

VOCABULARY

food and health

1 Work in pairs. Look at these food words. Which of these are your favourite? Put them in order (1–10).

biscuit burger cake cereal chips omelette
pasta salad sandwich soup

2 Which of the foods in Ex 1 do you think are healthy/not healthy? Why?

3 Match the pictures (A–F) with these ways of cooking.

bake barbecue boil fry grill roast



4 Listen and check your answers.

explore language

We can make adjectives from verbs. Sometimes we add *-d*, *-ed*. Sometimes we add nothing at all.

bake – baked barbecue – barbecued boil – boiled
grill – grilled fry – fried roast – roast

5 Read the language box. Complete the sentences with the correct adjective or verb forms of the words in brackets.

- 1 I enjoy (fry) food, but I don't eat it very often.
- 2 Every weekend we (roast) a chicken and serve it with vegetables.
- 3 In summer we eat a lot of (barbecue) food in the garden.
- 4 My dad (bake) bread at the weekend.
- 5 Mum never fries food – she usually (grill) fish and meat.
- 6 I don't like (boil) vegetables very much, but I eat a lot of salad.

Speak up

6 Do the health quiz. Then work in pairs and talk about your answers.

7 Work in pairs. Prepare a short presentation on the best way to stay healthy. Use your ideas in Ex 5 to help you. Then have a class vote on the best presentation.

How healthy are you?

	NEVER	SOMETIMES	OFTEN	EVERY DAY
1 I do exercise.				✓
2 I go for a walk.				
3 I eat fresh fruit.				
4 I eat green vegetables.				
5 I spend time outdoors.				
6 I eat fried food.				
7 I have snacks between meals.				
8 I have a good breakfast.				
9 I find time to relax.				

'Waiter, will my pizza be long?' 'No, it will be round!'

LIVE WORKSHEETS