

Lesson 4A

GRAMMAR | adverbs of frequency
VOCABULARY | food and drink
PRONUNCIATION | word stress

VOCABULARY

food and drink

1 A Match the food and drink in the box with the photos (A–H).

bread a carrot cheese fruit juice
an orange pasta steak a tomato

A



E



B



F



C



G



D



H



B Complete the table with the food and drink from Ex 1A.

fruit	vegetables	meat	drinks	other
an orange	a carrot	steak	fruit juice	pasta
.....				
.....				
.....				

C Complete the table in Ex 1B with the words in the box.

an apple a banana beef cereal chicken an egg
fish milk a mushroom a potato rice a sandwich

D Choose the correct alternative.

- 1 An orange / A banana / A carrot is a yellow fruit.
- 2 Cheese / Chicken / Bread is a meat.
- 3 A tomato / banana / mushroom is red.
- 4 Mushrooms and carrots are fruit / vegetables / meat.
- 5 We make sandwiches with bread / pasta / rice.
- 6 Milk / Orange juice / Water is white.

2 A Complete the food words in the text.

For breakfast, I usually have ¹r..... with
²e.....s and vegetables, often ³c.....s
and ⁴m.....s. Sometimes I have a cheese
⁵s..... from a café. I don't often eat fruit for
breakfast, but sometimes I eat an ⁶a..... or a
⁷b..... . I drink water and I always have a cup of
⁸c......

B 4.01 | Listen and check your answers.

PRONUNCIATION

3 A 4.02 | word stress | Listen and underline the stressed syllables.

- | | | |
|----------|------------|-------------|
| 1 apple | 5 cheese | 9 pasta |
| 2 banana | 6 chicken | 10 potato |
| 3 beef | 7 mushroom | 11 sandwich |
| 4 bread | 8 orange | 12 tomato |

B 4.02 | Listen again and repeat.

GRAMMAR

adverbs of frequency

4 A Put the adverbs of frequency in order.



always often not often sometimes usually

B Choose the correct alternative.

- 1 I don't often / never eat meat or fish. (0%)
- 2 We always / usually have dinner at home. (80%)
- 3 You always / usually have a cheese sandwich for lunch! (100%)
- 4 We often / sometimes have eggs for breakfast on Sunday. (60%)
- 5 My children don't often / often eat chocolate. (20%)
- 6 They sometimes / usually eat pasta for lunch. (40%)

C Put the words in the correct order to make sentences.

- 1 often / fruit juice / I / drink .
- 2 I / mushrooms / never / eat .
- 3 cereal / you / Do / usually / breakfast / have / for ?
- 4 fruit / eat / My parents / often / don't .
- 5 always / don't / eggs / eat / Saturday / I / on .
- 6 you / often / rice / have / for / lunch / Do ?
- 7 for / sometimes / Ren and Aoi / chicken / dinner / have .
- 8 always / two / have / in the morning / I / cups of coffee .

D The sentences below have a mistake. Choose the best option to correct the mistake.

- 1 My family have dinner always at 8 o'clock.
 a have always dinner b always have dinner
 c always dinner have
- 2 Never I eat meat or cheese.
 a I eat never b I don't never eat c I never eat
- 3 They aren't often have bread for breakfast.
 a They don't often b They not often
 c They often not
- 4 A: Do you usually have cereal for breakfast?
 B: Yes, I usually.
 a Yes, I do have b Yes, I usually have c Yes, I do

LISTENING

5A Read the information. Are the statements True (T) or False (F)?

☰
Food and Friends
👤

The number-one podcast about what people eat. In this episode, we talk to Adriana Carvalho, a 27-year-old surfer from Brazil.



Share

- 1 *Food and Friends* is a TV programme.
- 2 Adriana Carvalho is a swimmer.
- 3 She is Brazilian.

B **4.03** | Listen to the podcast. Number the food and drink in the order that you hear them (1–8).

- | | | |
|-----------|----------|---------|
| a cereal | d fish | g rice |
| b chicken | e orange | h steak |
| c coffee | f pasta | |

C **4.03** | Listen again. Choose the correct alternative.

- 1 I eat / **don't eat** a lot of fish.
- 2 I **always** / **usually** have cereal for breakfast.
- 3 On **Saturdays** / **Sundays** I have Brazilian cheese bread for breakfast.
- 4 I always have a cup of **tea** / **coffee** in the morning.
- 5 I usually have pasta with vegetables and **cheese** / **chicken** for lunch.
- 6 I **always** / **sometimes** have apple juice with lunch.
- 7 I always have dinner with my **friends** / **family**.
- 8 My favourite food is **steak** / **fish** with tomatoes.

WRITING

write an email to a friend

6A Read the email and choose the correct answer (a–c).

- 1 What is Lisa's news?
 a She has a new apartment
 b She has a new job
 c She's on holiday in Italy
- 2 Where is Eric?
 a Italy
 b the USA
 c Japan

B Complete the email with the words in the box.

hey love questions speak usually well

⬆ ⬇ ⬆
↩ ☆ 🗑

1 Eric,

How are you? I'm very 2 and I have some news. I have a new job, in Italy! I'm in Naples now. It's beautiful here.

How is Japan? I have lots of 3! First, are you in Tokyo? Do you have a job? Is your apartment nice? Is the food good? What do you 4 eat?

5 soon!

6 , Lisa

C Put the parts of Eric's email to Lisa (A–F) in the correct order (1–6).

- A Speak soon,
- B The food here is very good. I eat lots of rice and noodles with vegetables. I usually eat chicken or fish, but I don't eat any cheese. My favourite thing is green tea. I drink lots of tea every day! How's the food in Naples? Do you like Italian food?
- C Japan is great! I love it! I'm not in Tokyo, I'm in Osaka. I have a job in an English book shop. My apartment is small, but it's very nice.
- D Hi Lisa,
- E Eric
- F I'm very well, thanks. It's great news about your new job!

7 Write an email to a friend in another country. In your email:

- ask how they are,
- give them some news,
- ask about what they usually eat.

Write 50–80 words.