Write the names of the foods.

Fruit

1. lemons
2. _____
3. _____
4. _____

Vegetables

5. _____
6. _____
7. _____
8. _____

Grains

9. _____
10. _____
11. _____
12. _____

Fats and oils

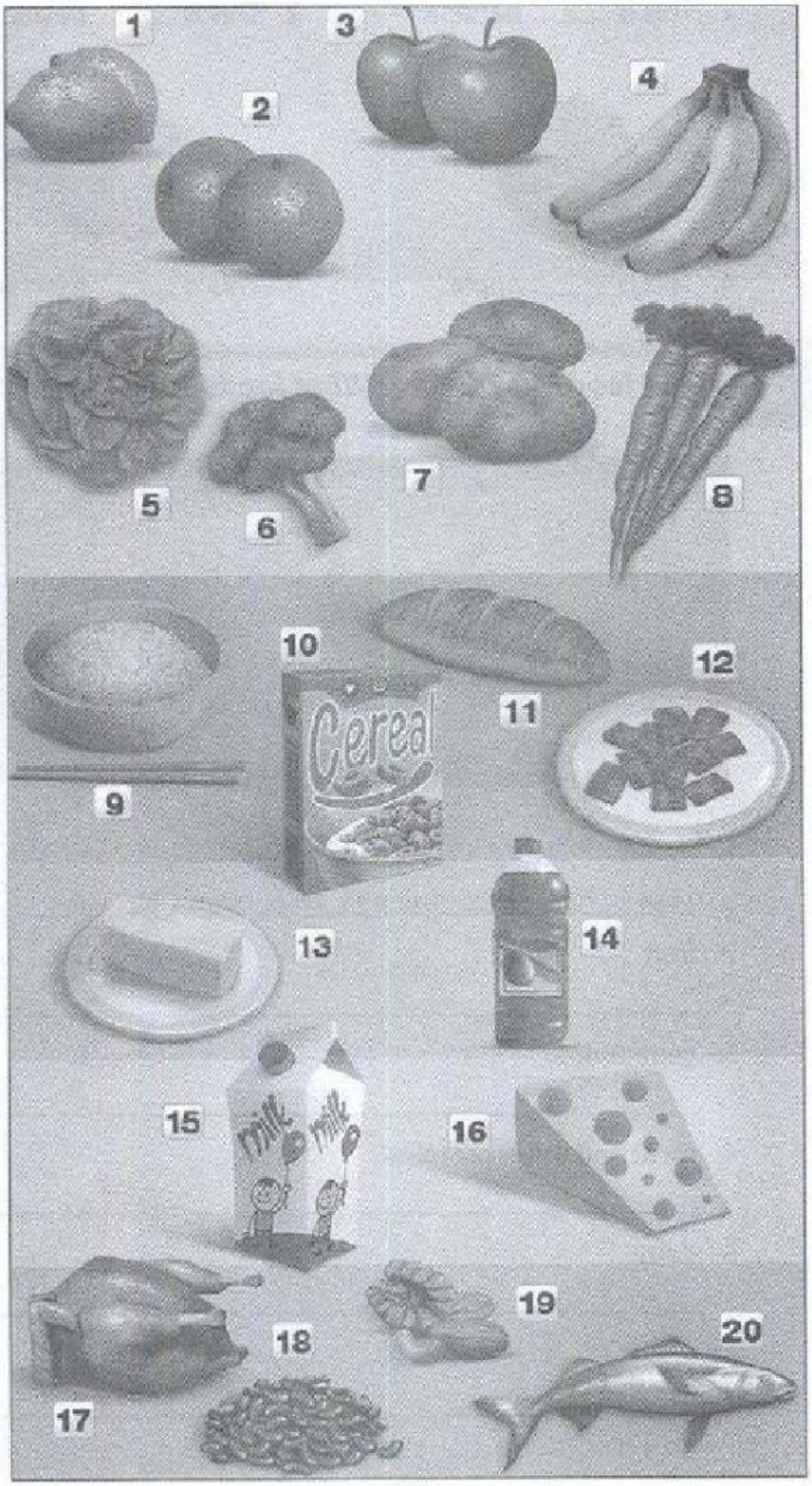
13. _____
14. _____

Dairy

15. _____
16. _____

Meat and other proteins

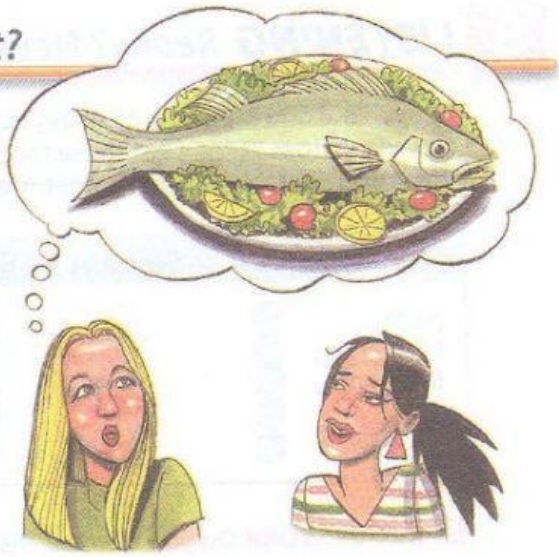
17. _____
18. _____
19. _____
20. _____



LIVEWORKSHEETS

CONVERSATION *Fish for breakfast?*

Listen and practice.



Sarah: Let's have breakfast together on Sunday.
Kumiko: OK. Come to my house. My family always has a Japanese-style breakfast on Sundays.
Sarah: Really? What do you have?
Kumiko: We usually have fish, rice, and soup.
Sarah: Fish for breakfast? That's interesting.
Kumiko: Sometimes we have a salad, too. And we always have green tea.
Sarah: Well, I never eat fish for breakfast, but I like to try new things.

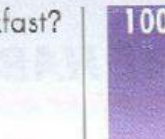
GRAMMAR FOCUS

Adverbs of frequency

I **always** / **usually** / **often** / **sometimes** / **hardly ever** / **never** eat breakfast.

Sometimes I eat breakfast.

Do you **ever** have fish for breakfast?
Yes, I **always** do.
Sometimes I do.
No, I **never** do.



always
usually
often
sometimes
hardly ever
never

A Put the adverbs in the correct places. Then practice with a partner.

usually
A: What do you have for breakfast? (usually)
B: Well, I have coffee and cereal. (often)
A: Do you eat breakfast at work? (ever)
B: I have breakfast at my desk. (sometimes)
A: Do you eat rice for breakfast? (usually)
B: No, I have rice. (hardly ever)



LIVEWORKSHEETS

B Unscramble the sentences.

1. I / have breakfast / on / never / weekends — I never have breakfast on weekends.
2. work / I / snacks / eat / at / hardly ever
3. eat / for / pasta / dinner / sometimes / I
4. have / I / dinner / with / often / family / my

LISTENING *Really? Never?*

A Paul and Megan are talking about food.
How often does Megan eat these foods?
Listen and check (✓) Often, Sometimes, or Never.

	Often	Sometimes	Never
pasta	✓		
hamburgers			
fish			
eggs			
broccoli			



B **GROUP WORK** Do you ever eat the foods in part A? Tell your classmates.

A: I often eat pasta.
B: Really? I never eat pasta.
C: Well, I . . .

LIVEWORKSHEETS

interchange 9 SNACK SURVEY

A Complete the snack survey. Use these foods and other foods you know.



Snacks I often eat	Snacks I sometimes eat	Snacks I never eat
.....	.....	.....
.....	.....	.....
.....	.....	.....
.....	.....	.....
.....	.....	.....
.....	.....	.....
.....	.....	.....

LIVEWORKSHEETS

READING

EATING for GOOD LUCK

Look at the pictures. On special occasions, do you ever eat any of these foods?

On New Year's Day, many people eat special foods for good luck in the new year.



Some Chinese people eat tangerines and oranges. "Tangerine" sounds like "luck" and "orange" sounds like "wealth" in the Mandarin language.



In Greece and some other Mediterranean countries, people eat pomegranates. Pomegranates bring wealth in the new year.



In Spain and some Latin American countries, people eat 12 grapes at midnight on New Year's Eve – one grape for good luck in each month of the new year.



At the end of the year in Sweden, people eat rice pudding with an almond inside. Everyone tries to find the almond for good luck in the new year.



On New Year's Day in South Korea, people eat *dd'uk guk* – soup with rice cakes – for strength and health in the new year.



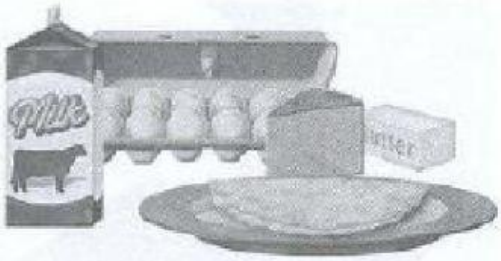
Some Americans from southern states eat black-eyed peas and rice with collard greens. The black-eyed peas are like coins, and the greens are like dollar bills.

A Read the article. Then correct these sentences.

1. In Mandarin, the word "tangerine" sounds like "~~wealth~~ luck."
2. Greeks eat pomegranates. Pomegranates bring health.
3. People in Spain eat 12 grapes, one grape for good luck in each hour of the day.
4. Swedish people eat rice pudding with money inside.
5. Koreans eat soup with chocolate cake for strength and health.
6. Some Americans eat black-eyed peas. Black-eyed peas are like dollar bills.

LIVEWORKSHEETS

What do you need to make these foods? What don't you need? Write sentences.



1. an omelet

You need some butter, milk, eggs, and cheese. You don't need any lemons.



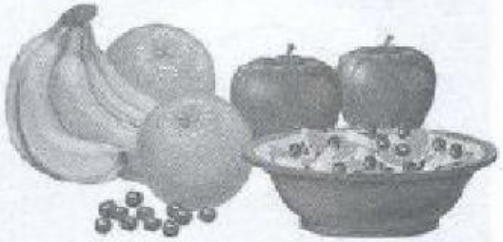
2. a chicken sandwich



3. chicken soup



4. a vegetable salad



5. a fruit salad

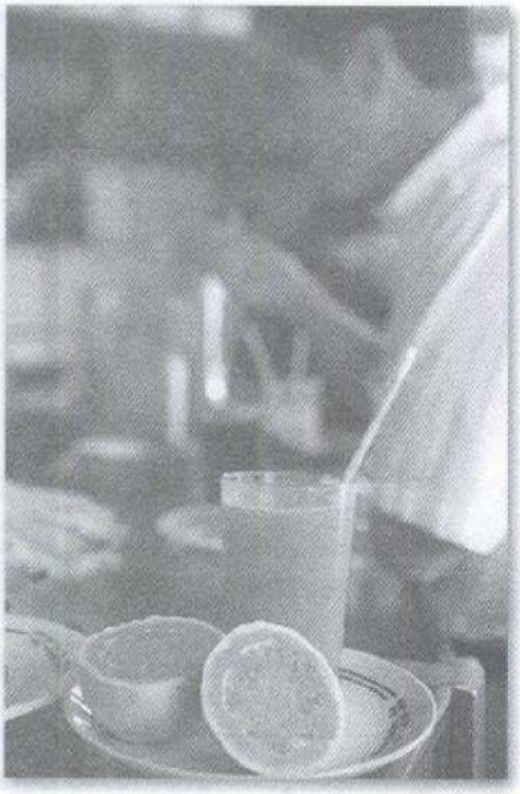


6. your favorite food

LIVEWORKSHEETS

A Put the adverbs in the correct places.

1. Brazilians make drinks with fruit. (often)
   Brazilians often make drinks with fruit.
2. Some people in Mexico eat pasta. (never)
   _____
3. In China, people put sugar in their tea. (hardly ever)
   _____
4. In England, people put milk in their tea. (usually)
   _____
5. In Japan, people have fish for breakfast. (sometimes)
   _____
6. Americans put cream in their coffee. (often)
   _____
7. In Canada, people have salad for breakfast. (hardly ever)
   _____
8. Some people in South Korea eat pickled vegetables for breakfast. (always)
   _____



Do you often have these things for dinner? Write sentences. Use the adverbs in the box.

never	hardly ever	sometimes	often	usually	always

1. cheese — I hardly ever have cheese for dinner.
2. milk — _____
3. coffee — _____
4. eggs — _____
5. beef — _____
6. rice — _____
7. beans — _____
8. cereal — _____

LIVEWORKSHEETS