

UNIT 4 LESSON B AND C



Lesson B

Cooking for everyone

A. VOCABULARY

6. Look at the pictures. Read the words and write below the pictures.

Toast

Flambé

Stew

Barbecue

Steam

Boil

Fry

Bake

Roast









7. Read, choose and write the word to complete each sentence.

a) I rarely eat red meat these days; just some _____ from time to time.

crab

beef

oyster

tuna

b) We eat fish twice a week. My favorite type is _____.

shrimp

salmon

cabbage

goat



B. READING

Who is a Vegan?

1. Read the following text

A vegan is a person who does not eat meat, fish, chicken, eggs, cheese or other dairy foods such as ice-cream or milk. Also, a vegan does not use animal products like leather. Here is another question: what does a vegan eat? A vegan eats foods like fruits and vegetables, beans, bread, and pasta (a “vegetarian” doesn’t eat meat but sometimes eats cheese and dairy foods). Recently, more and more people are vegans. In the U.K. there are now more than one million vegans. In the U.S.A. there are now more than four million vegans. In the world, there may be fifteen million vegans. Maybe you know about these famous vegans and vegetarians: Abraham Lincoln, Albert Einstein, Brad Pitt, Johnny Depp, Leonardo Da Vinci and Venus Williams. Why are so many people changing the food they eat? There are many answers to this question. Here are two very important answers. First, they think meat is not healthy. Second, many people say it is not a good idea to kill animals and eat them. Farm animals can think and feel the same as the pets in our homes. “Most people don’t eat cats and dogs,” vegans say, “so it is also not a good idea for people to eat pigs, cows and chickens”.

8. Write ‘T’ (True) or ‘F’ (False) next to each statement.

1. _____ Vegans like to eat fish.
2. _____ Milk is a kind of dairy food.
3. _____ There are four million vegans in the U.K.
4. _____ Many people think meat is not healthy.
5. _____ Some vegans and vegetarians are famous.
6. _____ Many people are changing the kind of food they eat.



9. Match the words on the left with the meanings on the right.

- | | |
|-------------|--|
| 1. Dairy | A. 1,000,000 |
| 2. Product | B. something that people make |
| 3. leather | C. not a long time ago until now |
| 4. recently | D. known and liked by many people |
| 5. million | E. milk, cheese, butter and ice-cream |
| 6. famous | F. an animal like a cat that you have in your home |
| 7. healthy | G. skin from an animal used to make clothes |
| 8. pet | H. not sick |

10. Use the above words from the previous exercise to complete the sentences. Change the forms of verbs and nouns when necessary.

1. More than twenty-five _____ people live in New York City.
2. My friend has a _____ rabbit.
3. I want to be in movies and on TV. I want to be _____.
4. I don't want to be sick. I want to be _____.
5. You can buy _____ foods (like milk and cheese) at a supermarket.





C.GRAMMAR

Sequence adverbs

We use the sequence adverbs **“first”**, **“next”**, **“then”** and **“finally”** to describe the order in which two or more actions happen.

We use a comma after **“first”**, **“next”**, **“then”** and **“finally”** when they introduce the sentence that describes the action.

<p>“first”: for an action that happens before any others.</p> <ul style="list-style-type: none"> • “I have a lot of work to do. First, I will make a cup of tea.” 	<p>“next”: for an action that happens immediately after another action, or as soon as possible.</p> <ul style="list-style-type: none"> • “I went to Bolivia on holiday. Next, I want to go to Brazil.”
<p>“then”: for an action that happens after another action if it’s not immediate. We can use “and then” without a comma.</p> <ul style="list-style-type: none"> • “Sarah is doing her degree. Then, she wants to be a lawyer.” 	<p>“finally”: for the action that happens at the end, after any others, or after a long time.</p> <p>“I worked all evening. Finally, I went to bed at 11pm.”</p>

Example: Making an omelette

“First, I break the eggs. Then, I heat the butter in a pan. Next, I add the eggs. Finally, I eat the omelette with toast.”



Exercises:

11. Write each sequence adverb to the gap to complete the sentences.

finally

first

next

then

If you want to pass your exams, _____ you must study very hard.

David woke up late and _____ he was late for work.

James was ill for a week before he _____ went to the doctor.

Tom and Sarah travel a lot. They don't know where to go _____.



Read the following conversation and then do the exercises below.

Ted: So, Claire. How do you make that fried rice again?

Claire: You've forgotten already? OK. First, you need to cook the rice. Then while it's cooking, you can chop the vegetables. After that, heat some oil in the pan and put in some chopped garlic. Next, add the vegetables and finally, the rice. Don't forget to keep stirring as you add everything.

Ted: Is that it?

Claire: Yeah, it's really easy.

Ted: Wow, great. Thanks. I'm going to make it for dinner.

Claire: Good luck.

Ted: Thanks.

12. Check the correct response: What do you do to make fried rice?

What do you do first?

cook rice_____

heat a pan_____

chop vegetables_____

What do you do third?

heat a pan_____

put garlic_____

chop vegetables_____

What do you do second?

heat a pan_____

put garlic_____

chop vegetables_____

What do you do last?

add garlic_____

add rice_____

add vegetables_____

Lesson C

Delicious meal

A. VOCABULARY

13. Look at the pictures and write the words on each line.

Potatoes

Leaves

Flour

Raisins

Cinnamon

Rice

Strawberry

Onions

Raspberry



C.READING

Ecuadorian breakfast: coast and highlands delicious choices!

1. Read the following text

Breakfast in Ecuador can also mean a complete satisfying meal like mote pillo or hominy with scrambled eggs in the Andean highlands, or a bowl of delicious encebollado (tuna) soup in the Coast. Savory seafood breakfasts, from ceviche to fried fish with rice and plantains, are very popular in beach towns and coastal cities. Breakfast dishes using plantains, both green and ripe, are also very popular, both in the coast and also in the Sierra (Highlands). Breakfast dishes with grains and vegetables like habas or fava beans, corn, yuca or cassava are also very common in the Highlands, especially in the more rural areas where people need a hearty breakfast to start a long work day. People will usually send the kids to buy freshly baked bread in the mornings for breakfast. You can find a variety of savory bread (pan de sal) or sweet bread (pan de dulce), some come with cheese fillings or sweet fillings, like guava jam. Ecuador has an amazing variety of fresh fruit and its very common to have fresh papaya, melon, pineapple, berries, plums, as well as lesser-known fruits like babaco, chirimoya, zapote, granadilla, and others for breakfast. The fruits are sometimes used to make juices or fruit salads, and other times are simply served on the side.



14. Match with lines the pictures with the name of the foods:



Mote pillo

Habas

Scrambled eggs

Ceviche

Encebollado

Cassava

Beans

Bread



D.GRAMMAR

Gerunds

A gerund is a verb that's acting as a noun. We have to put "ing" at the end of the word; for example: being, coming, jumping, etc...

*Can be used after certain verbs like; enjoy, fancy, discuss, dislike, finish, mind.....

Example: I **enjoy working** late in my job.

*After prepositions.

Example: She is good **at painting**.

*As the subject of a sentence.

Example: **Studying** hard is very necessary.

*As complement of the verb "to be".

Example: We **were playing** soccer with friends.



15. Choose the gerund in the following sentences.

- a.- The presentation was boring and I was sleeping all the time.
- b.- Being a professor is not simple, there are annoying hours.
- c.- Coming to work with energy is the most interesting part of the day.
- d.- She is well paid for working with crafts.
- e.- Shakira loves dancing on the disco floor.

