

## Unit 3: FOOD MATTERS

**1. Read the definitions and match them to the words.**

- |   |               |
|---|---------------|
| a. a natural substance that can add flavour to food             | commercial    |
| b. something that is grown without using chemicals              | consistent    |
| c. something that is connected with business and making money   | organic       |
| d. somewhere nearby   | globalisation |
| e. to get, grow or do something without harming the environment | diverse       |
| f. something that is always the same                            | spice         |
| g. containing several different elements                        | sustainable   |
| h. the process of connecting people around the world            | local         |

**2. Replace the words in brackets with a word from the box to make a sentence with the same meaning.**

attitude - conservationists - main course - protein - recipe - restore

- What ingredients do I need to follow the (directions to make the dish)?
- You must eat a balanced diet including fats, carbohydrates and (a substance found in nuts and meat).
- I think I'll just have a starter and a (part of the meal that follows a starter).
- The (people who work to protect the environment) worked hard to save the area.
- After seeing the production process, I change my (way I felt about it).
- Thankfully, they have been able to (return to the condition it was) the population of fish in that river.

**3. Read these sentences. Are the words in the correct order? Tick the sentences that are correct. Rewrite the sentences that are in the wrong order.**

a. The more we learn about the environment, the better.

\_\_\_\_\_

b. You use the more chillis, the hotter the dish will be.

\_\_\_\_\_

c. The more local ingredients we source, the food will be the fresher.

\_\_\_\_\_

d. The less processed food we eat, the smaller our carbon footprint is.

\_\_\_\_\_

e. The more you try different foods, the greater your experience.

\_\_\_\_\_

f. You cook the meat the slower, the better it will taste.

\_\_\_\_\_

**4. Write the verbs in the correct form to make conditional sentences.**

a. (0) If water \_\_\_\_\_ (reach) to 100 degrees Celcius, it \_\_\_\_\_ (boil).

b. (1) If my teacher \_\_\_\_\_ (come), she \_\_\_\_\_ (give) me my exam results.

c. (2) If you \_\_\_\_\_ (know) more about that issue, we \_\_\_\_\_ (be) able to reach our target.

d. (3) They \_\_\_\_\_ (see) the world if they \_\_\_\_\_ (take) more interest in travelling when they were younger.

**5. Complete these conditional sentences with your own ideas.**

a. (0) If you touch the fire, \_\_\_\_\_

b. (1) If the weather is nice, we \_\_\_\_\_

c. (2) If I met a very famous chef, I \_\_\_\_\_

d. (3) If I had been brought up in China, \_\_\_\_\_

**6. Read the restaurant review. For each underlined sentence, decide if it is a fact (F) or the writer's opinion (O).**

<sup>1</sup>The ReFood Restaurant is situated in the middle of town, right next to the cinema. <sup>2</sup>It's a great place for a restaurant. But it's not there every day. <sup>3</sup>ReFood is a 'pop-up' restaurant which only opens occasionally. It is dedicated to preparing fresh, healthy meals using nothing but food that would otherwise be thrown away. <sup>4</sup>Tim Ferrera, the restaurant's owner and chef, never knows when he will open. 'It simply depends on what we can source that would otherwise be thrown away', he said. <sup>5</sup>Luckily for me, the night I was in town, the restaurant was open and busy. Tim had managed to source fresh fish and vegetables. <sup>6</sup>Somehow, he then turned these simple ingredients into one of the most delicious dishes I have ever tasted. So, if you're ever in town and see the ReFood pop-up restaurant, I absolutely encourage you to give it a try.

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_ 5 \_\_\_\_\_ 6 \_\_\_\_\_

**7. Read the article. Then tick the correct answers below.**

*Gleaning*

Every year, millions of tonnes of perfectly good crops are wasted in fields and orchards around the world. There are several reasons for this. It might be that mechanical harvesters simply 'miss' collecting a proportion of the crop, or it could be that some fruit and vegetables are simply considered to be the wrong shape, and are therefore left to rot in the fields. According to the Food and Agriculture Organisation of the United Nations, more than thirty per cent of all food produced is wasted at some point. Some estimates even put this figure as high as fifty per cent. Thankfully, there is growing recognition of this and nowadays more and more people are working hard to improve the figures. One such network of people take part in an activity called 'gleaning'. Gleaning involves a group of volunteers who gather crops that would otherwise be left to rot. Experts reckon that each year, gleaners collect almost ten thousand tonnes of food that would otherwise be wasted. The collected food is then distributed to charities who ensure people in need receive the nutritious, possibly ugly, food within 48 hours of it being harvested.

- 1 One reason that crops are left in fields is because ...
  - a) they have started to rot.
  - b) harvesters can't collect them all.
- 2 More and more people are starting to realise that ...
  - a) almost half of the food we produce is wasted.
  - b) more of the food we produce must be harvested.
- 3 People who 'glean' ...
  - a) collect unwanted food from fields.
  - b) need to improve their figures.
- 4 The gleaned food is ...
  - a) added to the other thousand tonnes of wasted food.
  - b) given to charities who distribute it to the poor.