

LISTENING

A  **8.1** Listen to two friends talking in the kitchen. Choose the correct pictures (a, b, or c).

1 What is Samantha helping Jim do?



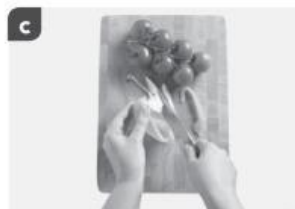
2 What does Jim ask Samantha to give him?



3 What cooking item is green?



4 What does Samantha do with the eggs after adding them to the flour?



5 What else does Jim need?



VOCABULARY

A Complete the sentences with the words from the box.

delicious disgusting healthy spicy sweet

- 1 Did you put chilies in this? It's so _____.
- 2 Pizza is my favorite food. It's just _____!
- 3 I love _____ food like fruits and vegetables.
- 4 My brother hates eggs. He thinks they're _____.
- 5 This is very _____. I can taste the sugar.

B Unscramble the marked words to complete the sentences.

- 1 ciles the vegetables and put them in a pan. _____
- 2 Cut the meat with a sharp ifnke. _____
- 3 Mix these in a big wobl. _____
- 4 How many ponsos do you need? _____
- 5 Do you have a kibang sihd I can use to cook in? _____

C Choose the correct category from the box for the groups of words.

Carbohydrates Fats and Sugars Fruits and Vegetables Milk and Dairy Protein

- | | | |
|------------|---------|---------|
| 1 milk | cheese | yogurt |
| 2 potatoes | apples | bananas |
| 3 bread | pasta | rice |
| 4 fish | chicken | eggs |
| 5 oil | butter | soda |

GRAMMAR

A In each pair of sentences, there is one correct and one incorrect. Choose the correct sentences.

- 1 a How much bananas are there?
b How many bananas are there?
- 2 a My niece loves chocolate.
b My niece loves a chocolate.
- 3 a We eat a lot of rice.
b We eat a lot of rices.
- 4 a My family doesn't eat breads.
b My family doesn't eat bread.
- 5 a How much oil do you need in the pan?
b How many oil do you need in the pan?

B Complete the sentences with the words from the box. You will need to use one word more than once.

that these this those

- 1 How much is _____ cake over there?
- 2 Do you like _____ new forks I have here?
- 3 _____ apples from the market are in the kitchen.
- 4 You can have _____ bread. Here you go!
- 5 Those eggs look horrible. I'll take _____ right here instead.

C Choose the correct answers to complete the sentences.

- 1 How many / much water do you want?
- 2 This / That garden out there is huge!
- 3 Do you want a bread / bread with your soup?
- 4 Can you help me carry this / these shopping bags?
- 5 This is / These are the yogurt I was telling you about.

READING

A Read the text and choose the correct answers (a, b, or c).

A Balanced Diet

It is important to have a balanced diet. This means eating a mixture of protein, carbohydrates, fruits and vegetables, and dairy and fats.

But that is not all. The real question is, "How much?"

It is important to look at how much you eat. For healthy people with a balanced diet, 30% of what they eat is fruits and vegetables. Twenty-five percent of what they eat is carbohydrates like bread and pasta. Twenty percent of their diet is milk and dairy, and the same for protein. Only 5% is fats and sugar—so watch out for that soda!

If you eat a balanced diet with food from all the food groups, you can lead a healthy lifestyle.

- 1 A balanced diet is ...
 - a eating the right amount of each food group.
 - b eating a mixture of food groups.
 - c not eating dairy and fats.
- 2 Eat most of this food group for a balanced diet.
 - a carbohydrates
 - b proteins
 - c fruits and vegetables
- 3 To have a balanced diet, ...
 - a 20% of your diet is protein.
 - b 25% of your diet is fruits and vegetables.
 - c 5% of your diet is dairy.
- 4 Eat least of this food group for a balanced diet.
 - a fats and sugar
 - b protein
 - c milk and dairy
- 5 Be careful of soda because ...
 - a it is full of fat.
 - b it is in the fats and sugar food group.
 - c it is very healthy.

WRITING

A Do you have a healthy or unhealthy diet? Write about the food you eat. Write at least 100 words.

SPEAKING

A Talk about your favorite food. Is it healthy or not?