

1. Answer the questions in full sentence.

- 1 Which products are a good source of protein?
- 2 Which products are a good source of carbohydrates?
- 3 Which products are low in vitamins?
- 4 Which products are high in calories?

2. Uzupełnij pytania z ankiety podanymi niżej wyrazami w liczbie pojedynczej lub mnogiej.

Następnie odpowiedz na te pytania.

*cup packet slice bar spoonful glass bowl piece*

What are your food habits?

1 How many \_\_\_\_\_ of sugar do you have in your tea or coffee?

2 How often do you have a \_\_\_\_\_ of soup for lunch?

3 How many \_\_\_\_\_ of bread do you eat every day?

4 Do you usually have a \_\_\_\_\_ of coffee in the morning?

5 How many \_\_\_\_\_ of water do you drink a day?

6. Do you ever have a \_\_\_\_\_ of crisps for a snack?

7 How many \_\_\_\_\_ of chocolate do you eat in a week?

8 How many \_\_\_\_\_ of fruit do you eat every day?

3 Dopasuj podane niżej czasowniki, które opisują przygotowanie i podawanie potraw, do ich polskich odpowiedników.

*peel season melt serve crush simmer chop slice cover beat*

- 1 przykryć (np. garnek)
- 2 siekać (np. mięso)
- 3 doprawiać do smaku (np. pieprzem, solą)
- 4 kroić w kromki (chleb), plasterki (wędlinę)
- 5 podawać (danie)
- 6 topić (np. masło)
- 7 miażdżyć (np. czosnek)
- 8 gotować na małym ogniu (np. bulion)
- 9 ubijać (np. jaja)
- 10 obierać (np. ziemniaki)

4 Uzupełnij przepis czasownikami z poprzedniego ćwiczenia w odpowiedniej formie.

Spanish Omelette

Ingredients

75 g butter  
4 onions – \_\_\_\_\_ ed or \_\_\_\_\_ ed  
4 large potatoes – \_\_\_\_\_ ed  
1 garlic clove – \_\_\_\_\_ ed  
6 eggs

\_\_\_\_\_ the butter in a very large frying pan, then add the onions and cook gently for 20 minutes. Meanwhile, put the potatoes in a large pan and cover with water. Bring to the boil and \_\_\_\_\_ for 12-15 minutes until just tender. Cut into thin slices. Add the potato and garlic to the pan, increase the heat and cook for 5-10 minutes until the potato is golden brown. Break the eggs and put them into a bowl with about four tablespoons of water and \_\_\_\_\_ for a minute or so. \_\_\_\_\_ well with salt and freshly-ground black pepper. Add the eggs to the pan, then \_\_\_\_\_ it and turn the heat down low. When the bottom is golden brown and the top is just cooked, cut the omelette into large slices and \_\_\_\_\_ it straight from the pan.

5 Wybierz jedną z potraw z ramki i przyrządzenia.

*pancakes tomato soup spaghetti bolognese  
scrambled eggs fruit salad porkchops pizza*

6 Uzupełnij zdania wyrazami z ramki.

*bitter lean spicy well done salty sour fresh  
strong*

- 1 How do you prefer your tea: weak, medium or \_\_\_\_\_?
- 2 What kind of food do you prefer: sweet things like cake or \_\_\_\_\_ things like crisps?
- 3 Do you like hot, \_\_\_\_\_ food like curry or mild food like plain rice and vegetables?
- 4 Do you like the taste of dark, \_\_\_\_\_ chocolate or do you prefer milk chocolate?
- 5 Do you like the \_\_\_\_\_ taste of lemons or grapefruit?
- 6 How do you prefer your steak cooked: rare, medium or \_\_\_\_\_?
- 7 Do you like fatty meat or do you only eat \_\_\_\_\_ meat?
- 8 How often do you eat \_\_\_\_\_ vegetables?