

Listening

1 You will hear a conversation between three friends talking about eating out versus cooking at home. Listen and decide who said what. Write G for Gary, S for Sarah or F for Frank.

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|---|--|
| 1 This speaker wants to go out for dinner. | 4 This speaker says eating out is expensive. |
| 2 This speaker says that eating out is unhealthy. | 5 This speaker thinks someone is making excuses. |
| 3 This speaker thinks that restaurant food tastes good. | 6 This speaker thinks someone is lazy. |
| | 7 This speaker can't cook well. |

2 You will hear a radio interview with a famous cardiologist. For questions 1-6 decide whether the statements are true (T) or false (F).

- 1 Heart attacks are more common now than they were in the past
- 2 Dr Shaw says most people would eat a healthier diet if they had more time
- 3 If you have a healthy diet, with lots of fruit and vegetables, you don't have to exercise
- 4 Dr Shaw recommends joining a gym.
- 5 Dr Shaw says men in their 50s tend to smoke and drink too much coffee.
- 6 Dr Shaw implies men are more at risk of heart attacks than women.

3 You are going to hear a news report on young people's eating habits. Listen and choose the best answer to the questions below.

1 The speaker says young people

- A had a healthier diet in the past.
- B think fast food is nutritious.
- C would be healthy if they didn't eat fast food.

2 Modern day families

- A prefer to eat out.
- B don't have time to prepare healthy food.
- C eat more than they should.

3 The speaker says

- A people should skip breakfast instead of eating doughnuts or croissants .
- B home cooked meals are very nutritious .
- C no fixed meal times lead to bad eating habits.

4 Young people eat junk food at lunchtime

- A because it is convenient.
- B because it is filling.
- C because they can't afford anything else.

5 The speaker says teenagers

- A eat unhealthy snacks all day long.
- B sometimes eat nothing healthy all day.
- C need to learn to cook healthy food.

6 Young people today

- A don't eat fresh food .
- B usually have a healthy evening meal.
- C only drink sugary soft drinks.

READING

1 Read Helen's blog and match the missing phrases a-f to the correct place 1-6 in the text.

- a I had a cup of tea
- b I cooked some bacon and eggs
- c Today was a very unhealthy day
- d because I was late for school
- e There was nothing to eat in the fridge
- f so I ate it

2 Then read the blog again and decide if the statements are True (T) or False (F).

- 1 Monday isn't the first day of the homework diary.
- 2 Helen didn't eat all her cereal on Monday.
- 3 Helen didn't have breakfast on Tuesday.
- 4 Lisa had a sandwich at home with Helen for breakfast.
- 5 Helen had two meals on Tuesday evening.
- 6 The family went out for a Chinese meal on Wednesday to celebrate their dad's birthday.

Read the blog again and choose the correct answers.

- | | |
|---|---|
| 1 Helen is writing the food diary | 4 On Tuesday, Helen |
| A because she's interested in science | A didn't eat much. |
| B for two weeks to understand her food habits | B drank a lot but didn't eat much |
| C because she wants to be healthier. | C consumed a lot of food but little drink |
| . | |
| 2 Helen didn't eat her packed lunch on Monday because | 5 Lisa doesn't have breakfast at home because she doesn't |
| A her father made it. | A want to. |
| B one of ingredients was cold poultry | B get up early enough. |
| C Aziz gave her an apple. | C like breakfast. |
| 3 Helen's favourite food is | |
| A cereals. | 6 On Wednesday Helen |
| B pasta with sauce | A got up late. |
| C oriental takeaway. | B had a snack for breakfast. |
| | C didn't have a packed lunch. |

This is my 'Health and Me' diary. It's homework for my Biology class. I have to write a diary of everything I eat and decide if it's healthy or not. I'm doing it for the next fourteen days to get a good idea of my food habits.

Monday 17 February

Well, today is the first day. I had some fruit juice and cereal for breakfast. I didn't have time to finish the cereal 1 _____. Mydad made a packed lunch for me but I didn't eat it because I don't like cold chicken.

Horrible! My friend Aziz gave me an apple and I ate that. I don't like fruit much, but I was hungry 2 _____. Mum made my favourite dish, spaghetti bolognaise, in the evening. It was delicious.

Today's health level: (Good, but eat more at lunch.)

Tuesday 18 February

I ate a lot of food today. I was hungry ALL DAY! In the morning, I got up early and had a very big breakfast! 3 _____. It was delicious! Lisa, my sister, always gets up too late to have breakfast, so she didn't have a big breakfast with me. Sometimes she has time to have an orange juice, but she never eats breakfast at home. She usually has a sandwich on the way to school! I had a bar of chocolate for elevenses. For once, my packed lunch from Dad was tasty! I ate it all because I love cheese sandwiches with tomato sauce. When I got home from school, 4 _____ and ate two cream cakes. For tea, I made myself a pizza and, later, I had a bowl of pasta while I was watching TV.

*Today's health level: ** (Not bad, but don't eat too many sweet things. Drink more water!)*

Wednesday 19 February

5 _____!! I didn't have any breakfast because I felt full from yesterday's food. I only had a snack at twelve o'clock because Dad got up late this morning and forgot to make my packed lunch. After school I was really, really hungry and I had a headache. 6 but luckily Dad brought home a Chinese takeaway because it was a special occasion - his birthday.

*Today's health level: * (Bad, don't miss meals)*

VOCABULATY

1 Complete the text about Gemma with the words below.

Fresh fruit exercise vegetables low fat weight sugar healthy diet sweets energy milk

Gemma's healthy day!

Gemma is seventeen years old and she loves gymnastics. She started classes when she was six years old. She has a big breakfast every morning. First, she has ¹ _____ and then she has cereal with ² _____. This gives her the ³ _____ she needs to do a lot of ⁴ _____ at the gym. She trains every day and it's very important that she doesn't put on too much ⁵ _____.

If she needs an energy boost in the afternoon she sometimes eats a few ⁶ _____ because they contain a lot of ⁷ _____. She eats lots of ⁸ _____ and drinks ⁹ _____ milk because it's important to her to have a ¹⁰ _____.

2 Complete the sentences with the words below.

bar loaf glass chunk cans packets carton plate bottle box

1. I need a _____ to pour my lemonade into.
2. There's a _____ of cheese on the table.
3. I bought a _____ of bread at the supermarket.
4. There are some _____ of lemonade in the fridge.
5. Can you buy a _____ of milk when you go shopping?
6. I'm having a _____ of cake with my coffee.
7. The _____ of cornflakes is on the table.
8. I had a _____ of chocolate after my lunch.
9. Can you buy two _____ of rice today, please?
10. The children have a _____ of orange juice for their breakfast.

3 Complete the sentences with cooking verbs.

1. Could you p _____ me some juice, please?
2. Don't leave the milk in the microwave too long, or it will b _____ over.
3. I like to g _____ parmesan cheese over pasta dishes.
4. M _____ the potatoes, then add salt, cream and butter.
5. First, p _____ the banana, then c _____ it into large pieces.
6. My mum makes the best sandwiches. She removes the crusts and thinly s _____ some butter on the bread.
7. I love to b _____ my own cakes, but I always buy bread in the supermarket.
8. I prefer to have cauliflower and broccoli s _____ because it is not healthy have consume them f _____.
9. The symbol of Thanksgiving dinner is r _____ turkey.
10. You should s _____ the sauce constantly if you don't want to burn your pan.
11. A famous chef advises to w _____ whites thoroughly to get good quality cream.