1A

Hello!

Welcome to Opportunities for Serendipity English Course!



Is there any food or drink that you couldn't live without?



Mood Food

1 VOCABULARY: food and cooking

a Do the quiz in pairs.

FOOD QUIZ

Can you think of ... ?

ONE red fruit, **ONE** yellow fruit, **ONE** green fruit

TWO kinds of food that some people are allergic to

THREE kinds of food that come from milk

FOUR vegetables that you can put in a salad

FIVE containers that you can buy food in

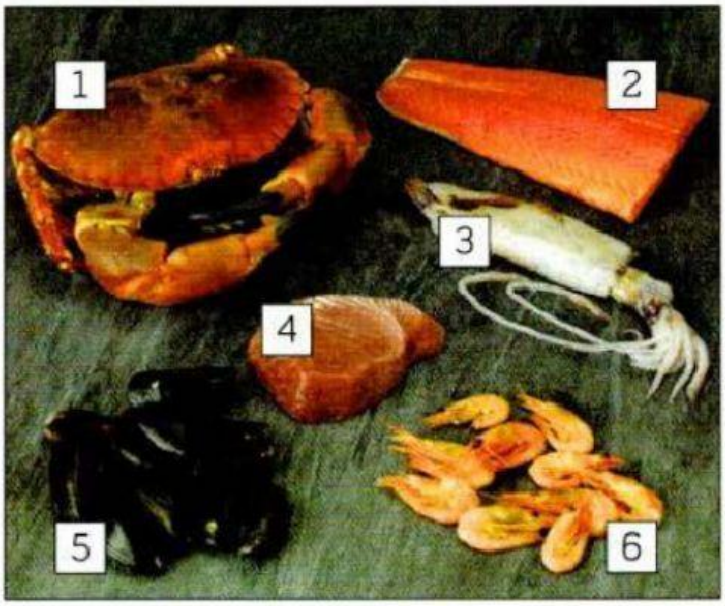
SIX things that people sometimes have for breakfast

LIVEWORKSHEETS

b Match the words and pictures.

FOOD

Fish and seafood



crab

mussels

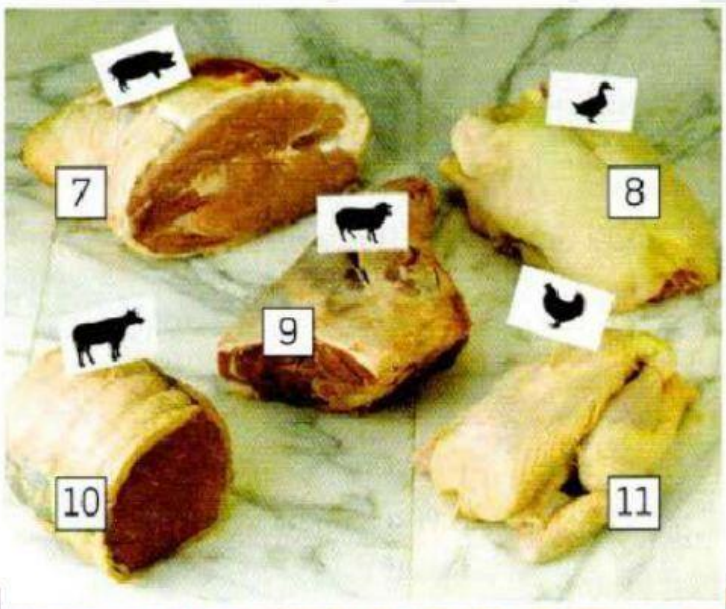
prawns

salmon

squid

tuna

Meat



beef

chicken

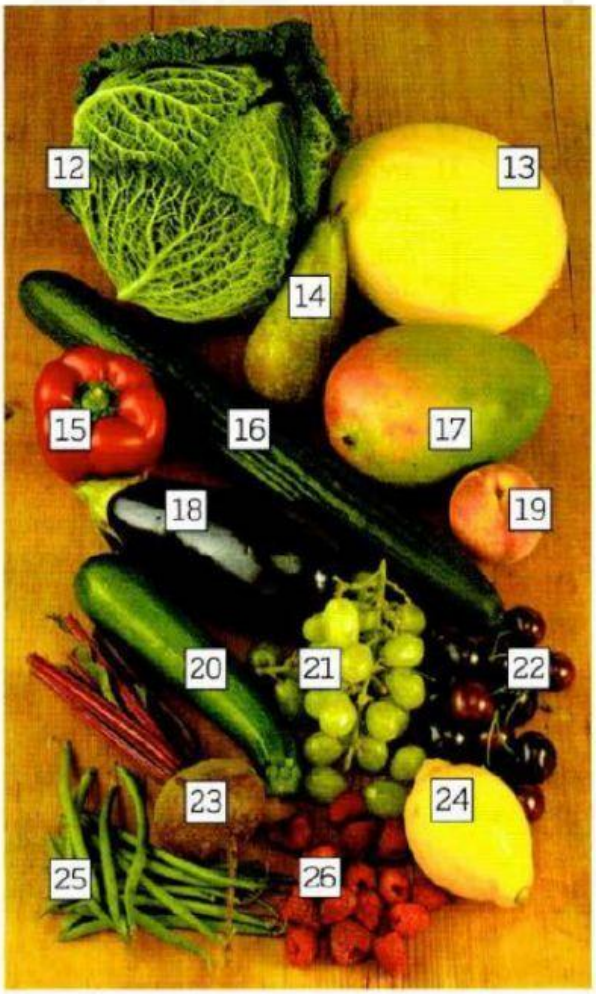
duck

lamb

pork

LIVEWORKSHEETS

Fruit and vegetables



aubergine (AmE eggplant)

beetroot

cabbage

cherries

courgette (AmE zucchini)

cucumber

grapes

green beans

lemon

mango

melon

peach

pear

raspberries

red pepper

c Listen and check.
1.2

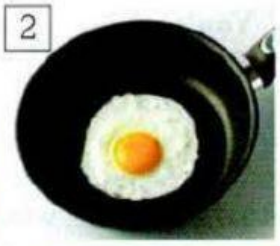
d Are there any things in the list that you ***love*** / ***hate*** / ***have never tried***?

LIVEWORKSHEETS

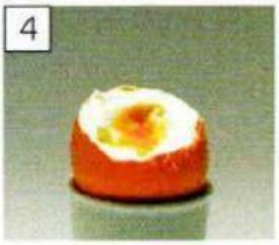
e Match the words and pictures

COOKING













boiled

roast

baked

grilled

fried

steamed

f Listen and check
1.3

g How do you prefer ***eggs / chicken / potatoes / fish*** to be cooked?

h Listen to these common adjectives to describe food. Do you know what they mean? Then say one kind of food which we often use with each adjective. 1.4

fresh frozen low-fat raw spicy takeaway tinned

LIVEWORKSHEETS

Phrasal verbs

Learn these phrasal verbs **connected with food and diet**.

I **eat out** a lot because I often don't have time to cook. (= eat in restaurants)

I'm trying to **cut down on** coffee at the moment. I'm only having one cup at breakfast. (= have less)

The doctor told me I had very high cholesterol and that I should completely **cut out** all high-fat cheese and dairy products from my diet. (= eliminate)

2 PRONUNCIATION; short and long vowel sounds

a Look at the eight sound pictures. What are the words and sounds? What part of the symbol tells you that a sound is long?

1 	squid chicken ~~spicy~~ grilled	5 	sausages roast chocolate box
2 	beef steamed beans breakfast	6 	raw fork boiled salt
3 	prawns salmon lamb cabbage	7 	cook sugar mushrooms food
4 	margarine carton jar warm	8 	cucumber beetroot fruit duck

b Look at the words in each list. Choose the word which doesn't have the sound in the sound picture.

c Listen and check. 1.5

LIVEWORKSHEETS

SERENDIPITY
ENGLISH, THE MOST FORTUNATE DISCOVERY

OPPORTUNITIES English!

3 LISTENING & SPEAKING

FOOD & EATING

1 Is there any food or drink that you couldn't live without? How often do you eat/ drink it?

2 Do you ever have
   a. ready-made food?
   b. takeaway food? What kind?

3 What's your favourite
   a. fruit?
   b. vegetable?

Are there any that you really don't like?

4 When you eat out do you normally order meat, fish, or vegetarian?

5 What food do you usually eat
   a. when you're feeling a bit down?
   b. before doing sport or exercise?
   c. before you have an exam or some important work to do?

a Listen to five people talking. Each person is answering one of the questions in Food & Eating above. Match each speaker with a question. 1.6

☐ Speaker A ☐ Speaker B ☐ Speaker C

☐ Speaker D ☐ Speaker **E**

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

LIVEWORKSHEETS

SERENDIPITY
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OPPORTUNITIES English!

4 READING

a Are the foods in the list **carbohydrates** or **proteins**? Think of four more kinds of food for each category.

cake chicken pasta salmon

b Answer the questions below with either **carbohydrates** or **proteins**.

What kind of food do you think it is better to eat . . . ?

- *for lunch if you have an important exam or meeting*
- *for breakfast*
- *for your evening meal*
- *if you are feeling stressed*

c Now read the article Mood food. Then say in your own words why the following people are mentioned. Give as much information as you can.

1 Dr Paul Clayton
2 people on diets
3 schoolchildren
4 Paul and Terry
5 nightclub owners in Bournemouth

d Find adjectives in the article for the verbs and nouns in the list. What's the difference between the two adjectives made from stress?

stress (noun) (x2)	relax (verb)	wake (verb)	oil (noun)
sleep (verb)	power (noun)	violence (noun)	

e Answer the questions.

1 What time of day do you normally eat protein and carbohydrates? How do they make you feel?
2 How often do you eat chocolate? Does it make you feel happier?
3 After reading the article, is there anything you would change about your eating habits?

LIVEWORKSHEETS

5 LISTENING & SPEAKING

a Ask and answer the questions.



RESTAURANTS

1 How often do you eat out?
2 What's your favourite...?
a kind of food (French, Italian, etc.)
b restaurant dish
3 How important are these things to you in a restaurant? Number them 1–4 (1 = the most important).
☐ the food
☐ the service
☐ the atmosphere
☐ the price
4 Have you ever tried English food? What did you think of it?

b Read the text about Steve Anderson. Then listen to Part 1 of an interview with him. 1.7



STEVE ANDERSON has always had a passion for food. He was first taught to cook by his mother, who is half Burmese. After studying physics at university, he got a holiday job helping on a cookery course in Italy, where he met several famous chefs. One of them, Alastair Little, later employed him as a trainee chef. Two years later he moved to Valencia in Spain and opened a restaurant, Seu Xerea, now one of the most popular restaurants in town.

LIVEWORKSHEETS

c Now listen to Part 2 and answer the questions.
1.8

1. What does he say is the best and worst thing about running a restaurant?
2. What's the main difference between British and Spanish customers?
3. What kind of customers does he find difficult?
4. How does he think eating habits in Spain are changing?

d. What about you? Answer the questions.
1. What was your favourite food when you were a child?
2. Is there anything that you like/ don't like cooking?
3. In your country, when people eat out would they normally tell the chef what they really think about the food?
4. Do you know anyone who is a 'difficult customer' in restaurants?

6 GRAMMAR; present simple and continuous, action and non-action verbs

a Listen again to some of the things Steve said. Choose the form of the verb he uses.

1 This week for example ***I cook*** / ***I'm cooking*** nearly every day. We ***usually close*** / ***are usually closing*** on Sundays and Mondays, but this Monday is a public holiday.

2 The British always ***say*** / ***are saying*** that everything is lovely.

3 Actually, I think ***I prefer*** / ***I am preferring*** that honesty, because it helps us to know what people like.

4 Unfortunately, I think ***they get*** / ***they're getting*** worse. People ***eat*** / ***are eating*** more unhealthily.

LIVEWORKSHEETS