# All About Food

UNIT 1









## Getting Ready

**Discuss the following questions with a partner.**

1 What foods do you see in the pictures?
2 Which ones do you like? Which ones don't you like?
3 Do you like to cook? What dishes can you cook?



LIVEWORKSHEETS

# CHAPTER 1 A Restaurant for Change

## Before You Read
Learning to Cook

**A Think about answers to the following questions.**

1 What are some ways people learn how to cook?

_____ _____

_____ _____

2 Which of these ways would be useful for someone learning how to cook as a job?

**B Discuss your answers with a partner.**

## Reading Skill
Predicting

Before reading, good readers think about what they are going to read. And while reading, they think about what comes next. This helps them better understand what they are reading.

**A Look at the pictures and title of the passage on the next page. Then answer this question.**

How can a restaurant change a person's life?

**B Read paragraphs 1 and 2 in the passage. Then answer the following questions.**

1 Were your predictions in A correct?
2 What kind of training do you think the young chefs at Fifteen get?

**C Read paragraph 3 in the passage. Then answer the following questions.**

1 Were your predictions in B correct?
2 Why do you think the restaurant is named Fifteen?

**D Read the last paragraph in the passage. Was your prediction in C correct? Now read the entire passage carefully. Then answer the questions on page 14.**

**Factors of success.** Successful readers read fluently. To be fluent, you should be able to read 200 words per minute with at least 70 percent comprehension. In this chapter, see if you can achieve this goal. Achieving the goal will contribute to your success.



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# A Restaurant for Change



1 Jamie Oliver wants to change peoples' lives and he is using food to do it. Oliver, a chef, is well-known for sharing his secrets of cooking **healthy** food through his magazine, cookbooks, and television shows. He is also changing lives through his Italian restaurant, Fifteen.

2 Fifteen started in London, England, as a place to train young adults to work in a kitchen. Oliver's idea was to create a professional **kitchen** that can help young people get a fresh start and a chance to become professional chefs.



3 Every September, a new group of 18- to 24-year-olds start work at Fifteen. When **they** start, they are usually not **qualified** for a restaurant job, but that will change quickly. In the 12 months

4

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## Reading Comprehension
Check Your Understanding

**A** **Choose the correct answers for the following questions.**

1 Jamie Oliver _____ the Fifteen restaurant.
- **a** is a chef at
- **b** is the owner of
- **c** was a student at

2 Oliver uses Fifteen to help young people _____.
- **a** eat healthy food **b** find jobs **c** become rich

3 In lines 12–13, *When they start, they are usually...*, who does **they** refer to?
- **a** students at Fifteen **b** TV chefs **c** customers

4 Today, most Fifteen graduates are working in the _____ industry.
- **a** building **b** education **c** food

**B** **Number these events (1–4) in the order they happen.**

- **a** ___ The student chefs graduate from their training.
- **b** ___ The student chefs get hands-on training at a top restaurant.
- **c** ___ In September, a new group of 18- to 24-year-olds start work.
- **d** ___ The student chefs use their training to find jobs.

## Critical Thinking

**C** **Discuss the following questions with a partner.**

1 Jamie Oliver started Fifteen to help young people get a fresh start in their lives. How could restaurant training make a young person's life better?

2 How does learning to manage money and difficult customers help someone in the restaurant business?

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## Vocabulary Comprehension
Words in Context

**A** **Complete each sentence with the best answer. The words in blue are from the passage.**

1 Qualified people are usually _____ to work.
- **a** trained **b** not trained

2 The café near my home serves _____.
- **a** good chefs **b** delicious food

3 Which of these are ingredients?
- **a** forks and spoons **b** carrots and tomatoes

4 Since this is hands-on training, you'll need to _____.
- **a** travel to the place **b** use your computer

5 Our English teacher encourages us _____.
- **a** to watch movies in English **b** not to do our homework

6 Some examples of healthy foods are _____.
- **a** french fries and potato chips **b** fruits and vegetables



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7 You use a recipe to learn how a food _____.
   **a** tastes **b** is made
8 Javier is _____ in the kitchen right now.
   **a** taking a shower **b** cooking lunch

**B** **Answer the following questions. Then share your ideas with a partner.**

1 How would you encourage someone to speak English?
2 What things do you find in a kitchen?
3 What do you do to keep healthy?
4 What places do you know that serve good food?

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**A** **The words in the chart below are all in the passage on page 13. Match these words with their antonyms from the box.**

unhealthy discourage easy ~~dislike~~ rest free

| | Antonym |
|---|---|
| 1 like | *dislike* |
| 2 difficult | |
| 3 work | |
| 4 healthy | |
| 5 encourage | |
| 6 busy | |

**B** **Complete the sentences with the words from A. You might have to change the form of the word.**

1 You shouldn't eat so much _____ food.
2 Tonight's homework was very _____. I finished it in a few minutes.
3 You look tired. You should go and _____ for a while.
4 You should not let a small problem _____ you from reaching your goals.
5 I really _____ that girl. She's always so rude.
6 I didn't have lunch as I was _____ in the afternoon.

## Vocabulary Skill
Antonyms

An antonym is a word that means the opposite of another word. Sometimes, antonyms are very different words, for example, *light* and *dark*, *true* and *false*. Other times, antonyms are made by adding or changing prefixes or suffixes, for example, *happy* and *unhappy*, *careless* and *careful*. One good way to increase your vocabulary is to learn antonyms.


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