

UNIT 2: FOOD, FOOD, FOOD

LESSON 12 (This lesson focuses on Activities A, B, C, E and Additional Task)

READING : An Oil for Life (Close-up, page 18 and 19)

Answer **all** the questions.

A. How much do you know about olives? Do the quiz and find out! Mark the correct letter a, b or c.

1. People have been growing olive trees for a 2,000 years. b 4,000 years. c 6,000 years.	3. People used to use olive oil to a attack people. b make cleaning products. c preserve food.
2. Which country produces the most olive oil in the world? a Spain b Italy c Tunisia	4. We now know exactly why olive oil is good because of a olive growers. b ancient traditions. c modern science.

B. Quickly read the text and check your answers to the quiz. (Refer to the Close-up

Textbook, page 18 and 19).

C. Read the incomplete sentence below. Then look at each gap carefully. What type of word do you need for each gap?

Choose, drag and drop the words to fit each gap. There is one extra word which you do not need to use.

Butter and olive oil are both fats but olive oil is a (1) _____ fat and is better (2) _____ you because it (3) _____ your body from (4) _____.

preposition	noun	adjective	verb	pronoun
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E. Choose the correct words to complete the sentence in Exercise C. Mark the correct letter a, b, c or d.

Butter and olive oil are both fats but olive oil is a (1) _____ fat and is better (2) _____ you because it (3) _____ your body from (4) _____.

1. a lunch

2. a eat

3. a makes

4. a fat

b good

b on

b likes

b thin

c unhealthy

c from

c protects

c infection

d old

d for

d healthy

d sleep

F. Now complete the Additional Task.

Read the text and choose the correct word for each space. For each question, mark the correct letter, a, b, c or d.

Honey

Honey is a natural sweetener with nothing artificial added. Many people believe it's (1) _____ for you than sugar. It's easy to eat, you can use it in a variety of recipes and it lasts for a very long time. Although most people think of honey as no more than a sweetener for tea or yoghurt, honey has many health benefits, too.

Imagine this: you can't sleep because your nose is blocked and you can't stop coughing. Colds make us feel miserable and coughing stops us from sleeping, so (2) _____ of people take pills and cough syrups to get better. Scientific research, however, has shown that there's no evidence that these medicines work. (3) _____ doctors are now suggesting that we take honey to help (4) _____ improve our health. It has been harvested and used as a medicine for hundreds of years by civilisations all over the world. How does honey help? Well, because it's a thick and sticky liquid, it coats the inside of your throat and can stop you coughing. It also contains substances that are very important to help prevent diseases. These substances are known as antioxidants and are also found in fresh fruit and vegetables, olive oil and oregano.

Honey is also great for athletes and anyone who needs extra energy. The human body gets most of

(5) _____ energy from carbohydrates (natural sugars). Foods such as bread, rice, pasta and potatoes have plenty of carbohydrates. Honey also contains a lot of them. Carbohydrates are necessary for athletes to (6) _____ them keep going when they are training, so it's a good idea to eat honey before exercising, or (7) _____ sport.

There are lots (8) _____ healthy ways to enjoy honey. Try mixing it with yoghurt, fruit and crushed nuts, or you can make a tasty honey sandwich. You can even make your own energy bars filled (9) _____ dried fruit, cereal and honey. Whether you need an energy boost, or just something deliciously sweet to eat, honey is the perfect natural energy source.

But that's not all! You (10) _____ use honey to make your own fantastic beauty products. Mix strawberries, honey, almond oil and a drop of vitamin E oil to make a natural lip gloss. Or, make a conditioner for your hair from honey and olive oil. Look for beauty recipes online. It's usually a simple process, they cost you almost nothing to make, and they're all natural.

Honey – so good in so many ways.

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|--------------|----------|-----------|------------|
| 1. a good | b better | c well | d best |
| 2. a many | b lot | c lots | d several |
| 3. a Some | b None | c Someone | d Everyone |
| 4. a me | b us | c you | d them |
| 5. a our | b his | c my | d its |
| 6. a give | b help | c stop | d save |
| 7. a playing | b making | c going | d having |
| 8. a for | b at | c of | d on |
| 9. a on | b of | c in | d with |
| 10. a can | b do | c will | d can't |

Note: You may practice answering the questions in **Ideas Focus** on your own.

- Is your country famous for a particular type of food? Do you enjoy it? Why? / Why not?
- Do you prefer to eat at a restaurant or at home? Why?
- Would you rather eat a salad or vegetables with your main meal of the day? Why? / Why not?

Ideas Focus



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