



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


- 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*.

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

- 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?

- Ramen _____ to make than curry. *easier / is / much*
- White rice _____ brown rice. *a lot / cooks / faster / than*
- 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).

- It's essential to take...
- You have to be...
- It's important to...
- Small store owners need...
- Remember to look at...
- 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)?

- Wild berries grow **better** in forest areas. _____
- Calafate berries are **sweeter** than other blueberries. _____
- Murta berries grow **more frequently** in the north of Chile. _____
- The taste of Arrayán berries is **better** when they are cooked. _____
- These berries are **healthier** for the body than many other foods. _____

- Eating out _____ eating at home. *interesting / is / more / than*
- My cooking _____ it used to be. *better / is / slightly / than*
- I find coffee _____ than tea. *a / less / little / refreshing*
- 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. _____