6 A piece of cake!



READING | 4-option multiple choice | An article

1 **Look at the healthy-eating plate. In pairs, make a list of different types of food you know in English in each category.**



EXAM SKILL

Identifying synonyms

- ❍ The text might use different words and phrases to express the idea in the question.
- ❍ Underline key words and phrases in the question and look for synonyms (words and phrases that mean the same) in the text. For example, Exercise 3, question 5, option D says *Once a month*. The text might say *monthly* or *every four weeks*.

2 **Read these words and phrases from Exercise 3. Write a word or phrase from the text that means the same in each gap.**

1 famous _____
2 getting things ready _____
3 instructions for dishes _____
4 family dinners _____
5 filmed _____
6 cook for themselves _____

OPTIMISE YOUR EXAM

4-option multiple choice

- Remember that the order of the questions follows the order of the information in the text.
- This means that if you find the answer to question 1 and the answer to question 3, you know that the answer to question 2 comes somewhere in between.
- Underline the answers to the questions in the text and number them to help you find any you aren't sure about.

LIVEWORKSHEETS

A young star of the kitchen

Remember the anchovy and tomato pizza that you created? For most of us, it takes a long time to learn how to make something tasty, but not for Remmi Smith. Still a teenager, she's already creating fantastic dishes. She's also becoming well known for her Italian salad dressing, which is delicious. And with her knowledge of social media, she's making sure that everyone knows she's here!

Remmi, who lives in the USA, is just 16. She has already starred in two cookery shows and has published a book of healthy recipes. From the age of four, Remmi helped in the kitchen by preparing vegetables. By the age of seven, Remmi was a real foodie who could cook complete meals for her family.

Remmi, who was born in China, began making videos for fun. Her mother took videos of her while she was cooking and put them online. A local cable channel broadcast them. They then asked Remmi to create another show for them.

That show focused on Remmi's main interest, which is getting teenagers to take healthy eating seriously. She believes that when young people make their own food, they care more about what they eat. Remmi works with a company in the USA which shows her videos in school cafeterias. About 3.5 million students watch her every day!

Remmi believes that young people can create a healthy meal for their family which isn't expensive. Her delicious recipes include vegetable paella and strawberry kebabs. In fact, strawberries, which are Remmi's favourite food, appear in other recipes, including strawberry sandwich!

Her latest idea is a healthy-snack service. For a monthly subscription you receive snacks, which include fruit bars and popcorn, and fun cooking activities that help you develop a healthy lifestyle.



3 2.08 **Read the text again. For each question, choose the correct answer.**

1 Why is Remmi different from most of us?
- **A** She likes unusual pizza toppings.
- **B** She is famous in Italy.
- **C** She has learnt an important skill at a young age.
- **D** She knows about social media.

2 How did Remmi start cooking?
- **A** by getting things ready for cooking
- **B** by writing down instructions for dishes
- **C** by making family dinners
- **D** by starring in shows about food

3 What happened that introduced Remmi to a wider audience?
- **A** Her videos appeared on local TV.
- **B** Her mum filmed Remmi and showed the videos to family members.
- **C** She was asked to appear on a TV show.
- **D** She moved from China to America.

4 What does Remmi think about other young people?
- **A** They aren't interested in healthy eating.
- **B** They already love cooking and eat well.
- **C** They eat healthily when they cook for themselves.
- **D** They eat in cafeterias too often.

5 What might Remmi write on her blog about her new service?

A Snacks aren't a part of healthy eating so I show people how to stop eating so many of them and eat more fruit instead.	**B** People who eat too much popcorn can find out how to eat better from my cookery shows and my book.
C I regularly put new videos online that show you how to make your own fruit bars and have fun at the same time.	**D** Once a month, I send tasty food and interesting healthy-eating ideas to the people who pay for the service.

4 **Complete the sentences with highlighted words or phrases from the text.**

1 I'm a real _____ . I love food and I'll try anything!
2 This cake is absolutely _____ ! Could I have another slice?
3 I'm going to change my _____ and start exercising regularly.
4 I pay a _____ every month to get healthy snacks in the post.
5 I got the recipe from a _____ book that I got from the library.
6 The _____ has some really good programmes on this week.

THINK | RESEARCH | CULTURE | LEARN | ME

What are some of your favourite dishes? What dishes do you like cooking?

▶ **Workbook Unit 6:** Reading, pages 44–45, exercises 1, 2, 3

LIVEWORKSHEETS

6 GRAMMAR 1 | Relative clauses

Grammar in context

Read these sentences from the article on page 59 and match each sentence to a description. Then underline other examples of relative clauses in the article.

1 *Remember the anchovy and tomato pizza* ***that you created****?* ___

2 *Remmi,* ***who lives in the USA****, is just 16.* ___

a) This relative clause identifies exactly which thing or person we are talking about.

b) This relative clause just gives us extra information about the thing or person we are talking about.

REMEMBER

- A relative clause tells us more about something. It starts with *which* (for things), *who* (for people), *that* (for people and things), *whose* (for possession), *where* (for places) or *when* (for time).
- A **defining relative clause** identifies which thing or person we are talking about. Without the relative clause, we don't know who we are referring to and the sentence may not make complete sense: *The pizza* ***that I made*** *was delicious!*
- In a defining relative clause, we don't use a comma and we can use *that* instead of *who* or *which*. We can also leave out the relative pronoun when it is the object of the clause: *The pizza I made was delicious!*
- In a **non-defining relative clause**, we already know which thing or person we are talking about and the relative clause just gives us extra information: *Pizza,* ***which is originally from Italy****, is one of my favourite dishes.*
- In a non-defining relative clause, we use a comma and we can't use *that* instead of *who* or *which*. We can't leave out the relative pronoun.

▶ See Grammar reference, Unit 6, page 153

1 Choose the correct relative clause.

1 **a)** My dad who does most of the cooking makes great curries.
b) My dad, who does most of the cooking, makes great curries.

2 **a)** The French dish that I absolutely love is *crème brûlée*.
b) The French dish, that I absolutely love, is *crème brûlée*.

3 **a)** I've been finding out about Remmi Smith, who is a young Chinese-American chef.
b) I've been finding out about Remmi Smith who is a young Chinese-American chef.

4 **a)** This is the restaurant where we ate last week.
b) This is the restaurant, where we ate last week.

2 Write a word from the box in each gap to complete the sentences. There may be more than one correct answer.

that	when	where	which	who	whose

1 The meal _____ you made for us last night was delicious!

2 Do you remember the time _____ you put sugar in the soup instead of salt?

3 Remmi Smith, _____ show is called *Cook Time with Remmi*, loves cooking.

4 This is the restaurant _____ we celebrated my mum's birthday.

5 Anchovies, _____ I love, go really well on pizza.

6 Are there any celebrity chefs _____ you admire?

3 Rewrite the sentences using the information given. Use a relative clause in each sentence.

1 Jamie Oliver was born in Essex. Essex is a county in England.
_____

2 He first worked in the kitchens of a restaurant. His parents owned the restaurant.
_____

3 His many cookery shows have appeared on TV around the world. They include *Jamie's School Dinners* and *Jamie at Home*.
_____

4 *Jamie's School Dinners* tried to improve the quality of food. The food is served in schools.
_____

5 It was hard to get pupils to eat well. The pupils didn't like eating vegetables.
_____

6 In the end, he was successful and the government agreed to spend more on school meals. The government pays for school meals.
_____



▶ **Workbook Unit 6:** Grammar 1, page 46, exercises 1, 2, 3

LIVEWORKSHEETS