

## UNIT 7: RECIPES AND EATING HABITS

### A. PHONETICS

#### I. Mark the questions with the correct tone, using falling or rising arrows. Then read the conversations aloud.

1. A: What are you watching?  
B: I'm watching a tutorial about making tacos.  
A: Tacos? It's a specialty of Mexico?  
B: Yeah, that's right. Have you ever tried tacos?
2. A: What do we need to make a tiramisu cake?  
B: Mascarpone cream, ladyfingers, coffee and Rum.  
A: And a sponge cake?  
B: Yes, of course.
3. A: I've made a coffee cake.  
B: That's a coffee cake?  
A: Yep. Do you like it?  
B: You made it for me?  
A: Yes, help yourself.
4. A: What's for lunch today?  
B: We are having rice and fried fish.  
A: Fried fish? Have anything else?  
B: Would you like soup or salad?  
A: Chicken soup.
5. A: Why don't we go out for dinner tonight?  
B: We're eating out tonight?  
A: Yeah. Let's go to the Maison Restaurant.  
B: Maison Restaurant? Where is it?  
A: It's on Ave Street.

#### II. Complete the short conversations with suitable statement questions.

1. A: What do you have for lunch?  
B: A tuna sandwich and some fruit.  
A: \_\_\_\_\_?
2. A: I didn't see Nick at the party last night.  
B: \_\_\_\_\_? He came a little late... around 10 o'clock.  
A: Oh, well. I'd already gone home when he arrived.

3. A: Let's go get burgers for lunch.  
 B: I don't like burgers.  
 A: \_\_\_\_\_?  
 B: No. I don't like meat.  
 A: How about a veggie burger?  
 B: \_\_\_\_\_? Okay, let's go.

4. A: Pour the mushroom sauce over the steaks.  
 B: \_\_\_\_\_? Oh, no. I'm allergic to mushrooms.  
 A: \_\_\_\_\_?  
 B: Yes. They cause swelling of mouth and throat.

## B. VOCABULARY AND GRAMMAR

### I. Match the food preparation verbs with their definitions.

1. chop	a. rub food against a greater in order to cut it into small pieces
2. drain	b. scatter small pieces of something or the liquid on something
3. peel	c. put something quickly into a liquid and take it out again
4. whisk	d. cut something into thin, flat pieces
5. grate	e. soak fish, meat, etc. in a mixture of spices and seasonings before cooking it
6. sprinkle	f. cut something into small pieces
7. slice	g. make fruit or vegetables into a thick, smooth sauce by crushing them
8. dip	h. remove the water from something
9. marinade	i. mix cream, eggs, etc. into a stiff light mass
10. puree	j. take off the skin of fruit and vegetables

### II. Complete the sentences with the words in part I.

1. The deli worker used a butcher knife to \_\_\_\_\_ the meat into thin pieces.
2. \_\_\_\_\_ the chicken with curd, chili powder and salt and keep it in the fridge overnight.
3. When the pasta is cooked, \_\_\_\_\_ it and serve immediately.
4. Pour strawberries into a blender and \_\_\_\_\_ until smooth.
5. \_\_\_\_\_ the meat into small cubes, and coat them with flour mixture.
6. First \_\_\_\_\_ the potatoes and cut them in half.
7. \_\_\_\_\_ the cheese and scatter it over the pasta.
8. Lightly \_\_\_\_\_ the eggs and then add them to the mixture.
9. \_\_\_\_\_ stale bread in egg and milk and fry it in butter to make French Toast.
10. Spread the icing then \_\_\_\_\_ some chopped walnuts on top of the cake.

**III. Complete the sentences with the cooking verbs from the box. Take the picture next to each sentence as a clue.**

roast    steam    stir-fry    bake    grill    stew    simmer    deep-fry    boil    toast

1. Add the garlic, ginger and onions and \_\_\_\_\_ for 30 seconds.



2. \_\_\_\_\_ the buns over high heat for about 12 -15 minutes.



3. \_\_\_\_\_ the biscuits until the tops are lightly browned.



4. Lower the heat and \_\_\_\_\_ the stew for an hour, until the meat is tender.



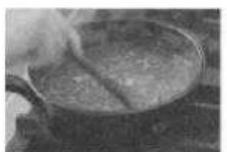
5. We used to \_\_\_\_\_ steaks over charcoal in the open air.



6. Heat the oil and \_\_\_\_\_ the spring rolls until golden.



7. Stir the sauce gently until it begins to \_\_\_\_\_.



8. Tough pieces of meat needs to \_\_\_\_\_ slowly for about four hours, with lid very-close.



9. \_\_\_\_\_ bread lightly on both sides and then butter it thinly.



10. Lower the heat to 400°F and continue to \_\_\_\_\_ the chicken for 60 minutes.



**IV. Complete the sentences with the words from the box.**

prawns	celery	staples	shallots	versatile
tender	lasagne	starter	nutritious	recipe

- \_\_\_\_\_ is an Italian dish made with layers of flat pasta with a sauce, cheese, and meat or vegetables.
- What would you like for a \_\_\_\_\_ - soup or smoked salmon?
- For this \_\_\_\_\_ you need 250g of peeled king prawns.
- Potatoes are an extremely \_\_\_\_\_ vegetable. They can be baked, fried, grilled, boiled, mashed or grated.
- The shops are running out of \_\_\_\_\_ such as rice and cooking oil.
- Lentil soup is highly \_\_\_\_\_ and easy to prepare.
- \_\_\_\_\_ are grey when they're raw, and turn pink when they're cooked.
- Whether diced, minced, or sliced, \_\_\_\_\_ are used for seasoning dishes.
- Cook the curry for another 40 minutes or until the meat is \_\_\_\_\_.
- Add carrot and \_\_\_\_\_ and saute for 3 minutes longer.

**V. Match the verbs in A with the phrases in B.**

A	B
1. marinate	a. some spring onions on top of the eggs before serving
2. grate	b. strawberries halfway into melted chocolate, then sprinkle with nuts
3. chop	c. chicken in buttermilk for two hours before frying
4. garnish	d. a thick layer of butter on the flatbread
5. sprinkle	e. the eggs and sugar in a bowl over a pan of hot water
6. slice	f. the celery and cook it in boiling salted water
7. dip	g. the potatoes and slice them thinly with a sharp knife
8. spread	h. some cheese and sprinkle it over the potatoes before serving them
9. whisk	i. the dish with the pine nuts, parsley and lemon slices
10. peel	j. the cucumbers as thinly as possible

**VI. Circle the correct answers.**

- My shirt is dry now, but I need *a/ an/ any / some* iron to press it with.
- Would you like *a/ an/ any / some* chicken? And how about *a/ an/ any / some* potatoes?
- I can't make pizza because I haven't got *a/ an/ any/ some* cheese.

4. Have you got *a/ an/ any/ some* money for the machine? I didn't bring *a/ an/any/some*.
5. Is there *a/ an/ any/ some* soup left? - Yes. There is *a/ an/ any/ some* soup left for you in the microwave oven.
6. I'd like to drink some water, but I can't find *a/ an/ any/ some* glass.
7. Could you buy me *a/ an/ any / some* bread? I want to make French toast.
8. This mixture of spices is *a/ an/ any / some* important ingredient of the curry sauce.
9. I'm really hungry. Can you make me *a/ an/ any / some* meat sandwich?
10. To prepare the salad I need *a/ an/ any/ some* red pepper, *a/ an/ any/ some* cucumbers, *a/ an/ any/ some* onion and *a/ an/ any/ some* ketchup.

### **VII. Fill in the blank with *a, an, some, or any*.**

Jack: What do we have for dinner, Mom?

Mom: Well, sweet and sour pork ribs and vegetable soup.

Jack: Could we have (1) \_\_\_\_\_ salad, Mom?

Mom: Ok. If you want, I will make (2) \_\_\_\_\_ egg salad.

Jack: Thank you, Mom.

Mom: But there aren't (3) \_\_\_\_\_ eggs left. Could you get me (4) \_\_\_\_\_?

Jack: Sure, Mom. How many eggs do you need?

Mom: Half (5) \_\_\_\_\_ dozen.

Jack: Do you need anything else?

Mom: Hmm... I also need (6) \_\_\_\_\_ stick of celery, (7) \_\_\_\_\_ mayonnaise, and (8) \_\_\_\_\_ green onions.

Jack: Do you need (9) \_\_\_\_\_ lettuce, Mom?

Mom: No, there is still (10) \_\_\_\_\_ head of lettuce in the fridge.

Jack: Okay, Mom.

### **VIII. Underline the correct answer.**

1. He was eating a large *slice / clove* of chocolate cake.
2. Could you go to the groceries and buy me a *bag / head* of cabbage?
3. I need 3 *cups / kilos* of milk to make this mousse cake.
4. There is a *bunch / stick* of bananas and two *slices / bottles* of orange juice in the fridge.
5. The child grabbed a *pinch / handful* of candy and went back outside to play.
6. A *clove / stick* of celery contains about six calories.
7. You don't need to use the whole *tin / gram* of beans for this dish. Half is enough.
8. When I try to open a *can / carton* of milk, I wish it still came in bottles!
9. Add a *pinch / piece* of salt to your egg wash before brushing it over pastry.
10. Place 6 *cloves / sticks* of garlic in a small saucepan, cover with water and bring to the boil.

**IX. Complete each sentence with a word from the box.**

bar can tablespoons packet loaf slice kilogram tube piece sticks

1. Please go to the baker's and buy a \_\_\_\_\_ of fresh bread.
2. Add two \_\_\_\_\_ of lemon juice and beat the egg whites until frothy.
3. How much is a \_\_\_\_\_ of onions?
4. When I opened the \_\_\_\_\_ of cola, it sprayed out onto my shirt.
5. The recipe says you should add one or two \_\_\_\_\_ of celery to the soup.
6. Shall I cut another \_\_\_\_\_ of bread for you?
7. Would you like a \_\_\_\_\_ of chocolate?
8. We both felt hungry, and luckily I had a \_\_\_\_\_ of biscuits in my bag.
9. She fed her baby a very small \_\_\_\_\_ of cheese.
10. If you go to the supermarket, could you buy me a \_\_\_\_\_ of toothpaste?

**X. Match the first half of the sentence in A with the second half in B.**

**A**

1. If he doesn't come soon,
2. You may leave the room
3. If you don't want to be overweight,
4. If you learn texting shortcuts,
5. You must exercise regularly
6. If you register for the course soon,
7. You might win the race
8. If it rains this afternoon,
9. Juan could pass his exams
10. If you get home before me,

**B**

- a. we are going to stay in and watch TV.
- b. if you want to have a good-looking body shape.
- c. you will get a discount of 15%.
- d. we will have to leave without him.
- e. if you run a bit faster.
- f. you shouldn't eat too much sugar.
- g. if you've finished the test.
- h. if he revises every day.
- i. can you put the chicken in the oven?
- j. you can save a lot of time.

**XI. Complete the conditional sentences with the correct tense or form of the verbs in brackets. Add *will*, *would*, or other modal verbs if necessary.**

1. You might catch a cold if you \_\_\_\_\_ (take) a shower late at night.
2. My sister \_\_\_\_\_ (not make) a cake if she doesn't have enough ingredients.
3. What \_\_\_\_\_ (happen) if there was no more electricity?
4. If she \_\_\_\_\_ (speak) more clearly, I could understand her.
5. You \_\_\_\_\_ (take) a break from work if you feel stressed.
6. If Beth \_\_\_\_\_ (not eat) so much junk food, she'd lose weight.
7. If it isn't hot tomorrow, we \_\_\_\_\_ (not go) to the beach.
8. If I had wings, I \_\_\_\_\_ (be) able to fly like Peter Pan.
9. She won't finish it on time if she \_\_\_\_\_ (not start) right now.

10. She's going to take a vacation next week if she \_\_\_\_\_ (get) time off work.
11. She \_\_\_\_\_ (leave) early if she's finished her work?
12. If I \_\_\_\_\_ (be) you, I wouldn't make a decision now.

**XII. Fill in each blank with a suitable preposition.**

1. The Japanese make sashimi simply \_\_\_\_\_ cutting fresh fish.
2. Mike is allergic \_\_\_\_\_ nuts, so he breaks out in a rash when consuming cashews.
3. Most restaurants these days serve either soup or salad \_\_\_\_\_ a starter.
4. Do you know a good recipe \_\_\_\_\_ apple pie?
5. Marinate the fish \_\_\_\_\_ olive oil, garlic and vinegar.
6. You can serve this curry \_\_\_\_\_ rice or bread.
7. Maureen spread the tomato sauce \_\_\_\_\_ the pizza base.
8. A Japanese meal consists \_\_\_\_\_ rice, miso soup, the main dishes and pickles.
9. Dip fish fillets \_\_\_\_\_ the batter, then drop one at a time into hot oil.
10. Combine the eggs \_\_\_\_\_ a little flour and heat the mixture gently.

**C. SPEAKING**

**I. Complete the conversation with the sentences from the box. Write the letters of the sentences (A - H).**

- A. How many pieces of chicken again?
- B. There we go!
- C. What does the recipe say?
- D. A bit of parmesan to garnish.
- E. How about Italian pasta?
- F. There are lots of measurements for your ingredients.
- G. Should we fry the chicken or roast it?
- H. And how much oil should I use?

**Jack:** What are we going to make today, Sarah?

**Sarah:** (1) \_\_\_\_\_

**Jack:** Well, I really like pasta.

**Sarah:** (2) \_\_\_\_\_ For example, 250 grams of pasta. 1 and 1/2 a cup of chopped tomatoes. 1/2 a cup of tomato paste. Two pieces of chicken. Some garlic. One tablespoon of oil. A pinch of salt. A bunch of basil. 500 millilitres of water and some parmesan cheese. Have you got everything?

**Jack:** Yep! (3) \_\_\_\_\_

**Sarah:** It says to boil the water with a pinch of salt and then add the pasta. You can chop the tomatoes and then we have to saute them.

**Jack:** (4) \_\_\_\_\_

**Sarah:** Well it says to steam it but I think we should fry it! It'll taste better.

**Jack:** (5) \_\_\_\_\_

**Sarah:** Two!

**Jack:** (6) \_\_\_\_\_

**Sarah:** Just two tablespoons.

**Jack:** We need lots of cheese grated on top. I'm just going to add a little bit of salt to this.

**Sarah:** (7) \_\_\_\_\_

**Jack:** Looks great.

**Sarah:** (8) \_\_\_\_\_ Well now we've done all this hard work. It's time to eat.

## **II. Put the dialogue into the correct order.**

\_\_\_ What did you have for lunch?

\_\_\_ Sure.

\_\_\_ Drink enough water, and add more fresh fruits and vegetables to your daily diet. In addition, instead of eating out, you should cook yourself.

\_\_\_ My stomach is hurting.

\_\_\_ I don't know how to cook!

1 What's wrong with you?

\_\_\_ They can cause indigestion because they are deep-fried. If you eat them for a long time, you can suffer from cardiovascular, obesity and even cancer.

\_\_\_ There are a lot of cooking tutorials on the Internet. They will guide you step by step.

\_\_\_ Do you have any recommendation for a good diet?

\_\_\_ Thank you! I will watch some videos and contact you if I have difficulties.

\_\_\_ So, what should I do now?

\_\_\_ You should come to the hospital and remember not to consume fast food too often.

\_\_\_ Why?

\_\_\_ You shouldn't have eaten those things.

\_\_\_ I ate a large burger and some crisps.

## **D. READING**

### **I. Complete the passage with the words from the box.**

Healthy   protein   unhealthy   nutrients   habits   strengthen   grains   increase

A good diet and regular exercise should keep you healthy. Your body needs the vitamins and (1) \_\_\_\_\_ found in vegetables and fruit. It also needs enough exercise to (2) \_\_\_\_\_ muscles and bones and reduce your chances of getting sick.

What kind of a diet is best? At the top of anyone's list should be fresh fruit and vegetables. You also need to eat (3) \_\_\_\_\_ such as rice, wheat, oats, or corn. Dairy products in the form of milk and cheese provide your body with necessary calcium. (4) \_\_\_\_\_ comes from meat and nuts. Don't eat too much meat, however. Eating too much red meat, in particular, is not good for your heart, and it might (5) \_\_\_\_\_ your chances of getting cancer. Try not to eat junk food. What's junk food? Potato chips, donuts, candy, and cookies are junk food. Many people who eat junk food fail to eat (6) \_\_\_\_\_ food because they like the taste of junk food better. If kids eat a lot of junk food, they will develop bad eating (7) \_\_\_\_\_.

Being healthy is not that hard. If you eat right, get regular exercise, and avoid (8) \_\_\_\_\_ habits, you will thank yourself in the future.

## II. Read the article and do the tasks.

### HOW TO STAY HEALTHY

1. \_\_\_\_\_

People who eat a lot of fruit and vegetables are less likely to have heart problems. A variety of fruit and vegetables should make up about a third of the food you eat each day. You should eat at least five portions of fruit and vegetables a day. A portion is e.g. a banana, an apple, a pear, one slice of melon or pineapple or two plums. Remember that potatoes don't count because they're a starchy food.

2. \_\_\_\_\_

Eating too much salt can raise your blood pressure. And people with high blood pressure are three times more likely to develop heart disease or have a stroke than people with normal blood pressure. Lots of people think they don't eat much salt, especially if they don't add it to their food. But don't be so sure! Three-quarters (75%) of the salt we eat is already in the food we buy, such as breakfast cereals, soups, sauces and ready meals. So you could easily be eating too much salt without realizing it.

3. \_\_\_\_\_

Having too much saturated fat can cause heart disease. Try to cut down on food that is high in saturated fat, such as meat, pies, cheese, butter, lard, cream and cakes, and have foods that are rich in unsaturated fat instead, such as vegetable oils (including sunflower, rapeseed and olive oil), oily fish, avocados, nuts and seeds.

4. \_\_\_\_\_

Having sugary foods and drinks too often can cause tooth decay, especially if you have them between meals. Many foods that contain added sugar can also be high in calories, so cutting down could help you control your weight. Try to eat fewer foods with added sugar, such as sweets, cakes and biscuits, and drink fewer sugary soft and fizzy drinks.

5. \_\_\_\_\_

About 60% of your body weight is made of water. If you don't get enough water, you can become dehydrated. Severe cases of dehydration can cause dizziness, confusion, and even seizures. Drink about 6 to 8 glasses of water every day and even more when the weather is warm. Don't drink too much coffee or tea as they can dehydrate you.