UNIT 4: FOOD AND DRINK

D. SPEAKING

Exercise 1:
25% of your score in the IELTS Speaking test is for *lexical resource*. *Lexical resource* means using a good range of vocabulary.
You can improve your *lexical resource* by building your vocabulary on IELTS topics. Use the words in the box to complete the student's notes. Then watch the video and check your answers.

Describe what you like to have for breakfast in the morning. *You should say:* *what you like to eat and drink for breakfast* *how you prepare these things* *whether you think this is a healthy breakfast* *and explain why you like to eat and drink these things.*	*(Unit 4_Video 1)*

breakfast	*eat*	*eggs*	*energy*	*juice*	*lives*	*recipe*	*sausage*	*vitamin*

what you like to eat and drink for breakfast
orange or apple _____
scrambled _____
beans and _____
how you prepare these things
I will cook English _____ with my parents.
I will find a _____ to learn how to cook it.
whether you think this is a healthy breakfast
Orange juice gives us _____ C .
It gives me a lot of _____ .
explain why you like to eat and drink these things
This kind of breakfast is important in our _____ .
I like to _____ this breakfast because I enjoy it.

Exercise 2: In IELTS Speaking Part 2 you will speak about your personal experience of a topic. Then, in Part 3, the examiner will ask you about your general opinions on the same topic.

Look at a student's answers and decide if each one describes a personal experience (for Part 2) or a general opinion (for Part 3).

1. We should eat healthier food because we need healthy bodies to work and study.
   This is personal experience for Part 2./ This is a general opinion for Part 3.
2. In my country, we eat noodles and rice for breakfast.
   This is personal experience for Part 2./ This is a general opinion for Part 3.
3. I think that buying fast food is often easier than cooking for yourself.
   This is personal experience for Part 2./ This is a general opinion for Part 3.
4. I think governments should give people more advice about healthy food.
   This is personal experience for Part 2./ This is a general opinion for Part 3.
5. I think I have a recipe to show me how to cook it.
   This is personal experience for Part 2./ This is a general opinion for Part 3.
6. No, I don't think so, because it is now more expensive to import food from foreign countries. *This is personal experience for Part 2./ This is a general opinion for Part 3.*
7. I think we're healthier than in the past because nowadays we concentrate on the ingredients in meals.
   This is personal experience for Part 2./ This is a general opinion for Part 3.

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8. I don't like milk. I just drink it because it's healthy.
   This is personal experience for Part 2./ This is a general opinion for Part 3.
9. Yes, I think so, because nowadays we are unhealthy because of fast food.
   This is personal experience for Part 2./ This is a general opinion for Part 3.
10. In the morning, I like to have eggs, juice and toast.
    This is personal experience for Part 2./ This is a general opinion for Part 3.

Exercise 3: Read the information. Then put the letters in the correct order to complete the food collocations.

> One way to build your vocabulary is to learn different *collocations. Collocations* are pairs or groups of words that are commonly used together.
>
> **Example**:
> *homemade + food = homemade food*
>
> (food that is made at home and not bought from a shop.)

1	fresh	f	r	u	i	t			
2	mineral	w	a	t	e	r			
3	English	b	r	e	a	k	f	a	s	t
4	fast	f	o	o	d				
5	fruit	j	u	i	c	e			
6	green	t	e	a					
7	scrambled	e	g	g	s				
8	strawberry	y	o	g	h	u	r	t	
9	roast	c	h	i	c	k	e	n	
10	Italian	p	i	z	z	a			

Exercise 5: Read the IELTS Speaking Part 3 questions and answers. Highlight the words that the student uses to *paraphrase* the examiner's words in bold.

1. Examiner: Do you think it's easy to buy **many types of food** in your country?
Student: Yes, there is definitely a wide variety of things to eat where I am from.

2. Examiner: Some people say it's better to eat mostly **local food** rather than food imported from other countries. Do you agree?
Student: Yes, I think it is important to buy food that was grown near where you live.

3. Examiner: Do you think that **your country's traditional food** might disappear in the future?
Student: No, it simply isn't possible that people would stop eating what we have always eaten where I am from.

4. Examiner: Do you think that the food people eat in your country now is better than **the food that they ate in the past**?
Student: No, I don't. I think what people used to eat was healthier.

5. Examiner: What are the reasons why **unhealthy food** is so popular in many countries these days?
Student: I think there are several reasons why people like eating things that are bad for them.

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Exercise 6: In IELTS Speaking Part 3 you can use *and*, *but*, *so*, and *because* to help explain your opinions. Read the information, then complete the sentences. Use the words in the box.

Use ***and*** to join two ideas that are similar. (e.g. *I like coffee **and** tea.*)

Use ***but*** to join one idea that is different from another idea. (e.g. *I like apple juice **but** not orange juice.*)

Use ***so*** to join one idea that is the result of another idea. (e.g. *I want to be healthier, **so** I'm eating more fruit.*)

Use ***because*** to join one idea with the reason for another idea. (e.g. *I am going to a restaurant on Saturday **because** it's my friend's birthday.*)

and *because* *because* *but* *so*

1. Sugar causes a lot of health problems, _____ people should eat fewer things that contain sugar.
2. In my country, it's easy to have a healthy diet _____ we grow a lot of fruit and vegetables.
3. Fast food is unhealthy _____ it's tasty and cheap.
4. One reason I like fruit is that it tastes nice _____ another reason is because it's healthy.
5. People drink a lot of water in the summer _____ it's very hot.

Exercise 7: Watch the video of a student doing IELTS Speaking Part 3. Listen and complete the examiner's questions.

1. **Examiner:** OK, we've been talking about food and drink and I'd like to discuss with you one or two more general questions related to this. So let's consider, first of all, local and _____ food. Do you think it's easy to buy many types of food in your country? **2. Examiner:** Some people say it's better though to eat mostly _____ food rather than food imported from other countries. Do you agree? 3. **Examiner:** Do you think it's _____ ? Why? 4. **Examiner:** Do you think though that your country's _____ food might disappear in the future? 5. **Examiner:** OK, let's think about food _____ and healthy food. Do you think that the food people eat in your country now is better than the food that they ate in the past? 6. **Examiner:** What are the reasons why _____ food is so popular in many countries these days? 7. **Examiner:** Do you think that governments should make laws which encourage people to eat healthy _____ and avoid unhealthy food? 8. **Examiner:** Do you think people would obey the rules, the government rules, about _____ food?	*(Unit 4_Video 2)*

Exercise 8: There is <u>one</u> mistake in each of the student's answers. Find the mistakes and correct them.

1. Examiner: Do you think it's easy to buy many types of food in your country?
Student: Yes, I think is easy to buy international food in Hong Kong.
2. Examiner: Do you like international food?
Student: I prefer eat local food from my country
3. Examiner: Do you think though that your country's traditional food might disappear in the future?
Student: As far I as can see, it's possible, but unlikely.
4. Examiner: Why is unhealthy food so popular in many countries these days?
Student: Unhealthy food is usually faster food, which is often cheap and easy to buy.
5. Examiner: Do you think that the food people eat in your country now is better than the food that they ate in the past?
Student: Personally, I thinking that it's better nowadays

Exercise 9:

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You are going to do IELTS Speaking Part 2. You will need some paper and a pencil.

Describe what you like to have for breakfast in the morning.

You should say:
what you like to eat and drink for breakfast
how you prepare these things
whether you think this is a healthy breakfast
and explain why you like to eat and drink these things.

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