UNIT 4 - FOOD AND DRINK
HOMEWORK

VOCABULARY

food

Verb + food	Adjective + food	Noun + of + food
eat food	delicious food	the consumption of food
prepare food	disgusting food	a portion of food
waste food	fresh food	a shortage of food
pick up food	frozen food	a variety of food
be off your food	raw food	
serve food	hot / spicy food	

1. Verb + food

Complete these sentences with the correct form of the above verbs:

1. It's a shame to ..... all this food when so many people go hungry in the world.
2. No wonder he's so fat. He ..... vast amounts of junk food.
3. A food processor makes the job of ..... food a lot easier.
4. Ever since the stomach upset I had last month, I've ..... off my food.
5. We stopped at the supermarket on the way home to ..... up some food.
6. Try the hotel restaurant. It ..... good food at affordable prices.

2. Adjective + food

Complete the sentences with the above adjectives:

1. The sight of all that ..... food on the table makes my mouth water.
2. Having a garden means that we get a lot of ..... food to eat.
3. I bought some Japanese food, but I don't know if I eat it ..... or cooked.
4. The food was absolutely ..... . I was almost sick.
5. You should defrost ..... food completely before you cook it.
6. Indian food is too ..... for me. I can only eat it if I drink lots of water.

3. Noun + of + food

Complete the sentences with the above nouns:

1. Avoid the Raj if you're very hungry. You only get tiny ..... of food there.
2. There's a greater ..... of food available today than there was fifty years ago.
3. The harvest has failed again, so there is a desperate ..... of food in the area.
4. The increasing ..... of junk food is worrying health officials everywhere.

Notes

1. Note this expression:
   She described her operation at the dinner table and it put me right off my food.
2. Note these types of food:
   'Junk food' is unhealthy food which contains a lot of fat, salt, and sugar.
   'Convenience food' is quick to prepare. It only needs to be heated as it is already cooked.
   'Fast food' is food that you can get quickly in a restaurant or which you take away.
   'Organic food' is food produced without the use of artificial chemicals.
3. Note that we talk about food in the following ways:
   a) who eats it – *pet food, baby food, plant food*
   b) the country of origin – *Italian / Chinese / Indian food*
   c) its purpose – *health food*
4. 'Food poisoning' is an illness you get from eating food that contains harmful bacteria:
   Poor hygiene is the most common cause of food poisoning.

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drink

Verb + drink	**Adjective + drink**	**Adjective + drink (non-alcoholic)**
have a drink	a celebratory drink	a hot / cold drink
order a drink	a farewell drink	a long drink
sip your drink	a free drink	a refreshing drink
spill your drink	a quick drink	soft drinks
offer somebody a drink	a relaxing drink	
	a stiff drink	

1. Verb + drink

Complete these sentences with the correct form of the above verbs:

1. Tom went to the bar to ..... another round of drinks for the group.
2. Try not to ..... your drink. We don't want to ruin the carpet.
3. Can I ..... you a drink? I've got beer, wine, or a soft drink if you prefer.
4. He'd ..... a few drinks, and it was difficult to make out what he was saying.
5. He gulped down his drink, then ordered another one. I took my time and just ..... my drink in order to make it last.

2. Adjective + drink

Complete the sentences with the above adjectives:

1. We're having a ..... drink for Harry tomorrow night. He's moving to a new job next week.
2. How about a ..... drink after work? We'll only be ten minutes or so.
3. When we heard that his wife had given birth to their first child, we all went for a ..... drink.
4. There's ..... drinks at the bar tonight. The company is paying!
5. After the accident he poured himself a ..... drink to calm his nerves.
6. Before dinner we had a long, cool, ... drink on the balcony, watching the sun go down over the sea.

3. Adjective + drink (non-alcoholic)

Complete the sentences with the above adjectives:

1. I had a cold, so I made myself a ..... drink and went straight to bed.
2. Water makes a ..... drink when served with ice and a slice of lemon.
3. We're not licensed to serve alcoholic drinks. I have tea, coffee and ..... drinks.
4. I needed a ..... drink of water to quench my thirst. I had at least a litre.

Notes

1. Note how we describe our level of drinking:
   I'm a heavy / light drinker. (I drink / don't drink a lot of alcohol.)
   I'm a moderate drinker. (I drink a sensible amount.)
   I'm not much of a drinker. (I don't drink much alcohol.)
   I'm teetotal. (I never drink alcohol.)
2. Note the following ways of saying you want a drink:
   I'm desperate for a drink.
   I'm dying for a drink!
   I could do with a drink.

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LISTENING

This Unit and IELTS

In Section 2 of the IELTS Listening test, you will listen to a monologue, which consists of one person speaking. You will often hear factual information and need to answer multiple-choice questions. There is no chance to listen a second time. In this unit, you will listen for information about eating healthily and answer **multiple-choice** questions.

Introducing the topic





1 Discuss these questions with a partner.

a. Which of the pictures shows a doughnut, a filled roll, a sausage roll?
b. Would you eat these foods for lunch?
c. Do you think they are healthy or unhealthy?
d. What would you prefer to eat for lunch?

Vocabulary

2 Write the word or words to complete each sentence.

a. In order to stay healthy, we should eat _____ foods, such as fruit, vegetables, and whole grains.

TIP
A useful method for learning the meanings of new vocabulary items is to write a sentence for each word. This way, you can remember how to use the word in context.

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b. A person who is _____ is extremely overweight and in danger of becoming ill because of it.
c. Schools are _____ teaching pupils subjects such as maths, science, and geography.
d. We go to school and university in order to gain a good _____.
e. People who have an unhealthy _____ are generally unfit and get sick more often.
f. At school, we have _____ classes outside, where we run and learn to play different kinds of sports.
g. A _____ is someone who specialises in the areas of food and diet.
h. People who are _____ spend a lot more time moving around and doing things than people who are not.
i. Doing something in _____ means not doing it too much.
j. _____ methods are methods that have been used for a long time and passed from one generation to another.
k. The school _____ is the place where you can go to buy snacks and light meals.
l. An _____ is someone who knows a lot about a particular subject area.
m. The term '_____' refers to young people – usually children and teenagers.

If you are unsure of the meaning of any of the words you wrote above, check your dictionary. If possible, check them in an English-English dictionary as well as a translation dictionary.

3 Pay attention to how these words sound.

Food-related vocabulary

high-fat	wholegrain	serving	celery
high-sugar	bread	portion	rice
low-fat	junk food	banana	to steam
meat pie	chips	cereal	to boil
sausage roll	fried chicken	sugary	to bake
cream doughnut	filled roll	apple	to stir-fry
fruit	yoghurt	pear	oil
salad	vegetables	kiwi fruit	raw
sandwich	grain	carrot	dressing

Check the meanings of the words above in your dictionary. If possible, check them in a picture dictionary as well as a translation dictionary.

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TIP
Another useful method for learning new vocabulary items is to group them according to categories.

4 *Classify the words you hear. Write them in the order that you hear them.*

Types of fruit	
Types of vegetables	
Grains	
Prepared food (healthy)	
Prepared food (unhealthy)	
Food preparation (verbs)	
Adjectives to describe food	

Task type: Multiple-choice questions

Here are the first two multiple-choice questions for Listening 1.

5 *In pairs, quickly discuss the following questions.*

a. How many possible answers are given for each question?
b. Which letters are written beside the answer options?

1. What are they doing in school tuck shops?
   A. selling more healthy food
   B. selling more junk food
   C. offering more meat pies and sausage rolls

2. What do most adults think about this?
   A. It's a bad idea.
   B. It's a good idea.
   C. Tuck shops should sell more cream doughnuts.

TIP
In the IELTS Listening test, you will usually have to answer multiple-choice questions. A multiple-choice question is a question with three or more possible answers. You need to listen to the audio and decide the correct answer. You need to choose the letter of the correct answer on your question sheet.

TIP
Before the audio is played, you will have some time to read the questions and possible answers. Say the key words in the questions and answer options silently to yourself. This way, you will 'fix' them in your head and better be able to recognise them when you hear them.

6 *Can you hear the answer to Question 1?*

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Language focus – Synonyms

TIP

Often in the IELTS Listening test, the answer options for the multiple-choice questions will not contain the exact words that you hear. In many cases, synonyms are used. Synonyms are words or phrases that have a similar meaning.

7 Write the words you hear next to their synonyms.

a. good _____
b. principal _____
c. greater amounts _____
d. tired _____
e. advertisements _____
f. overweight _____
g. to choose _____
h. tuck shop _____
i. fast food _____
j. sport _____
k. healthy _____
l. help _____
m. to suggest _____
n. uncooked _____
o. specialist _____
p. serving _____

Now, read the pairs of words out loud to yourself to help 'fix' the sounds in your head.

Getting ready to listen – Prediction

8 You will hear the introduction to Listening 1. First, try to answer the following questions.

a. What type of text do you think this will be?

A. a conversation between two people
B. a conversation between more than two people
C. a monologue (just one person talking)

b. What is the main topic?

A. supermarkets
B. school food shops
C. food markets

c. What changes do you think they might be talking about?

A. new types of food
B. increasing prices
C. increasing numbers of shoppers

9 Check your answers.

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LISTENING

Listening 1

*Choose the correct letter, **A**, **B**, or **C**.*

1. What are they doing in school tuck shops?
   A. selling more wholesome food
   B. selling more junk food
   C. offering more meat pies and sausage rolls
2. What do most adults think about this?
   A. It's a bad idea.
   B. It's a good idea.
   C. Tuck shops should sell more cream doughnuts.
3. Which opinion is NOT expressed?
   A. Children should be free to decide what they eat.
   B. There should be more sport at school.
   C. The school is responsible for teaching healthy eating to children.
4. What will some of the children do?
   A. bring healthy food from home
   B. buy junk food on the way to school
   C. bring junk food from home
5. How much does it cost for chicken and chips?
   A. $4.00
   B. $4.50
   C. $2.50
6. How could parents be educated about healthy eating?
   A. magazine advertisements
   B. public meetings
   C. advertisements on television
7. How can schools help children eat healthily?
   A. check children's lunchboxes
   B. sell mainly healthy food
   C. ban junk food in school

Listening 1 – Check

Check your answers.

Listening 2

*Choose the correct letter, **A**, **B**, or **C**.*

8. Mr. White is a
   A. nutritionist.

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B. school principal.
C. health expert.

9. The children will be happier and healthier by
   A. eating less fruit and vegetables.
   B. eating greater amounts of fast food.
   C. eating greater amounts of fruit and vegetables.

10. How many servings of vegetables per day do health specialists recommend?
   A. five
   B. two
   C. three

11. What happens to people when they don't eat breakfast?
   A. They feel tired.
   B. They usually eat a banana late in the morning.
   C. They don't feel hungry at lunchtime.

12. Which food item is NOT suggested for lunch?
   A. a wholesome sandwich
   B. steamed vegetables
   C. fried chicken

13. What recommendations does the speaker make for summer?
   A. select green, white, and purple vegetables
   B. make a salad with uncooked vegetables
   C. use a high-fat cooking method

14. How much exercise per day does she recommend for young people?
   A. 30 minutes
   B. 13 minutes
   C. 20 minutes

15. What should children do if they can't walk or bike to school?
   A. take a taxi
   B. play sports with friends
   C. join a chess club

Final activity

A *Do a survey of the people in your class.*

- First, work with a partner in class to write questions about what food people eat for breakfast, lunch, and dinner.
- Do they eat snacks between meals?
- Do they prefer junk food or healthy food?

B *Next, carry out your survey. Talk to your classmates and write down their answers as you listen.*

C *Finally, discuss with the whole class whether most people eat healthily or unhealthily.*

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