

1 Read the two texts quickly and decide which statement 1–3 is false.

- 1 Both texts offer advice to young people.
- 2 Both texts were written by students.
- 3 Both texts concern the topics of students and food.

The uni Years

year 1, day 86 by Scott Hastings

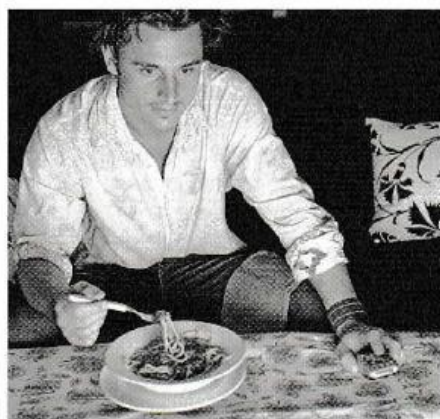
Although we still argue about who does the washing-up, my housemates and I are doing a bit better with cooking than we were. 1___ Tonight we're doing spaghetti bolognese.

Yes, we're doing better now, but the first few months of cooking and eating on our own were pretty terrible. Gavin survived on his mum's frozen meals which she delivered every month in sets of 25. Liam didn't even know how to make toast when he first arrived, but then he learned to open cans and heat up the contents, and so lived off baked beans and soup. At first, Sarah managed to persuade Gavin to share quite a few of his mum's frozen delights, but then she got a boyfriend.

2___

However, there have been a few disastrous* attempts* to feed ourselves.

3___ According to Liam, it was 'absolutely delicious' and 'sure to appear in Jamie Oliver's next cookbook: *One Minute Meals*'.



10 Top Tips For Student Cooks

Chef Sam Stern, who has been writing about cooking since he was just fourteen, shares his cooking tips for students who are leaving their families soon and heading off to university.



- 1 Try and learn the basics before you leave home: you will know what recipes work for you and what equipment to take. There probably won't be much storage space* in your student kitchen, so only take the essentials.
- 2 Get someone to cook with you if you haven't cooked before. If you can't find anyone, then follow the recipe very carefully.
- 3 Don't get stressed out if things go wrong, you will learn from it. I still make mistakes all the time. The skill of a good cook is learning how to correct these mistakes.
- 4 Give yourself enough time and always read the recipe through before you start. Cooking in a relaxed environment is much easier. I find that listening to music always helps.
- 5 Look out for good places to shop – butchers' and greengrocers' can often offer better value and taste than supermarkets. They can also give you some great advice for what to do with the cheaper cuts of meat or more unusual vegetables.
- 6 Remember vegetarian food is cheap and can be just as tasty. Many of the world's finest cuisines use only a little meat and yet are some of the most creative and healthiest.
- 7 Put your money together with your housemates to create your kitchen store cupboard – herbs, spices, etc. These can be expensive, but not if you share. They make a world of difference to the flavour of your meals, so are well worth the investment.
- 8 Great eating starts with wise shopping. If you make a plan before you head to the supermarket, you'll avoid making impulse buys. For the same reason, avoid shopping when you are hungry. Shop at the end of the day as you will find the reduced section full, which means great bargains. Supermarket own-brands can be better and cheaper than named brands. Remember to look for the products with the longest sell-by dates* too. You can often find them by checking at the back of the shelves.
- 9 Plan food that will last for more than one meal if you can. For example, a whole chicken is more expensive than pieces, but can make three or four other meals. A curry or a stew can last for days and is often cheap to make. The freezer is your friend!
- 10 Cooking with your friends and housemates is not only a great social event but also lets you split the cost. I'm a student, and every Tuesday night, we have a dinner party for 10–15 people with each person paying a few quid.* As a result, we have wonderful huge roast dinners and lots and lots of laughs.

GLOSSARY

disastrous (adj) – very bad or unsuccessful; katastrofalny
attempt (n) – the act of trying something; próba
storage space (n) – space in a house or flat where things can be kept until they are needed; schowek

sell-by date (n) – the date stamped on a food product after which it should not be sold; zalecana data sprzedaży
quid (n) – informal pound (£) (plural also quid, not quids); funciak (potocznie)

- 2 Read Text 1 again. Complete gaps 1–3 with sentences A–D. There is one extra sentence.

- A Since then he's been less keen to offer her anything from his personal supply.
B Perhaps the worst one was when Liam came home late one night and microwaved a packet of cheese slices, then ate the sticky results with a spoon.
C We've even started shopping and cooking together regularly, which has made our meals cheaper, easier to prepare, and generally less stressful.
D Fortunately, that was the last time Liam tried to cook a meal for seven people.

- 3 Read Text 1 and Text 2 again and choose the correct answers A–D.

TEXT 1

- 1 Which of the following is stated in the text as an opinion, and not a fact?
A Liam didn't know how to make toast when he first arrived.
B The students are finding it easier to prepare meals this year.
C Liam's cheese 'dish' is so tasty, it will appear in a cookbook.
D The students realise the first few months of preparing meals on their own were pretty terrible.

TEXT 2

- 2 Sam's tips are intended for
A young people who plan to study cooking.
B young people from overseas who plan to study in the UK.
C young people who have never cooked before.
D young people who plan to become vegetarians.
3 In his article, Sam Stern advises students to
A spend less money on socialising and more money on food.
B shop in supermarkets because it's cheaper.
C buy one of his cookbooks.
D try to relax as they cook, even if something goes wrong.
4 When talking about shopping, Sam Stern advises students to
A ask for cooking tips from shopkeepers.
B go to supermarkets early in the day before all the cheaper products are sold.
C look out for cheaper named brands.
D always do their shopping together with a friend.

TEXTS 1 AND 2

- 5 In both texts, the authors mention
A the benefits of shopping in small shops rather than supermarkets.
B the benefits of shopping and cooking together.
C the benefits of relaxing while you cook.
D the benefits of owning a freezer.

REMEMBER THIS

Aby zdecydować, czy dane stwierdzenie jest faktem, czy opinią (np. pytanie 1 w ćwiczeniu 3), zwróć uwagę, czy zawiera ono typowe zwroty, które zwykle poprzedzają opinie: *Many people believe...*, *According to X...*, *Some people think...*, *We felt that...*, *In his opinion...*, itp. Również „opiniujące” przymiotniki mogą sprawić, że zdanie stanie się opinią: *Cooking with friends is [...] a great social event.*

- 4 Match the definitions to underlined expressions in the texts.

- divide the bill split the cost
1 ate only one or two types of food (x2) _____ & _____
2 give you more for your money _____
3 a good use of your money _____
4 really change the situation _____
5 take only what you really need _____
6 learn the most important or simplest things about a topic _____

- 5 Complete the sentences with the answers to Exercise 4.

- Shall we share a pizza and salad and split the cost?
1 We have to carry everything that we pack for this hiking trip, so please _____.
2 Before you try skiing on your own, take some lessons and _____.
3 Check the price online before you buy. Websites often _____ than shops.
4 When they ran out of money, the students _____ rice and soy sauce.
5 If you turn down the heaters in your house, it will _____ to your electricity bills.
6 The juice-maker was quite expensive, but _____. We drink healthy juice almost every morning.

FOCUS ON WORDS | Collocations

- 6 Complete the quotes with the words from the box.

agriculture alarming catering energy
government household human industrial
international minimum voluntary

'Now that everybody has a smartphone and a computer, energy consumption is higher than ever. In some areas of the world the ¹ _____ statistics are a great cause of worry.'

'Conditions for animals in the ² _____ sector in some cases are very bad. A lot of investment is needed to meet the ³ _____ standards demanded by the EU.'

'As well as the problem of ⁴ _____ waste from factories, ⁵ _____ consumption of packaged items is creating ⁶ _____ waste at levels which are quickly becoming uncontrollable.'

'As a result of the new strict ⁷ _____ standards in food hygiene, many companies in the ⁸ _____ industry had to close down.'

'The number of workers in the ⁹ _____ sector has reached a very low, almost ¹⁰ _____ level. If the situations continues to worsen, charity organisations will not be able to help so many people.'

SHOW WHAT YOU KNOW

- 1 Mark the underlined verbs as either **P** for *in progress* or **C** for *completed*.

This week, dad's made breakfast for you three times and dinner twice. ☒ C

- 1 I'm phoning from my car. I've run out of petrol! ☐
 2 They've been to the same ski resort seven times. ☐
 3 Excuse me, we are waiting for our desserts. ☐
 Are they coming? ☐
 4 I'd only eaten Indian food once. ☐

- 2 ★ Mark the underlined verbs as either **P** for *in progress at a certain time in the future* or **C** for *completed before a certain time in the future*.

The dishwasher will have finished in 10 minutes. ☒ C

- 1 We'll be eating seafood on the beach at this time tomorrow. ☐
 2 While we are eating the main course, the chef will be preparing dessert. ☐
 3 Go to the shop now or it will have closed by the time you get there. ☐
 4 They'll be baking bread at 5 a.m. ☐
 5 Tomorrow morning at this time we'll have arrived in the mountains. ☐

- 3 ★★ Choose the correct forms.

- 1 Ryan: Can I call you again tomorrow at seven?
 Meg: No way! I won't be waking up / have woken up by seven.
 2 Kelly: Shall I pick you up in half an hour?
 Grace: Yes, I'll be waiting / 'll have waited outside the café.
 3 Amelia: Let's meet outside the school gates at eight.
 Jacob: I won't make it. I'll be cycling / 'll have cycled to school at eight.
 4 Mum: Are you at home, Alex?
 Alex: No, I'm leaving school now.
 Mum: Well, the courier has a package to deliver. Will you be arriving / Will you have arrived home by five?
 Alex: Yes, the bus stops right outside at half past four.
 5 Dad: I'm coming to listen to you sing at eight, right Emily?
 Emily: Dad, I won't be singing / won't have sung at eight. The concert finishes at seven.
 6 Ethan: Will you be leaving at / Will you have left by nine?
 Paige: Oh definitely. I'm tired and I want to be home by eight at the latest.
 Ethan: So, I won't see you because I can't be there till nine.

- 4 ★★★ Complete the sentences with the Future Continuous or the Future Perfect forms of the verbs in bold in the list. Use short forms.

Start dinner @ 11:00

11:00 **put** pork in oven

12:45 **peel** potatoes and carrots

13:00 **wash** brussels sprouts

13:30 **boil** vegetables

14:00 **serve** dinner

15:00 **sleep** in front of the TV 😊

By 11:05 we 'll have put the pork in the oven.

- 1 At 10:30 we _____ dinner yet.
 2 We _____ the potatoes and carrots at 12:45.
 3 By 13:30 we _____ the brussels sprouts.
 4 We _____ the vegetables by 13:55.
 5 We _____ dinner at 14:00.
 6 At 15:05 we _____ in front of the TV.



SHOW WHAT YOU'VE LEARNT

- 5 Complete the sentences with the Future Continuous or the Future Perfect forms of the verbs in brackets. Use short forms where possible.

Will you have checked (you/check) the timetable by the time we leave for the concert?

- 1 I can't meet you at six because I _____ (not/finish) my homework.
 2 Dad _____ (wait) for you outside school at 4 o'clock. Don't be late!
 3 Will _____ (he/finish) that book by the end of the year?
 4 Sorry, but by the time you get home, I _____ (eat) all the chocolates.
 5 Will _____ (we/sunbathe) next to the pool at this time next week?
 6 By this time next year, she _____ (study) law at Cambridge University.

1 ✓ ★ Complete the text with the correct words.

We all love cooking, don't we? And one thing which proves this is the current popularity of cooking programmes on TV. You can probably name two or three popular cooking shows, can't ¹ _____? And that's because we also enjoy watching other people cook. That, basically, is what this recent trend is all about, isn't ² _____?

Jamie Oliver, Gordon Ramsay, Magdalena Gessler – we've all heard of them, haven't ³ _____? They all became famous for the same reasons – they are celebrity chefs, aren't ⁴ _____? If you don't know who they are, then you haven't been spending enough time in the kitchen, have ⁵ _____? Or, in fact, in front of the TV.

2 ✓ ★ ★ Complete the dialogues with the correct answers A–C.

- 1 **Laurel:** We can start baking the cake now, __? **Adrianne:** Not yet. We're waiting for Kyle to bring the eggs.

A cannot we B can we C can't we

- 2 **Lester:** I'll have a slice of mushroom pizza. **Karol:** But you're allergic to mushrooms, __? **A are you? B aren't you? C will you?**

- 3 **Evelina:** It's cold in here don't you think?

Megan: Yes, that window's open, __? **A isn't it B is it? C doesn't it**

- 4 **Dario:** I don't think I'd like anything to eat, to be honest.

Rufus: Oh, I'm not the only one of us that's hungry, __?

A is it? B am I? C are we?

- 5 **Maureen:** Did Martha say she wanted something to eat?

Hollis: Well, she hasn't had anything to eat since breakfast, __?

A has she B had she C did she

3 ✓ ★ ★ Choose the correct translation A–C for the Polish parts of the sentences.

- 1 You won't tell anyone I took the last biscuit, __ (dobrze)?

A won't you B did you C will you

- 2 That octopus eats meat, __ (prawda)? Yuk.

A doesn't it B aren't they C isn't it

- 3 James and Oli absolutely love avocados, __ (nieprawdaż)?

A doesn't it B doesn't them C don't they

- 4 There's a new burger bar opening in town, __ (prawda)?

A isn't there B won't there C does there

- 5 We don't have to leave a tip for the waiter, __ (zgadza się)?

A will we B do we C have we

- 6 We should complain about the service, __ (prawda)?

A shouldn't we B don't we C shall we

4 ✓ ★ ★ ★ Complete the text with the correct words.



Enjoy!

Every nationality has its traditional meals, don't they? Scotland, for example, with their haggis – a meat dish made with a sheep's stomach. You'd just love to try that, ¹ _____ you? Yummy! Well, here are some more strange and delicious dishes from around the world.

We all know the Japanese are famous for eating fish, ² _____ we? But did you know that one speciality is tuna eyeballs? These are boiled in hot water and served with soy sauce or garlic.

But you don't really fancy that, ³ _____ you? Then how about some tasty white ant eggs soup? Sounds tasty, ⁴ _____ it? This speciality comes from Laos, is topped with baby ants and tastes like squid (a type of octopus) apparently. Eating insects is your thing, ⁵ _____ it? Then how about some fried tarantula? A popular snack in Cambodia so I hear.

5 ✓ ★ ★ ★ Translate the Polish parts of the sentences.

Jamal: Can I have another piece of cake?

Bridget: You're on a diet, aren't you (zgadza się)?

- 1 **Heidi:** I fancy an ice cream.

Glenda: Let's walk into town and buy one, _____ (dobrze)?

- 2 **Leisa:** Margot left her bag in the restaurant, _____ (tak)?

Cindi: Oh, no. So we have to go back?

- 3 **Mary:** They will serve us in this expensive restaurant, _____ (nieprawdaż)?

Freddie: I don't see why not. We're both wearing smart clothes.

- 4 **Jamison:** You haven't got some money you can lend me, _____ (prawda)?

Clinton: Don't worry. I'll pay for the meal this time.

- 5 **Lara:** They say the café is open but they haven't cleaned it from yesterday.

Alisia: Well, then they shouldn't let us inside, _____ (czyż nie)?