marta are to go to the food festival in town. Let's go with them. _____