

16 I can describe a range of food

A Fruit, vegetables, and herbs

1 plums	1 	2 	1 spinach	1 	2 
2 apricots			2 leek		
3 raspberries	3 	4 	3 celery	3 	4 
4 grapefruits			4 broccoli		
5 avocado	5 	6 	5 chickpeas	5 	6 
6 figs			6 fennel		
7 coconut	7 	8 	7 artichoke	7 	8 
8 passion fruits			8 asparagus		
9 papaya	9 	10 	9 sweetcorn	9 	10 
10 pomegranates			10 beetroot		

herbs:	3 basil	1 	2 	3 	4 	5 
1 parsley	4 thyme					
2 mint	5 rosemary					

1 Circle the odd one out in each group.

- fig coconut parsley raspberry
 1 leek papaya artichoke asparagus
 2 spinach basil mint rosemary
 3 celery asparagus beetroot thyme
 4 fig sweetcorn pomegranate coconut
 5 stone grapefruit plum apricot

2 These vegetables are usually cooked, but which ones can you also eat raw? Write C or R.

- spinach R artichoke _____ beetroot _____ fennel _____ chickpeas _____ celery _____ broccoli _____

3 Find five more fruits from the letters.

- BARSERP raspberry 2 NOCUTOC _____ 4 FRATUGERIP _____
 1 MULP _____ 3 PRTOCIA _____ 5 DAOVAOC _____

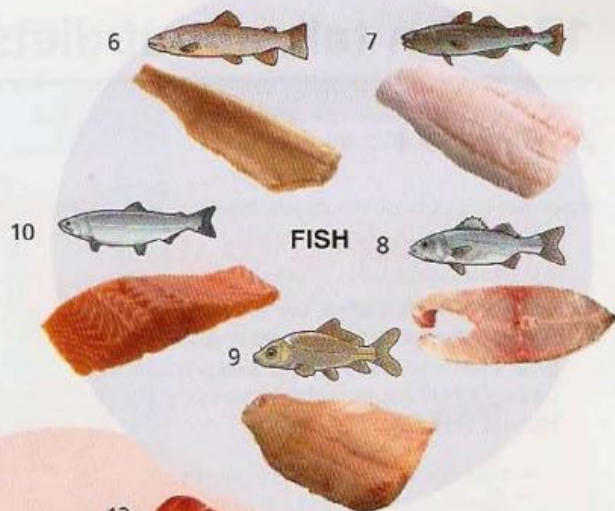
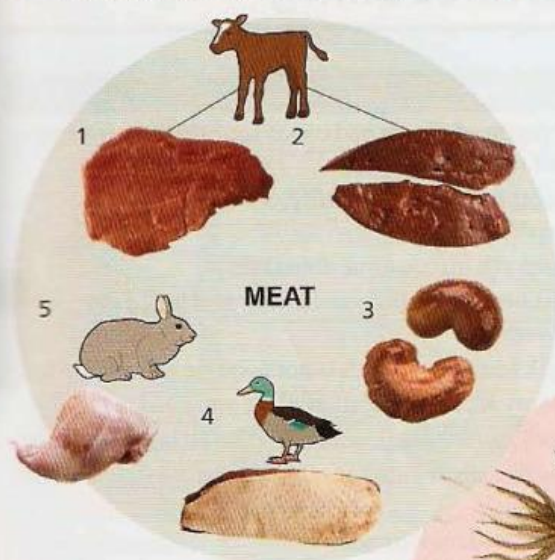
4 ABOUT YOUR COUNTRY Write your answers or ask another student.

Do people eat these things in your country? Yes. / Yes, but not much. / No.

papaya _____ coconut _____ raspberries _____ passion fruit _____
 plums _____ basil _____ parsley _____ chickpeas _____
 asparagus _____ artichoke _____ sweetcorn _____ fennel _____

5 Test yourself. Cover the words and name the things in the pictures.

B Meat, fish, and seafood



- 1 **veal** (meat from a **calf**, which is a young cow)
- 2 **calf's liver**
- 3 **kidney**
- 4 **duck**
- 5 **rabbit**

- 6 **trout**
- 7 **cod**
- 8 **sea bass**
- 9 **carp**
- 10 **salmon**

- 11 **oyster**
- 12 **squid**
- 13 **lobster**
- 14 **crab**
- 15 **clams**
- 16 **mussels**

6 What's the missing letter? Write the correct word.

- | | | | |
|-------------------|---------------|------------------|----------------|
| ► dck <u>duck</u> | 4 squid _____ | 8 live _____ | 12 samon _____ |
| 1 caf _____ | 5 kiney _____ | 9 val _____ | |
| 2 loster _____ | 6 trot _____ | 10 sea bas _____ | |
| 3 abbit _____ | 7 oster _____ | 11 musels _____ | |

7 ABOUT YOU AND YOUR COUNTRY Write your answers, or ask another student.

- 1 Which meat do people eat most: veal, rabbit, or duck? _____
- 2 Which fish do people eat most: cod, carp, or salmon? _____
- 3 Which seafood do people eat most: crab, clams, or mussels? _____
- 4 Are there any kinds of seafood above that you never eat? Why? _____
- 5 Are there any kinds of meat above that you never eat? Why? _____
- 6 Are there any kinds of fish above that you never eat? Why? _____

8 Test yourself. Look at the pictures and cover the words. Can you name the different types of meat, fish, and seafood?

17 I can talk about diets and cooking

A Diets

Who needs to diet?

I never **go on a diet**: it's a **waste of time**. Diets list all the food that is **good for you**, but few people can **keep them up**. I haven't **put on weight** in twenty years. Here's why:

- I eat almost anything I like, but I don't eat a lot. And I don't eat **junk food**.
- I drink **plenty of** water. It's better for you than **fizzy drinks**, and cheaper too.
- I avoid **snacks** between meals because most of them are **fattening**.
- I've **cut down on** the amount of food I eat in the evening.
- I get plenty of **exercise**.

Glossary

a waste of time a bad use of your time (also a **waste of money**).

good for you SYN healthy. OPP bad for you / unhealthy.

keep sth up continue doing sth.

put on weight become heavier and fatter. OPP lose weight.

junk food food which is not good for you (e.g. crisps).

plenty of sth as much of sth as you need.

fizzy drink a drink containing small bubbles of gas.

snack a small amount of food usually eaten between meals.

fattening making you fatter.

cut down on sth have less of sth.

exercise physical activity that keeps you healthy.

spotlight diet

A person's **diet** is the food they eat. It can be a **balanced diet** (all the right food the body needs), or a **bad diet** (too much of the wrong food). Some people **diet** / **go on a diet**, which means eating less to lose weight.

1 Good for you or bad for you? Write G or B.

- | | |
|-------------------------|------------------------------|
| ▶ healthy food <u>G</u> | 4 fattening food _____ |
| 1 junk food _____ | 5 snacks between meals _____ |
| 2 fizzy drinks _____ | 6 a balanced diet _____ |
| 3 plenty of water _____ | 7 plenty of exercise _____ |

2 Complete the sentences.

- | | |
|---|--|
| ▶ Eat it – it's good <u>for</u> you. | |
| 1 They're both going _____ a diet. | 4 That diet was a waste _____ time. |
| 2 She's cut down _____ chocolate. | 5 He's put _____ a lot of weight. |
| 3 I tried to diet but couldn't keep it _____. | 6 We've got plenty _____ orange juice. |

3 Complete the sentences with a suitable word.

- | | |
|---|-----------|
| ▶ You shouldn't eat much cream and cheese: they're <u>fattening</u> . | ABOUT YOU |
| 1 You should drink _____ of water: about 6 to 8 glasses a day. | _____ |
| 2 You should get plenty of _____. One good way is going to the gym. | _____ |
| 3 It's difficult to _____ down on the amount of salt you eat. | _____ |
| 4 Doing lots of exercise is better than going on a _____. | _____ |
| 5 I think diets are a _____ of time and money. | _____ |
| 6 The problem with diets is that most people can't _____ them up. | _____ |

4 ABOUT YOU Do you agree with the sentences in Exercise 3? Write Yes or No.

B Cooking

Recipe for Cottage Pie



Ingredients

300 g **minced**¹ beef
300 g potatoes
1 large onion
1 carrot
2-3 chopped tomatoes
300 ml beef **stock**
1 tablespoon of **flour**²
butter, salt, and pepper

Peel³ the potatoes and **boil** until just cooked. Then **mash**⁴ them with butter. **Chop**⁵ the onion and carrot. **Fry**⁶ the meat and vegetables quickly, then **stir**⁷ in the flour and cook for one minute. **Add** the stock, tomatoes, salt and pepper, and let it all cook slowly for 20 minutes. Then put it in a large **dish**, cover with the mashed potato and some butter, and **bake** in a hot **oven**⁸ for 30 minutes.

Glossary

recipe a set of instructions for cooking sth.

ingredients the food items you need to have to make sth to eat.

stock water with added flavour of meat, fish, or vegetables.

boil sth cook sth in water, usually in a **saucepan**.



fry sth cook sth in oil, usually in a **frying pan**.



add sth put sth together with sth else.

dish a container for serving food at the table (it is larger than a plate).

bake sth cook sth in the oven without oil or fat (with oil or fat = **roast**).

5 Which word is being defined?

- Use a special machine to cut meat into very small pieces mince
- 1 Remove the skin _____
- 2 Cut into many pieces _____
- 3 Put something with another thing _____
- 4 Press and mix until soft and smooth _____
- 5 Cook in water _____
- 6 Cook in oil _____
- 7 Cook in the oven without oil or fat _____
- 8 Cook in the oven with oil or fat _____

6 Complete the words in each sentence.

- Boil the carrots in that saucepan.
- 1 I've got a good r _____ for spaghetti Bolognese, so we just need to buy the i _____.
- 2 A _____ the meat to the vegetables and fry it for about 10 minutes.
- 3 The frying p _____ is fine, but I need a larger d _____ to serve the meat on.
- 4 You have to b _____ the cake in the o _____ for about 40 minutes.
- 5 If you add some f _____, it will make the sauce thicker.
- 6 Add the s _____, then s _____ the rice continuously while it cooks.

7 Test yourself. Cover the text and say what you can see in the pictures. Then look at the food but cover the cooking instructions. How do you make Cottage Pie?