b 1.7 Listen to six people each answering one question from *Your food profile*. Match each speaker to the question he or she is answering.

5 Naomi	Tran
Sarah	Austin
Emilio	Sean

c Listen again and write their answers. Compare with a partner.

d Ask and answer the questions with a partner. What do you have in common?

4 READING

a Talk to a partner. What time do you usually...?

get up	have lunch
have breakfast	have dinner
exercise	go to bed
have a coffee	

b Read the article once. Do you or your partner do any of the things in **a** at the times the article recommends?

c Read the article again. Answer the questions with a partner.

1 Why is it important to have breakfast every day when you're a teenager?
2 What effect does caffeine have on us if we drink it between 2:00 and 5:00 p.m.?
3 What's the difference between having steak and French fries for lunch and having it for dinner?
4 Why should an early evening meal be "delicious"?
5 What's the best physical activity to do a) early in the morning, b) in the afternoon?
6 Why does the body produce melatonin?

d Search the text and find six parts of the body. Which do we a) have one of, b) two of, c) more than two of?

1 he_____	4 mu_____
2 st_____	5 lu_____
3 br_____	

e Answer the questions with a partner.

1 Do you believe all the information in this article? Why (not)? Give examples from your own experience.
2 Would you consider changing any of your habits based on this information?

Eat and drink – but at the right time!

In our super-busy 21st-century lives, most of us try to do as much as we can in 24 hours. However, we usually do things whenever it suits us, and experts say that this is disrupting our body's natural cycle, making us feel tired at times when we should feel awake, and vice versa. Science shows that by doing things at the right time, we can be happier and healthier.

Have breakfast at 8:00 a.m.
In a recent study, researchers found having breakfast at this time is good for our blood sugar levels, so the food you eat now will give you the energy you need. It's also important not to skip breakfast. Another research team, from Sweden, suggested that people who ate a regular breakfast as teenagers were 32% less likely to be at risk of heart disease as adults.

Don't drink coffee in the morning. Have one at 3:00 p.m.
Most coffee drinkers make a cup as soon as they wake up. However, researchers have suggested that early morning is the worst time to drink coffee because it stops the body from producing the stress hormone cortisol, which we need at this time to help us to wake up. The best time to drink coffee – or caffeine in general – is between 2:00 p.m. and 5:00 p.m., when it can make us more mentally alert, according to a study conducted by the University of Sheffield a few years ago.



Have lunch between 12:00 and 2:00
This is when our body digests food best because this is when the stomach produces the most acid. So it's the ideal time to have your main meal of the day. An experiment by nutritionists at the University of Surrey found that blood glucose levels after an evening meal were much higher than when people had the same meal earlier in the day, and high levels of glucose can cause diabetes.

Have dinner at 7:00 p.m.
Have your evening meal early. It should be delicious – our sense of smell and taste are at their best at this time – but light.

More good times for your body

- Ideally, you should get up when the sun rises. When we see daylight, we stop producing the sleep hormone melatonin and start getting ready for the day ahead.
- Do yoga or go for a walk before breakfast.
- Do important tasks at 11:00 a.m., when your brain is working the best.
- Weightlifting sessions are best done at midday – that's when your muscles are the strongest.
- The best time to run or ride a bike is 5:00 p.m., when your lung capacity – important for endurance sports – is at its greatest.
- Go to bed between 9:00 p.m. and 11:00 p.m. This is when your body temperature starts to go down and the brain begins producing melatonin.

Adapted from The Times

LIVEWORKSHEETS

5 LISTENING

a Read the text about Marianna. Then look at the five photos and extracts from an interview with her. With a partner, say how you think she finishes each sentence.

b 1.8 Listen to Part 1 of an interview with Marianna and check your answers to **a**.

c Listen again. With a partner, say anything else you can remember about each photo.

d 1.9 Now listen to Part 2 and answer the questions.

1 What three things did Marianna do before becoming a chef in London?
2 What was her first connection with the restaurant Moro? Why did she go back to it later?
3 What happened seven years later?
4 How is her restaurant, Morito, different from Moro?
5 How often does she go back to Crete? What happens when she has lunch with her old friends there?

e What about you? Answer the questions with a partner.

1 What was your favorite food when you were a child?
2 What kinds of things did your mother or father cook? Do you still eat them?
3 Do you have a favorite restaurant? What do you like most about it – the food, the atmosphere, the service, or the price?

6 GRAMMAR simple present and continuous, action and nonaction verbs

a Look at three sentences from the interview. Circle the correct verb form.

1 You *don't need / aren't needing* anything except lemon and olive oil when fish and seafood is really fresh.
2 This week, for example, *I make / I'm making* "ntakos," a Cretan salad...
3 *I go / I'm going* to Crete maybe four or five times a year.

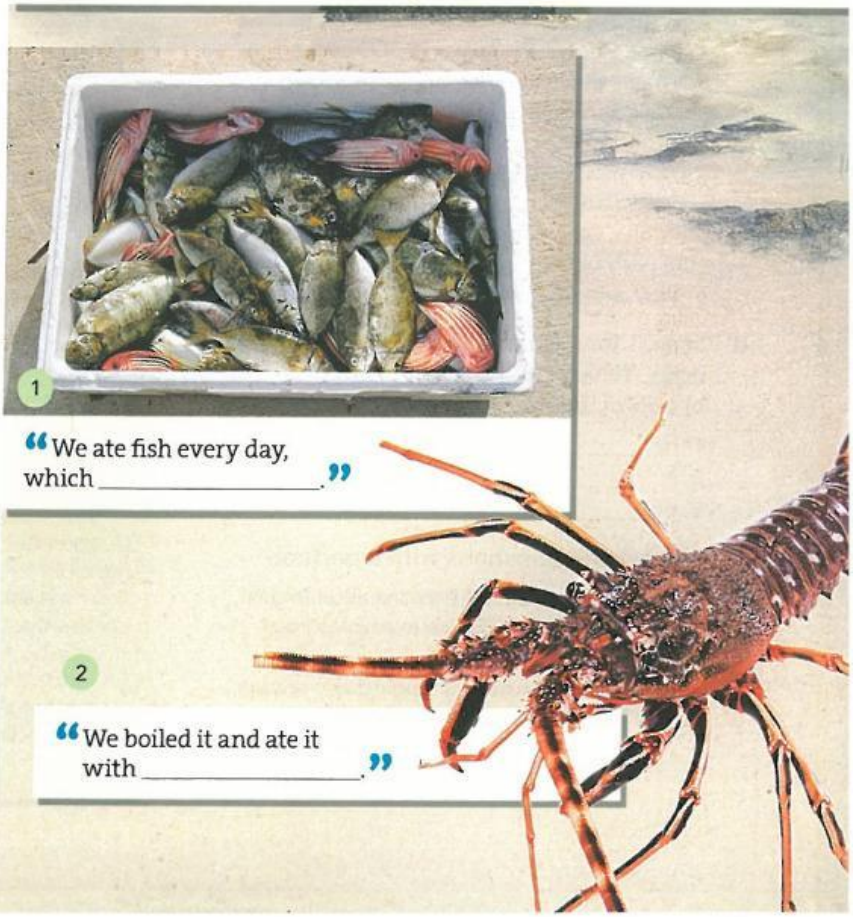
b 1.10 Listen and check. With a partner, say why you think she uses each form.

c G p.132 Grammar Bank 1A



Marianna Leivaditaki

is the head chef at Morito, a very popular restaurant in London. She was born on the island of Crete, in Greece. Her father was a Cretan fisherman and her mother was Scottish. Together they ran a seafood restaurant, which is where Marianna spent most of her childhood.



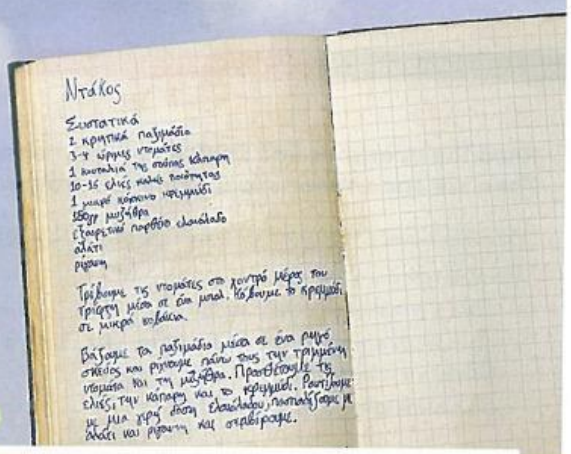
1

"We ate fish every day, which _____."

2

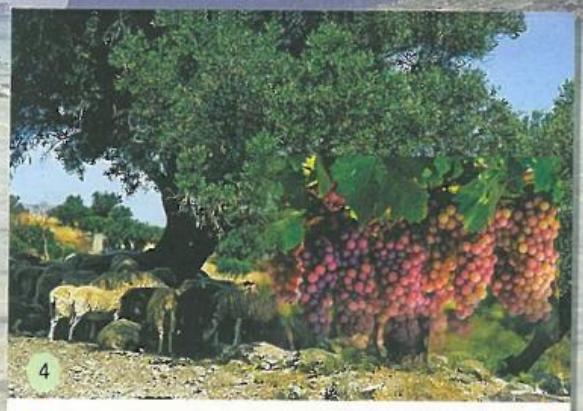
"We boiled it and ate it with _____."

LIVEWORKSHEETS



3

"I wrote down recipes which I wanted to cook for the family in _____."



4

"My aunt, Thia Koula, had _____."



5

"Occasionally, my mum used to buy me and my brother souvlaki for lunch, a sort of _____."

American and British English
mom = American English *mum* = British English

d Make questions to ask your partner with the simple present or continuous. Ask for more information.

On a typical day
- What / usually have for breakfast?
- / drink soda, e.g., Coke? How many glasses / drink a day?
- Where / usually have lunch?
- What / usually have for lunch during the week?
- / ever cook? What / make?
- / prefer eating at home or eating out?

Right now / Nowadays
- / take vitamins or food supplements right now?
- / try to cut down on anything right now?
- / need to buy any food today?
- / want anything to eat right now?
- / the diet in your country / get better or worse?

7 SPEAKING

a Read statements 1–6 and decide if you agree or disagree. Think of reasons and examples.

Do you agree?

1 Good service is more important than good food.
2 The best chefs are usually men.
3 Everybody should learn to cook at school.
4 Cheap restaurants always serve bad food.
5 Waiters should earn a good salary and tips should be banned.
6 Italian food is the best in the world.

b In pairs or groups, discuss each statement for at least two minutes. Say if you agree with the statements or not, and why. Use the language from the **Agreeing and disagreeing** box.

Agreeing and disagreeing

I agree *I don't agree* *I disagree*	*with that.* *with you.*
I think *I don't think*	*that's true.* *you're right.*

I think it depends.

Go online to review the lesson

LIVEWORKSHEETS