

## LISTENING

### 2.3

Note completion

I can understand key phrases in a radio programme on a familiar topic.

1 **SPEAKING** Do you like fast food? Why?/Why not?

2 **1.45** Listen to Part 1 of a radio programme. What is it about?

1 unhealthy fast food   
2 healthy fast food recipes   
3 a famous fast food chef

3 **1.46** **SPEAKING** Look at the photo of the Spanish omelette and discuss what the main ingredients are. Then listen to Part 2 and check.



Spanish omelette

### EXAM FOCUS Note completion

7 **1.49** Listen to the complete programme and complete the information with up to four words in each gap.

1 The radio programme is called \_\_\_\_\_.  
2 The Spanish omelette recipe is for \_\_\_\_ people.  
3 Kate suggests we eat the omelette with \_\_\_\_\_.  
4 The presenter wants to know a healthy recipe for \_\_\_\_\_.  
5 Kate thinks it's a good idea to eat \_\_\_\_\_ with the pancakes.

8 **SPEAKING** Which healthy fast food recipe from the programme would you like to try? Why?

9 Write the instructions for your favourite recipe.

### PRONUNCIATION FOCUS

10 **1.50** Listen and repeat.

/i:/	seat	feel	teen	heat	eat
/ɪ/	sit	fill	tin	hit	it

11 **1.51** Listen and choose the word you hear.

1 a seat b sit    3 a teen b tin    5 a eat b it  
2 a feel b fill    4 a heat b hit

## Fruit Pancakes

### Ingredients

some fruit (bananas and strawberries)  
1 cup of flour, 1 cup of milk,  
1 egg, some oil

### Instructions

- <sup>1</sup> Chop the fruit.
- <sup>2</sup> \_\_\_\_\_ the flour, milk and egg together.
- <sup>3</sup> \_\_\_\_\_ some oil into a pan.
- Put some of the mixture into the pan, make a pancake and <sup>4</sup> \_\_\_\_\_ it onto both sides.
- Take the pancake out of the pan.
- <sup>5</sup> \_\_\_\_\_ fruit on top of the pancake.

GOOD FOR  
BREAKFAST,  
LUNCH OR  
DESSERT.



Fruit pancakes