0.1 Diet

Grammar: Present tenses – review
Vocabulary: Food

1 Complete the words in the extracts from recipes. Some letters are given.

0 Be careful not to add too much soy sauce as this will make the noodles too s**alty**.

1 Soak the d**ried** d mushrooms in warm water to rehydrate them before you add them to the stir-fry.

2 Get that b**itte**r flavour by using plenty of dark chocolate in the cake mixture.

3 Use very r**ipe** e fruit for a softer fruit salad.

4 For extra flavour, throw in a handful of f**resh** h herbs from the garden just before serving.

5 Don't add extra oil to the frying pan or the duck will become too g**reasy**.

6 Not all sushi uses r**aw** w fish. Try this recipe for California rolls with baked salmon.

7 Use lime juice to make the salad dressing s**our** r.

8 Don't throw away old s**tale** e bread. Instead, use it to make breadcrumbs.

9 To make a less f**attening** g version of this dish, replace the butter with olive oil.

2 Choose the correct options.

1 Ken *doesn't cook / isn't cooking* every evening because sometimes he doesn't get home until 9 p.m.
2 Guess what! I've *been becoming / become* a vegetarian since we last met.
3 Shelly and Nick *don't work / aren't working* today because they've both got food poisoning.
4 Excuse me, waiter. We *'ve been waiting / 've waited* for our desserts for half an hour now.
5 Wow! What is that gorgeous smell? What *have you cooked / have you been cooking?*

3 Complete the conversations with the correct form of the verbs in brackets.

1 A: I [0] *'m following* (follow) the seafood diet at the moment.
B: The seafood diet? I [1] _____ (never/hear) of that one.
A: It's pretty easy, really. Whenever I [2] *see* (see) food, I [3] *eat* (eat) it!

2 A: What [4] _____ (you/do), Julia?
B: I [5] _____ (make) some lunch for us. It shouldn't be long. [6] _____ (you/think) these eggs will be hard-boiled yet?
A: Well, I don't know. How long [7] _____ (you/boil) them for?
B: About an hour.
A: An hour? I [8] _____ (think) they might be done, yes. In fact, I think we might have trouble eating them unless you've got a hammer.

0.2 Fun and games

Grammar: Past tenses – review
Vocabulary: Sport

1 Complete the extract from a successful athlete's biography with the correct form of the verbs in the box.

beat	break	~~come~~	go
keep	score	throw	win

I've always been a very competitive person. At school I did a lot of athletics but I was never happy unless I [0] *came* first or [1] _____ the school record. If I was playing football, I was pleased if our team won, but I was never truly satisfied unless I was the one who had [2] _____ the goals. It wasn't enough to [3] _____ my opponent or [4] _____ a prize; I had to be the absolute best at whatever I did. To be honest, I don't think many people liked me because of this, but I couldn't help it. Some people are satisfied with [5] _____ fit or [6] _____ cycling or even just [7] _____ a ball around for fun, but that was never enough for me.

2 Read the text and choose the correct options.

Yesterday, two English climbers [1] *completed / were completing / had completed* one of the most difficult climbing routes in the world. Over 4 million people [2] *watched / were watching / had watched* live on the Internet when the brave pair [3] *reached / were reaching / had reached* the top of Old Major, a rock face in Yellowstone National Park. By the time they completed their adventure, they [4] *climbed / were climbing / had climbed* over 900 metres through all kinds of weather. Luckily, there were no weather problems yesterday – the sun [5] *shone / was shining / had shined* brightly when the exhausted climbers finally [6] *pulled / were pulling / had pulled* themselves over the top of the rock face at exactly 15.37.

3 Complete the sentences with the correct form of the verbs in brackets. Use short forms where possible.

0 It *was snowing* (snow) heavily when the marathon began.
1 We got stuck in traffic on the way to the game and by the time we got there, our team _____ (already/score) three baskets.
2 _____ (you/remember) to take an extra racket for Tom yesterday?
3 _____ (you/watch) when the rider fell off his horse? It looked pretty painful.
4 The golfer who missed the vital shot _____ (throw) his club into the lake.
5 We weren't allowed in the pool because we _____ (forget) our swimming caps.
6 The goalkeeper _____ (not concentrate) when the attacking player suddenly took a shot.



LIVEWORKSHEETS