

FOOD

1 FOOD

Match the words and pictures.

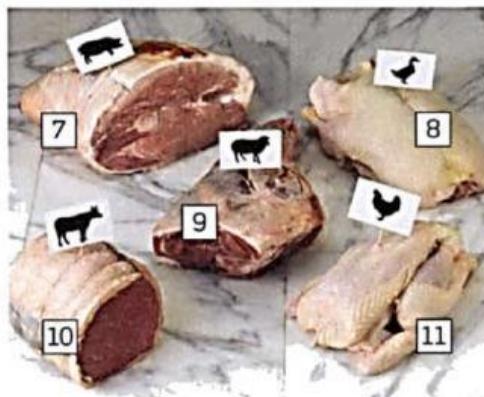
Fish and seafood

- 1 crab /kræb/
- 2 mussels /'mæslz/
- 3 prawns /prəʊnz/
- 4 salmon /'semon/
- 5 squid /skwid/
- 6 tuna /'tu:nə/



Meat

- 1 beef /bi:f/
- 2 chicken /'tʃikɪn/
- 3 duck /dʌk/
- 4 lamb /la:m/
- 5 pork /pɔ:k/



Fruit and vegetables

- 1 aubergine /'aʊbəʒi:n/ (AmE eggplant)
- 2 beetroot /'bi:ttru:t/
- 3 cabbage /'kaebidʒ/
- 4 cherries /'tʃeriz/
- 5 courgette /kɔ:ʒet/ (AmE zucchini)
- 6 cucumber /'kjukəməb/
- 7 grapes /greips/
- 8 green beans /'gri:n bi:nz/
- 9 lemon /'lemon/
- 10 mango /'mæŋgəo/
- 11 melon /'melon/
- 12 peach /pi:tʃ/
- 13 pear /peə/
- 14 raspberries /'ru:zbəriz/
- 15 red pepper /red 'pepə/



Are there any things in the list that you...?

- a love
- b hate
- c have never tried

Are there any other kinds of fish, meat, or fruit and vegetables that are very common in your country?

2 COOKING

Match the words and pictures.



- 1 boiled /bɔ:lɪd/
- 2 roast /rəʊst/
- 3 fried /fri:d/
- 4 baked /beɪkt/
- 5 grilled /grɪld/
- 6 steamed /sti:mɪd/

How do you prefer these things to be cooked?

eggs	chicken
potatoes	fish

Phrasal verbs

Learn these phrasal verbs connected with food and diet.

I eat out a lot because I often don't have time to cook.
(= eat in restaurants)

I'm trying to cut down on coffee at the moment. I'm only having one cup at breakfast.
(= have less)

The doctor told me I had very high cholesterol and that I should completely cut out all high-fat cheese and dairy products from my diet.
(= eliminate)

FOOD & EATING

- 1 Is there any food or drink that you couldn't live without? How often do you eat/drink it?
- 2 Do you ever have
 - a ready-made food?
 - b takeaway food? What kind?
- 3 What's your favourite
 - a fruit?
 - b vegetable?

Are there any that you really don't like?
- 4 When you eat out do you normally order meat, fish, or vegetarian?
- 5 What food do you usually eat
 - a when you're feeling a bit down?
 - b before doing sport or exercise?
 - c before you have an exam or some important work to do?

- a **1,6)** Listen to five people talking. Each person is answering one of the questions in *Food & Eating* above. Match each speaker with a question.

- | | |
|-----------------------------------------------|------------------------------------|
| <input checked="" type="checkbox"/> Speaker A | Speaker D |
| <input type="checkbox"/> Speaker B | <input type="checkbox"/> Speaker E |
| <input checked="" type="checkbox"/> Speaker C | |

- b Listen again and make notes about their answers. Compare with a partner.

A
B
C
D
E

Who needs to diet?

I never go on a diet: it's a waste of time. Diets list all the food that is good for you, but few people can keep them up. I haven't put on weight in twenty years. Here's why:

- I eat almost anything I like, but I don't eat a lot. And I don't eat **junk food**.
- I drink **plenty of** water. It's better for you than **fizzy drinks**, and cheaper too.
- I avoid **snacks** between meals because most of them are **fattening**.
- I've **cut down on** the amount of food I eat in the evening.
- I get plenty of **exercise**.

Complete the sentences.

- Eat it – it's good for you.
1 They're both going on a diet.
2 She's cut down on chocolate.
3 I tried to diet but couldn't keep it up.
4 That diet was a waste of time.
5 He's put on a lot of weight.
6 We've got plenty of orange juice.

Complete the sentences with a suitable word.

- You shouldn't eat much cream and cheese: they're fattening.
1 You should drink plenty of water: about 6 to 8 glasses a day.
2 You should get plenty of exercise. One good way is going to the gym.
3 It's difficult to cut down on the amount of salt you eat.
4 Doing lots of exercise is better than going on a diet.
5 I think diets are a waste of time and money.
6 The problem with diets is that most people can't keep them up.