UNIT 22

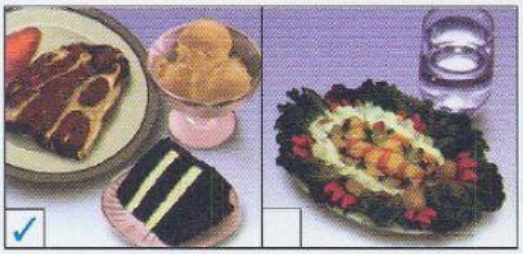
# Food and Nutrition

## Getting Ready

## CD 3-27 Listening 1

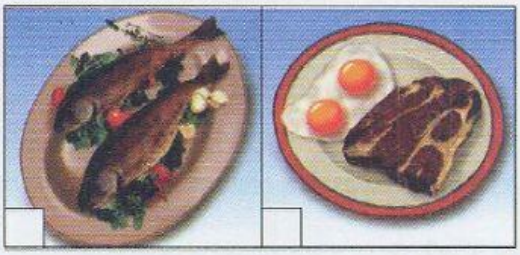
People are talking about their eating habits. What does each person eat now? Listen and check (✓) the correct picture.

1.



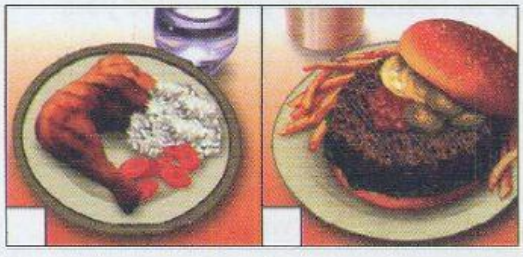
a. b.

2.



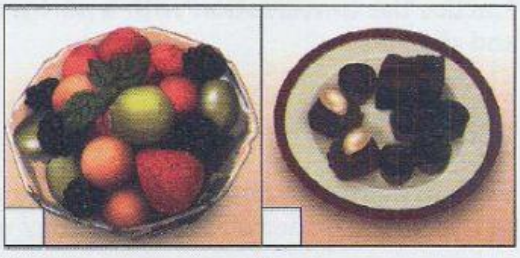
a. b.

3.



a. b.

4.



a. b.



Vocabulary Worksheet

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# Listening 2

CD 3-28 ▶ **Task 1**

A doctor is talking to her patients about nutrition. What advice does she give each person? Listen and circle the correct answer.




1. a. eat fewer vegetables
   b. eat less cheese
   c. eat a lot of fat

2. a. don't eat fish
   b. eat more vegetables
   c. eat more fruit

3. a. eat less meat
   b. eat less fruit
   c. eat more meat

4. a. eat less bread
   b. eat more meat
   c. eat less fruit

5. a. eat more cheese
   b. don't drink milk
   c. eat more protein

6. a. don't drink milk
   b. don't eat candy
   c. eat more vegetables

CD 3-28 ▶ **Task 2**

**Listen again.** What is each person's health problem? Write the correct letter.

1. Mr. Grant d
2. Linda ___
3. Chris ___
4. Ms. Barton ___
5. Mr. O'Brien ___
6. Mrs. Johnson ___

a. is losing too much weight.
b. has stomachaches.
c. needs to lose weight.
d. has high cholesterol.
e. has been feeling tired and weak.
f. has high blood pressure.



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# Listening 3



## CD 3-29 ▶ Task 1

A cheesemaker is giving a talk about cheese. Are these statements true or false? Listen and check (✓) the correct answer.

| | True | False |
|---|---|---|
| 1. Cheese was first made over 3,000 years ago. | ☑ | ☐ |
| 2. Cheese contains vitamins. | ☐ | ☐ |
| 3. Most cheese in the United States is made from goat's milk. | ☐ | ☐ |
| 4. Cheese doesn't contain water. | ☐ | ☐ |
| 5. The process of making cheese was probably discovered by chance. | ☐ | ☐ |
| 6. Pasteurized milk contains bacteria. | ☐ | ☐ |
| 7. Carbon dioxide is added to pasteurized milk to make cheese. | ☐ | ☐ |
| 8. Curd is a liquid. | ☐ | ☐ |

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## CD 3-29 ▶ Task 2

**Listen again.** How is cheese made? Number the steps from 1 to 5.

The milk forms a solid substance. ___

Specially cultivated bacteria are added to the milk. ___

The milk is heated to remove all bacteria. 1

The curd is removed and drained. ___

The milk is kept warm so the cultures can grow. ___



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## Dictation

CD 3-31 ▶ Task 1

**Listen to the conversation. Write the missing words.**

A: Hi. I'm Jane, and I'll be your server this evening. What would you like to drink?

B: I'll just have some water, thanks.

A: Okay. And what _____ _____ _____ to eat?

B: Could you tell me what types of vegetables come with the roast chicken?

A: Sure. It comes with _____ _____ _____.

B: Okay. Then I'd like the roast chicken and vegetables, please. And I'd like a piece of apple pie for dessert.

A: Okay, that's roast _____ _____ _____, and a piece of apple pie.



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