

Listening

2  8.2 Listen to the lecture. Match the community (1–3) with the description of their diet (a–c).

1 Tsimane 2 Hadza 3 Inuit

a They still have a true "Paleo" diet, mostly based on plants that they collect. _____

b Their diet, which is mainly meat and fish, is healthy for them. _____

c The diet is changing to include modern food in addition to plants and meat. _____



3  8.2 Listen again. Write one word or number in each gap.

1 In hunter-gatherer groups, there are many different _____.
2 The Tsimane people today also eat sugar, salt, oil, and _____.

3 The Inuit get _____ percent of their calories from seals, fish, and so on.
4 The Hadza collect berries and other _____, as well as honey.
5 These days, rice, wheat, sugar, oil, and _____ products are the world's most popular foods.

Vocabulary

Food adjectives

1 Put these adjectives into the correct group (1–3), according to the kind of food they can describe. Some adjectives can go in more than one group.

| | | | | |
|--------|------------|--------|--------|--------|
| cheesy | chocolatey | creamy | fruity | meaty |
| milky | oily | salty | spicy | watery |

| 1 Dishes you eat for the main course | 2 Dishes you eat for dessert | 3 Drinks |
|--------------------------------------|------------------------------|----------|
| | | |
| | | |
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| | | |

2 Circle the correct option to complete the comments about food.

1 I don't like pizza, actually—it's too *cheesy* / *fruity*.
2 Don't add any more berries to the yogurt. It's already quite *creamy* / *fruity*.
3 I love a *creamy* / *milky* sauce on pasta.
4 My kid loves *milky* / *salty* drinks.
5 My favorite kind of food is hot and *oily* / *spicy*.

6 I'm ready for a really *chocolatey* / *oily* dessert now.
7 Oh, there's only beef, chicken, or lamb to choose from. What a *cheesy* / *meaty* menu!
8 Put the French fries on a paper towel. They're a bit *oily* / *meaty*.
9 This soup is a bit *meaty* / *watery*. It's like there's nothing in it!

Pronunciation

Saying /ɪ/ and /i:/

1  8.4 Look at these words. Check (✓) the sound each word contains (/ɪ/ or /i:/). Then listen to check.

| | /ɪ/ | /i:/ | | /ɪ/ | /i:/ |
|--------|--------------------------|--------------------------|----------|--------------------------|--------------------------|
| 1 did | <input type="checkbox"/> | <input type="checkbox"/> | 6 little | <input type="checkbox"/> | <input type="checkbox"/> |
| 2 fish | <input type="checkbox"/> | <input type="checkbox"/> | 7 need | <input type="checkbox"/> | <input type="checkbox"/> |
| 3 ill | <input type="checkbox"/> | <input type="checkbox"/> | 8 sing | <input type="checkbox"/> | <input type="checkbox"/> |
| 4 it | <input type="checkbox"/> | <input type="checkbox"/> | 9 still | <input type="checkbox"/> | <input type="checkbox"/> |
| 5 lead | <input type="checkbox"/> | <input type="checkbox"/> | 10 trip | <input type="checkbox"/> | <input type="checkbox"/> |

2 Put the words in order to complete the comments about food. Which comments do you agree with?

1 Ramen _____ to make than curry. *easier / is / much*

2 White rice _____ brown rice. *a lot / cooks / faster / than*

3 Tomatoes _____ peas. *are / as / as / not / sweet*

Writing

2 Read and complete the sentences (1–6) from a blog post Katya is preparing for people who want to sell homemade items online. Use these expressions (a–f).

a It's essential to take...

b You have to be...

c It's important to...

d Small store owners need...

e Remember to look at...

f Good customer service is...

Grammar

Comparatives

1 Read the sentences about South American berries. Are the words in **bold** the comparative form of an adjective (ADJ) or an adverb (ADV)?

1 Wild berries grow **better** in forest areas. _____

2 Calafate berries are **sweeter** than other blueberries. _____

3 Murta berries grow **more frequently** in the north of Chile. _____

4 The taste of Arrayán berries is **better** when they are cooked. _____

5 These berries are **healthier** for the body than many other foods. _____

4 Eating out _____ eating at home. *interesting / is / more / than*

5 My cooking _____ it used to be. *better / is / slightly / than*

6 I find coffee _____ than tea. *a / less / little / refreshing*

7 Apples _____ tasty as pears. *are / as / less / more / or*

3 Match the completed sentences (1–6) in Exercise 2 with the reasons (a–f).

a Your store is online—people buy things with their eyes. _____

b Make a personal connection with your customer—show how you are different from a big company. _____

c Don't sell something you wouldn't buy yourself. _____

d Which words will people use in their searches? They need to be key words in your product descriptions. _____

e Check if other people sell similar items and how they do this. _____

f You want satisfied customers to recommend you. _____