

2A Can't live without it

GRAMMAR | countable and uncountable nouns; *a, an, some, any*

VOCABULARY | food and drink

PRONUNCIATION | the weak /ə/ sound: *a, an, some*



VOCABULARY

food and drink

1 A Look at the photo below. How many things can you name?

B Complete the table with the words in the box.

an apple an avocado beans broccoli cheese
eggs grapes a lemon orange juice rice
salmon tomatoes yoghurt

fruit	an apple
vegetables	
meat or fish	
drinks	
other	

LISTENING

3 A **2.02** | Listen to a podcast of three people talking about food they love. What is their favourite food?

Audio 2.02

P = Presenter **S** = Sasha **M** = Mark
L = Lynn

P: We're here at Borough Market, one of the best food markets in London and perhaps in the world. The colours, the smells ... It's great. Today's podcast is about food. What is the most important food for you? What are five kinds of food you can't live without? First is Sasha. Hi, Sasha, do you come here every weekend?

S: Hello. Yes, I live very near here. I love this market.

P: So, Sasha, what five kinds of food can't you live without?

S: Five kinds of food I can't live without ... Well that's difficult. Let's see ... cheese, yes, all types of cheese. We always have some cheese at home. Grapes, but not the green ones, I like black grapes. They don't have any black grapes here. What else? Spaghetti, or all types of pasta, but good, homemade pasta. And one more ... no, two more ... Oh, I know. My favourite food is yoghurt. My mother is from Ukraine and she makes great yoghurt.

P: And one more?

S: One more ... of course, chocolate. I can't live without chocolate.

P: Thanks Sasha. Right ... Now let's talk to Mark. Mark, you're from London, aren't you?

M: Yes, I am. And I'm here because I want to buy some food for dinner tonight, for some friends. I want some salmon.

P: So Mark, what five kinds of food can't you live without? Maybe fish?

M: Yes, you're right. And the fish in this market is fantastic, really fresh. Fish is my favourite type of food. And I also love broccoli and potatoes. I need some potatoes and broccoli for tonight. I also like chicken. So yeah, fish, broccoli, potatoes, chicken and one more, oh, I know, bananas. I have a banana for breakfast every day. Yes, so that's five.

P: Borough Market is world famous and it has visitors from many different countries. Lynn, where are you from?

L: I'm from Australia.

P: Lynn, I see your bag has a lot of very healthy food in it. What five kinds of food can't you live without?

L: Yeah. Well, my health is important to me, so I eat a lot of vegetables, and I always have some at home, because I eat salads all the time. So, lettuce, tomatoes, for sure ... but big, juicy tomatoes ... They don't have any big tomatoes here. Erm ... I also like rice. And two more ... Oh yes, avocados ... my favourite. In Australia we have amazing avocados, the best in the world and I eat an avocado every day. So one more, maybe another type of fruit. OK, strawberries. Yes, I really love strawberries.

Work in pairs and answer the questions.

- 1 Does your town or city have a food market?
- 2 What's good about it?
- 3 Do you have other types of markets?

2.02 | Look at the photos and listen again. Which food does the speaker NOT talk about?

1 Sasha



2 Mark



3 Lynn



**countable and uncountable nouns;
a, an, some, any**

4A Look at the food in Ex 1B. Which food can you count (C) and which can't you count (U)?

an apple (C), broccoli (U)

B Complete the sentences with *a, an, some* or *any*.

- 1 I eat avocado every day.
- 2 I have banana for breakfast every day.
- 3 I need potatoes for tonight.
- 4 We always have cheese at home.
- 5 They don't have black grapes here.

Choose the correct word to complete the rules.

- 1 Use *a* or *an* with a **singular / plural** noun.
- 2 Use *some* with a **singular / plural** noun.
- 3 Use *some* with a **singular / an uncountable** noun.
- 4 Use *any* in a **positive / negative** sentence.

SPEAKING

7 Work in groups and discuss the questions.

- 1 What do you have for breakfast every morning?
- 2 Who does the food shopping in your home?
And who does the cooking?
- 3 Where do you like buying food: in big shops, small shops or in a market? Why?
- 4 What food do you always have at home?
- 5 What food do you like but never have at home?
Why not?

8 A Do you post photos, read or write about food on social media sites?

B Read the introduction to an online discussion about comfort food. What is your favourite comfort food?

When you feel unhappy or stressed, what type of food do you eat?

Maybe noodles with chicken or your mother's home-made pierogi (filled dumplings), it depends where you are from. For many people around the world it's pizza and for a lot of us it's ice cream. What is *your* favourite comfort food? Write and tell us.



2B Your lifestyle and you

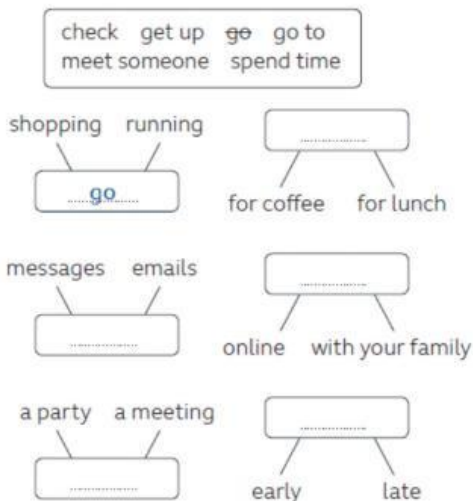
GRAMMAR | adverbs and phrases of frequency
VOCABULARY | everyday activities
PRONUNCIATION | linking



VOCABULARY

everyday activities

1 A Complete the word webs with the verbs in the box.



READING

2 A Do the online quiz.

B Work in pairs and compare your answers.

C Read the key. Do you agree with the answers? Why/Why not?

Lifestyle quiz

We all eat, sleep and work. But we all do these things in different ways. How about you? Do this fun quiz. What does it say about you?

Choose the best answer for you: a, b or c.

1 What do you **usually** do first in the morning?

- a I **always** go online and check my messages. I do this every day.
- b I **usually** get up early and go running, but not at the weekend.
- c I have breakfast and talk to my family.

2 How often do you see your friends?

- a We **hardly ever** meet, maybe once a month, but we talk online a lot.
- b I cook lunch for friends every Sunday. I **always** make something healthy!
- c I **often** meet friends for coffee or we go shopping together.

3 How often do you exercise?

- a I **hardly ever** exercise. Well, **never**.
- b I go to the gym every day.
- c Once a week on Saturdays – I do some sport with friends.

4 Do you spend a lot of time online?

- a I **often** spend 7–8 hours a day online for work, but not every day.
- b I **sometimes** work online for about 3 or 4 hours, but I'm **never** online at the weekend.
- c Yes, I'm **always** online. I spend hours on social media.

5 How do you meet new people?

- a I join online groups and I make new friends there. We chat online.
- b **Sometimes** I meet people at the gym or when I go walking.
- c My friends or family introduce us or I meet people at parties.

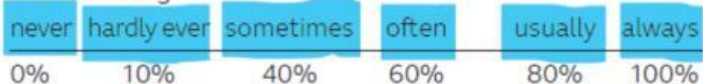
Key

Mostly a: The online world is important for you. You are happy to spend a lot of time on your computer or smartphone.

Mostly b: It's important for you to exercise a lot, with friends or alone. Exercise and good food are important for you because you want to keep fit and healthy.

Mostly c: People are important for you. It's important for you to spend time with your friends or your family. You don't like being alone.

We use adverbs of frequency to talk about how often we do something.



Adverbs of frequency go before most verbs.

subject	adverb of frequency	verb	object or phrase
We	always	have	breakfast at seven.
I	usually	listen	to the news.
Jayne	sometimes	goes	running in the evening.

Adverbs of frequency go after the verb *be*.

subject	be	adverb of frequency	object or phrase
David	's	often	very tired.
They	're	sometimes	late.

Negatives

subject	auxiliary (do)	adverb of frequency	verb	object or phrase
I	don't	always	finish	my homework.
Marta	doesn't	usually	work	at the weekend.

subject	be	adverb of frequency	object or phrase
I	'm not	usually	bored.
It	isn't	always	so hot here.

Usually and *sometimes* can also go at the beginning of a sentence. *Sometimes* can go at the end, too.

Usually my mother phones me early in the morning.

New York is very cold **sometimes**.

We use a positive verb (+) with *never* and *hardly ever*.

She **never listens** to me.

Stefan **is** hardly ever ill.

We use phrases of frequency at the end of a sentence or phrase.

I have lunch with my parents **every Sunday**.

We go late-night shopping **on Thursdays**.

Kate walks to work **once or twice a month**.

My brother goes on holiday **three or four times a year**.

1 Add the correct adverb of frequency to the sentences. Use the information in brackets to help you.

- 1 I get up early. (0%)
I never get up early.
- 2 I have breakfast with my family. (100%)
- 3 My father reads a newspaper on Sundays. (80%)
- 4 We're tired in the morning. (60%)
- 5 I go to bed before 11 p.m. (10%)
- 6 I drink coffee. (0%)
- 7 Nicola's late. (40%)
- 8 My sister phones me in the evening. (60%)
- 9 The hotel receptionist is friendly (100%)
- 10 The coffee here is hot! (0%)

2 Put the words in the correct order to make conversations.

- 1 A: students / My / late. / never / are
B: homework? / always / they / Do / their / do
A: Yes!
- 2 A: often / go / How / cinema? / you / do / to / the
B: twice / Sometimes / month. / we / go / a
A: hardly / cinema. / go / ever / We / the / to
B: films / on / usually / watch / you / TV? / Do
A: films / we / online. / watch / usually / No,
- 3 A: go? / does / How / the / boat / often
B: goes / three / times / It / day. / a

3 Rewrite the sentences so they mean the same. Use the words in brackets.

- 1 Baz is always early for class. (never)
Baz is never late for class.
- 2 I wash my hair every Monday. (once)
- 3 Angie isn't often ill. (sometimes)
- 4 I drink coffee once a month. (hardly ever)
- 5 We go out for a meal on my birthday and my husband's birthday. (twice)
- 6 Sarfaz hardly ever eats fish. (not often)
- 7 Bianca doesn't study in the evenings. (never)
- 8 My brother always goes out on Saturday night. (every)

SPEAKING

6A Put the words in the box in the correct place on the line for you.

← not important very important →

animals coffee family food friends
health online life shopping sleep
sport time alone work

2C Eating out

HOW TO ... | order a meal in a restaurant
VOCABULARY | restaurant words
PRONUNCIATION | polite intonation

A Look at the photo and answer the questions.

- 1 Do you ever take photos of your food, at home or in restaurants? Why/Why not?
- 2 Do you ever post them online? Why/Why not?

Work in pairs and discuss the questions.

- 1 What types of websites do people post food photos on?
- 2 What do you think 'rainbow food' is?
- 3 What's the best way to take a photo of food: from the side or from above?
- 4 Is the photo on the phone a good online photo? Why/Why not?

Looks GOOD, tastes GOOD?

What's more important to you: food that tastes good, or food that **looks** good? The internet has hundreds of websites with thousands of photos of different types of food: cooking blogs, travel sites and social media sites with names like FoodSpotting, SnapDish, InstaFood and of course Instagram. One website has 'rainbow food': red, orange, yellow, green and other coloured food, all on one plate. And there are

websites about how to take a good photo of food: the most important thing is that the food is bright and colourful and looks delicious. Pasta or noodles always look good. Fruit juice is colourful and pink food is great in a photo. And take your photo from above! Some restaurants now have photo-friendly lighting and mirrors. They want to attract today's photo foodies!

VOCABULARY

restaurant words

2 A Work in a different pair and discuss the questions.

- 1 What is your favourite type of restaurant?
- 2 Do you know any good local restaurants?

B Look at the words in the box. Which ones are parts of a meal?

bill desserts dinner for two main courses
service charge side dishes starters waiter

restaurant words

1 A Choose the correct word or phrase to complete the sentences.

- 1 I don't want a **starter** / **main course** / **dessert**. I'm not hungry after that meal!
- 2 Can you ask the **waiter** / **bill** / **service charge** for some more water?
- 3 Let's have a **starter** / **main course** / **dessert**. I'd like the soup.
- 4 Give me the **starter** / **side dish** / **bill**. I can pay.
- 5 Let's have a nice **waiter** / **service charge** / **dinner for two** at that new Italian restaurant.
- 6 Wow, that's expensive. Is a **service charge** / **bill** / **waiter** included?

B Complete the menu with the words in the box.

bill desserts dinner for two main courses
service charge starters waiter

SET MENU: 1

2

Soup of the day
Sushi platter

3

Beefburger with chips*
Nut roast

4

Ice cream
Fruit salad

Note: We add a 10% 5 to the
6

*We also have a vegetarian burger – ask your
7 about this.

How to ...

order a meal in a restaurant

4A  **2.07** | Listen to a conversation in the restaurant. Write Scott (S) or Teresa (T) next to the correct food and drink on the menu.

B Complete the sentences.

- 1 Good evening, you have a reservation?
- 2 We have a table two for half past seven.
- 3 we have a table near the window?
- 4 you ready to order?
- 5 So for a starter, I have the soup, please?
- 6 And then I' like the salmon with a green salad, please.
- 7 you like something to drink?
- 8 is your meal?
- 9 Would you like to look at the menu?
- 10 Could we have the at the same time, please?

How to ...

order a meal in a restaurant

2A  **2.05** | Listen to two people in a restaurant. Does the man (M) or the woman (W) order food (1–4)?

- | | |
|--------------|----------------|
| 1 fish | 3 olives |
| 2 lamb | 4 soup |

A Complete the conversation with the responses (a–e).

Waiter: Good evening, do you have a reservation?

Customer: ¹

Waiter: Are you ready to order?

Customer: ²

Waiter: Yes, of course. And for the main course?

Customer: ³

Waiter: Would you like something to drink?

Customer: ⁴

Waiter: Yes, certainly.

Waiter: Would you like to look at the dessert menu?

Customer: ⁵

Waiter: Yes, of course.

- a** Yes. For a starter, can I have the salad, please?
- b** No thanks. Could we have the bill, please?
- c** Yes, we have a table for two for half past six.
- d** I'd like the chicken, please.
- e** Could I have some sparkling water, please?