

BEFORE YOU WATCH

1 Work in pairs. Discuss the questions.

- 1 Do you think you have a healthy diet? Why/Why not?
- 2 Which fruit and vegetables do you think are best for our health? Why?
- 3 Which fruit and vegetables do people eat a lot of in your country?
- 4 What's your favourite vegetable? How often do you eat it?

2 Read the text. Match the numbers in bold in the text with explanations a–h below.

Five a day keeps the doctor away

Do you have a healthy lifestyle? How about your diet? Do you eat a lot of fruit and vegetables? If your answer is 'yes', you're probably healthier than most people in the UK. In 2017 a survey in England showed that **64** percent of adults are too heavy and most people aren't eating nearly enough fruit or vegetables. The World Health Organization recommends that we eat at least **five** portions of fruit and vegetables every day, or around **400** grams in total. It says that this helps prevent illnesses like cancer and heart disease. But in 2017 only **29** percent of adults in England ate five portions a day, and the average amount was only **3.8** portions. In Scotland the numbers were even lower – only **20** percent of adults ate five portions a day and the average was **three** portions. In general, women ate more fruit and vegetables than men and young people aged **16–24** ate less than other adults.

- a The percentage of English adults who eat five portions of fruit and vegetables a day. 29
 - b The average number of portions that English people eat each day.
 - c The percentage of adults in England who are too heavy.
 - d The age group that eats the least fruit and vegetables each day.
 - e The number of portions of fruit and vegetables people should eat each day.
 - f The average number of portions of fruit and vegetables Scottish people eat each day.
 - g The weight in grams of five portions of fruit and vegetables.
 - h The percentage of Scottish adults who eat five portions a day.
- 3 a Work in pairs. You're going to watch a video of someone making a cake. What ingredients do you think he'll use?
- b Watch the video. Check your ideas.



WHILE YOU WATCH

4 a Complete Ronnie's introduction with the words in the box.

60 answer cucumber fewer great less
potatoes problem space start

Hello, I'm Ronnie your Roadmap reporter here ... and I have a breaking news story! The UK has a vegetable ¹ . It seems that people in the UK are eating ² vegetables than ever before. In fact, we're eating a lot ³ now than we were ⁴ years ago. What's wrong with people? Vegetables are ⁵ ! I love them.

Did you know that ⁶ were the first food to be grown in ⁷ ? Or that you can use a ⁸ as an eraser!

So how can we get people to ⁹ eating vegetables again? Earlier today I met a man who has the ¹⁰ .

b Watch the video from 0:11–1:00 and check your answers.

- 5 a Look at the words below. Watch the video from 1:00–3:01 and tick the foods the man uses in the recipe.

<input type="checkbox"/> carrots	<input type="checkbox"/> cucumber
<input type="checkbox"/> bread	<input type="checkbox"/> bread
<input type="checkbox"/> tomatoes	<input type="checkbox"/> avocados
<input type="checkbox"/> potatoes	<input type="checkbox"/> herbs
<input type="checkbox"/> humus	<input type="checkbox"/> peas
<input type="checkbox"/> cream cheese	<input type="checkbox"/> broccoli
<input type="checkbox"/> eggs	<input type="checkbox"/> milk

- b Use the words you ticked in Exercise 5a to complete the instructions. You need to use one of the words twice.

- 1 First put some _____ in the bottom of the cake tin.
- 2 Then put _____ on top of the bread.
- 3 Next add the _____.
- 4 After that add the _____.
- 5 Then put more _____ on top of the cucumber.
- 6 Next add some mashed _____.
- 7 After that add lots of _____.
- 8 Then cover it in _____ and put it in the fridge for a few hours.
- 9 Finally decorate it with _____ and _____.

- c Watch the video from 1:00–3:01 again and check your answers.



- 6 Watch the video from 3:00–3:10. Choose the correct alternatives.

There you have it. All you need is ¹a small/large cucumber, ²some/lots of avocados, ³a few/lots of carrots, ⁴a few/many peas and ⁵a lot of/some peppers. That's five vegetables in a cake.

- 7 a Match the sentence halves. Make phrases Ronnie says to show interest and excitement in the video.

- 1 That sounds _____
- 2 OK, and what _____
- 3 What a _____
- 4 What _____
- 5 How _____
- 6 That looks _____

- a happens now?
- b happens next?
- c wonderful!
- d exciting!
- e interesting.
- f good idea!

- b Watch the video from 1:30–2:52 and check your answers.

- 8 a Work in pairs. Answer the questions.

- 1 What seven vegetables does Phil grow?

- 2 What's the name of the dish Phil makes?

- 3 How long do you have to leave the cake in the fridge before you decorate it?

- 4 What does Ronnie say he's on a mission to do?

- b Watch the whole video again and check your answers.

AFTER YOU WATCH

- 9 Work in pairs. Discuss the questions.

- 1 Do you think the cake looked good? Would you like to try it? Why/Why not?
- 2 What dishes do you like?
- 3 What dishes are you good at cooking?
- 4 What's your favourite type of cake?
- 5 Do you know any good recipes for cooking vegetables?

- 10 Work in pairs. Student A use the prompts below to tell your partner about you. Student B use some of the phrases from Exercise 7 to show interest. Ask for more information. Then change roles.

- 1 Something you did last weekend
- 2 Something you like cooking
- 3 A delicious dish you ate recently
- 4 A place you really want to visit