LIVERPOOL SCHOOL OF ENGLISH

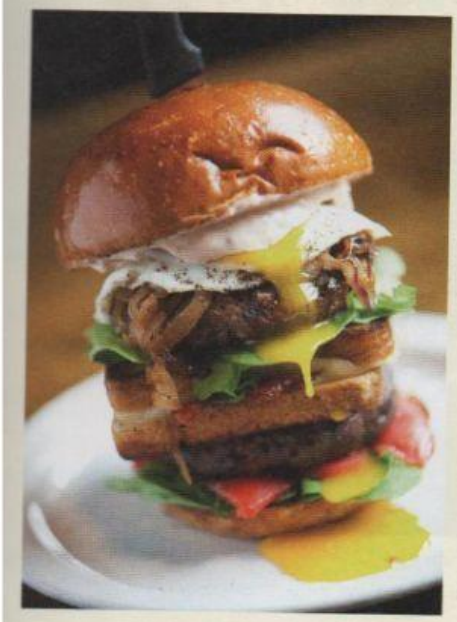
Lesson 6: Test 1. (Unit 7) **Date: 21st April, 2020**

Level. Adults Elementary B **name.....**

1)_ Reading Comprehension:

THE OBESITY EPIDEMIC

IS IT THE FOOD OR THE PORTION SIZE?



Obesity is a major problem in today's world and is the cause of **sickness** and sometimes death. Large amounts of food, and little or no exercise, have caused many people to gain too much **weight.**

How many French fries did you eat yesterday? How much chocolate did you have? But the problem isn't just the sugar and fat we eat, but the amount.

Restaurants in the US often serve **large portions** of food to make it seem like you get a lot for your money. Children are often told to eat everything on their plates. There is a lot of starch and oil because it's cheap to add and it usually makes food tastier. There isn't any reason for companies to promote fresh vegetables when **processed food** sells.



This means that about 60% of Americans eat too much processed food and are extremely overweight. Some healthcare experts call this an **obesity epidemic.**

What is the **advice** of experts? Cut down on portion size. You can eat carbohydrates, fats, and sugars. But eat less of all of it!

Answer:

1. What are the main causes of sickness today?
2. Why do restaurants in America serve large portions?
3. What are starch and oil?
4. Why don't food companies promote vegetables?
5. How many Americans are overweight?
6. What can you do to prevent Obesity?
7. Do you think that it is the same percentage in Argentina?
8. Do restaurants here in Argentina offer big portion size?
9. What kind of food do you prefer to order at restaurants?
10. Are you a foodie?

2). Grammar:

Task Nº1: Complete the sentences with: Too many, Too much, a lot of, much, many

1. **It is** [ ] **warm here ! you should open the window.**
2. **He drives** [ ] **fast ; he may have an accident.**
3. **There is** [ ] **noise, I can't hear you.**

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4. There are [ ] **cars, we'd better take the tube.**

5. I have drunk [ ] **coffee, I feel nervous.**

6. I have eaten [ ] **biscuits, I feel sick.**

7. I have eaten [ ] **of them !**

8. I eat [ ] **; I am too big !**

9. I change my mind [ ] **often.**

10. My bag is [ ] **heavy, I can't carry it.**

Task N°2: *Complete the dialogue with a lot of much or many.*

1. A How.....pasta did you eat yesterday? B. A lot! I ate too.....pasta.
2. A. I don't eat.....cookies. B. I don't either, but I eat.....fat.
3. A. .....people love meat. B yes, I love roast beef, and I eat too.....
4. A. How.....fish do you eat? B. Not.....! I prefer pasta.
5. A. I don't eat .....fruit.I don't like them. B. I love some of them. I eat .....oranges.

Task N°3: Complete the dialogue at the restaurant.

A - May I take your order?

B - Yes. I..... the chicken and a side order of corn.

A - And what ..... you ..... to drink?

B - I'd like ..... coffee, please.

A - And what would you like .....?

C - I'..... the spaghetti and a salad.

A - What would you like to .....?

C - Just water, please.

(after the meal)

A - Would you like something for .....?

B - Yes, I'll ..... the cake, please. Would you like something?

C - No thanks. I'm full.

(after dessert)

B - Could we ..... the check, please?

A - Yes, here it is.

B - Hmmm. $23.55. Here you are.

A - ..... you. Come again.

B - Thank you. .....

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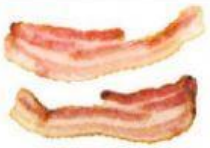
Vocabulary.

Match the words and pictures.

cooking pot- oil- pasta- bacon- tomato- onion- red pepper- saucepan










Reading: Vocabulary.

My favourite dish — Pasta with bacon and tomato sauce

Ingredients



1 red onion
2 red peppers
120 g bacon
1 can (450 g) tomatoes
1 cup water
olive oil
garlic
oregano
50 g pasta per person

Method

1. Cut the onion, red peppers and bacon into small pieces.
2. Heat some olive oil in a pan and fry the onion, red peppers and bacon.
3. Add oregano, garlic, tomatoes and water and cook for 20 minutes.
4. Cook the pasta in a big pot of boiling water.
5. Serve the pasta with the sauce, and enjoy!

Top Tips for writing

1. *When writing a recipe or instructions, use numbers to indicate the stages and use the base form of the verb (imperative) to give instructions.*
2. *Use commas between things in a list. Use 'and' between the last two things.*

Read and say: TRUE or FALSE

1. You need two red onions to make this dish. True False

2. You need about 450 g of tomatoes to make the sauce. True False

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3. 450 g of pasta is enough for only one person. True False

4. You should cut the onions, peppers and bacon before you fry them True False

5. You should add the oregano and garlic before you fry the ingredients. True False

6. You need to fry the pasta in a big pan. True False

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