

What did you have for dinner?

A pizza and some salad.

1 VOCABULARY food and drink

a Take the quiz with a partner. Add vowels to make the words.

FOOD & DRINK QUIZ		
1	two kinds of Italian food	
	pzz	pizza
2	two things you can add to coffee	
	mlk	milk
3	a kind of food that vegetarians don't eat	
	mt	mt
4	a drink you buy in a bottle	
	wtr	water
5	something cold, sweet, and delicious	
	c crm	ice cream
6	a vegetable you can make French fries from	
	ptt	potato
7	something you use to make an omelet	
	ggs	eggs
8	a lot of people are addicted to this sweet food	
	chclt	chocolate
9	a snack made with two pieces of bread	
	sndwch	sandwich
10	the three meals we usually have every day	
	brkfst	breakfast
	lunch	lunch
	dnrr	dinner

b  p.163 Vocabulary Bank Food and drink

c What's your favorite...?

breakfast dessert fruit snack vegetable

Is there any food or drink you don't like?

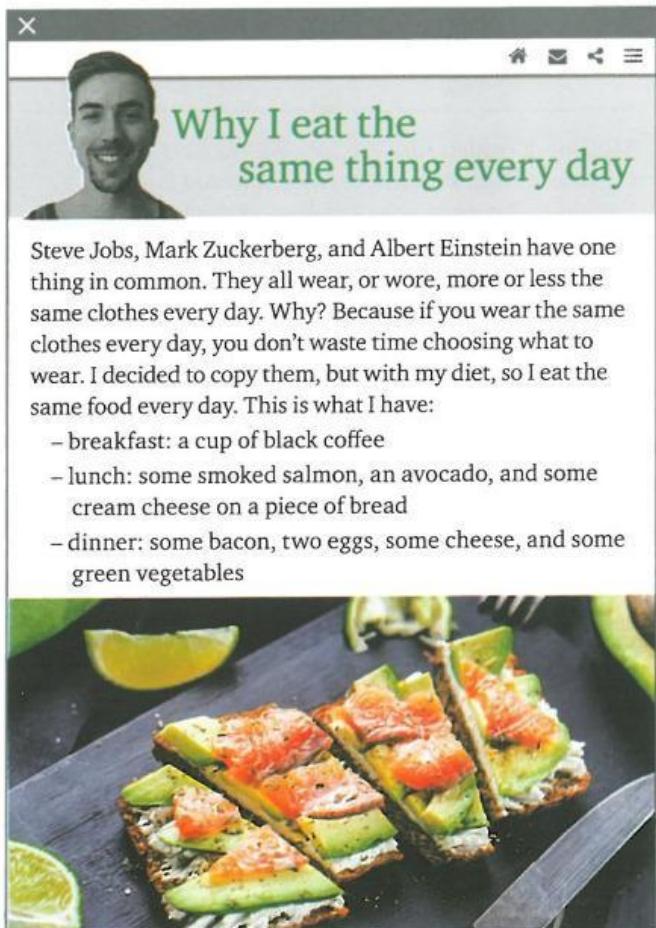
2 GRAMMAR countable / uncountable nouns, a / an, some / any

a Look at the photo of blogger Nathan Wiebe's lunch. Can you name any of the things in the photo? Do you think it's a healthy lunch?

b Look at the title. Why do you think he eats the same thing every day? Read his blog and check.

c Read the blog again. Answer the questions with a partner.

- 1 What do Jobs, Zuckerberg, and Einstein have in common?
- 2 What are two positive things about Nathan's diet?
- 3 Does he ever get bored of it? Why (not)?
- 4 Do you think Nathan's diet is healthy?
- 5 Is there a meal where you eat the same thing every day? What?
- 6 Would you like to try wearing the same clothes or eating the same food every day? How long do you think you could do it for?



Steve Jobs, Mark Zuckerberg, and Albert Einstein have one thing in common. They all wear, or wore, more or less the same clothes every day. Why? Because if you wear the same clothes every day, you don't waste time choosing what to wear. I decided to copy them, but with my diet, so I eat the same food every day. This is what I have:

- breakfast: a cup of black coffee
- lunch: some smoked salmon, an avocado, and some cream cheese on a piece of bread
- dinner: some bacon, two eggs, some cheese, and some green vegetables

The good thing about this plan for me is that I spend less time and money buying food, and I also never need to worry if my diet is healthy or not (because I know it is). Now, you're probably thinking, "he's sure to get tired of eating the same food every day." Well, after about a year, I can promise you that I'm not. I change my meals a bit by having different kinds of cheese and using different herbs and spices. I also change the vegetables that I have for dinner.

d Complete the sentences with *a*, *an*, or *some*.

- 1 Nathan has _____ cup of coffee for breakfast.
- 2 He has _____ smoked salmon and _____ avocado for lunch.
- 3 He has _____ cheese and _____ vegetables for dinner.

e **G**p.140 Grammar Bank 9A

f **① 9.3** Listen to a couple talking about what food they need to buy. Write their shopping list.
some coffee, some milk,...

3 LISTENING

a Look at the photos posted with the hashtag #mydinnerlastnight. With a partner, which photo do you think shows...

- 1 something that the person cooked
- 2 take-out food that the person ordered
- 3 something that the person ate in a restaurant
- 4 something that the person's mother cooked

b **① 9.4** Listen to the people talking about their photos and check your answers to a.

Glossary

Thanksgiving a US holiday in November

c Listen again. Who (1–4) talks about...?

- 1 a good restaurant near their house
- 2 ways of preparing something
- 3 a dish with two main ingredients
- 4 a meal for a special occasion

d Which of the four dishes or meals would you like to eat? Which wouldn't you like?

4 PRONUNCIATION the letters ea

a How is ea pronounced in these words? Put them in the correct column.

bread breakfast eat healthy
ice cream meat peas steak tea



tree



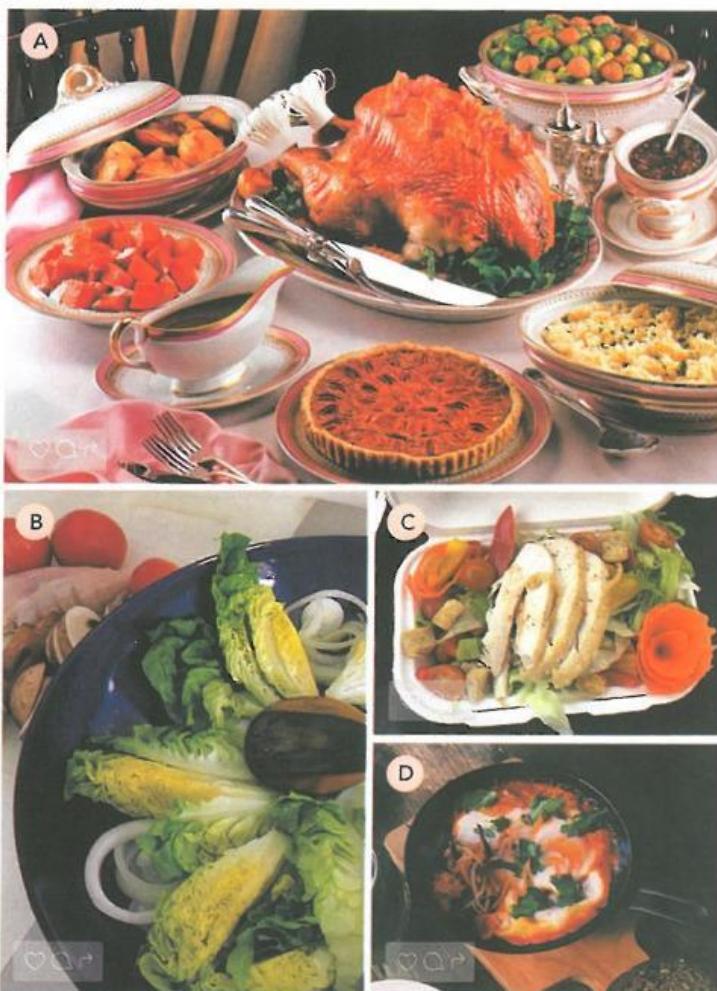
egg



train

b **① 9.5** Listen and check. Practice saying them. Which is the most common pronunciation of ea?

#mydinnerlastnight



5 SPEAKING

a Make a food journal for yesterday. Write what food and drink you had.

Breakfast – a cup of coffee, some cereal

b Work in pairs. Tell each other what you had yesterday. Say where you had it and who made it.

I had breakfast at home, and I made it.
I had a cup of coffee and some cereal.

c Answer the questions in pairs.

What do you usually have...?

- for a quick lunch when you don't have time to cook
- for dessert at home or in a restaurant
- when you're hungry between meals
- for breakfast on the weekend
- for a special occasion
- when you order to go



Go online to review the lesson

G quantifiers: how much / how many, a lot of, etc.

V food containers

P linking, /ʃ/ and /s/

How much sugar do you eat?

A lot.

1 VOCABULARY & PRONUNCIATION

food containers; linking

a **9.6** Match the words and photos. Listen and check.

a bag	1
a bottle	2
a box	3
a can	4
a carton	5
a jar	6
a package	7



b **9.7** Listen to five people asking for things in a store. Write the things they want to buy.

c Make phrases with the containers in a and the words below.

cereal coffee cookies jam milk potato chips soda
sugar tuna

a box of cereal

2 GRAMMAR quantifiers

a Look at the photos of food and drink. Number the photos 0, 1, or 2 (0 = no sugar / salt; 2 = a lot of sugar / salt).

How much sugar?



How much salt?



b Ask and answer questions about the things in a.



How much sugar is there in dark chocolate?

I'm not sure. I think there's a lot.

c **Communication** Sugar and salt p.106 Check your answers to a.

d Complete the sentences with a food or drink from a.

- 1 There isn't any salt in _____.
- 2 There's a little sugar in _____.
- 3 There's not much salt in _____.
- 4 There's a lot of sugar in _____.

e **G** p.140 Grammar Bank 9B

f Work in pairs. A say how much you eat of the first thing in the list below. Give more information if you can. Then ask How about you? B do the same for the second thing, etc.

fish meat potatoes vegetables
chocolate fast food eggs pasta
olive oil butter cheese

I eat a lot of fish. I eat it maybe three or four times a week. How about you?

3 PRONUNCIATION /ʃ/ and /s/

a **9.9** Listen to the words and sounds. Then listen and repeat.

	shower	sugar fish
	snake	salt chocolates

b **9.10** Put the words in the correct row. Listen and check.

center cereal delicious fresh glass
information reception rice salad
science shopping special spice sure

c **9.11** Listen and repeat the conversation. Then practice it with a partner.

A Are you sure this is salt? I think it's sugar.
B No, I'm sure it's salt. I put some in the rice salad.

A Let's taste the salad. Aargh. It was sugar. I told you.
B Sorry!

Fascinating facts about... sugar and salt

At different times in history, both sugar and salt were called "white gold" because they were so expensive and difficult to get. But there are many more interesting facts about sugar and salt...

- 1 _____ is used to make glass, laundry detergent, and paper.
- 2 _____ really helps the medicine go down! It's an important ingredient of many modern medicines.
- Christopher Columbus introduced 3 _____ to the New World in 1493 on his second voyage.
- If you put 4 _____ into a vase of flowers, the flowers last longer.
- If you want to check if an egg is fresh, put it in a cup with water and 5 _____. If the egg floats, it isn't very fresh.
- In the UK, there's a club for people who collect the little packets of 6 _____ you get when you order tea or coffee in a café or restaurant.
- If your dog or cat has fleas, and they are now living in your rugs, put some 7 _____ on the rugs and leave it for 12 hours. This kills all the fleas.
- Only 6% of the 8 _____ used in the US is used in food; another 17% is used for de-icing roads in the winter months.
- Sure and 9 _____ are the only two words in the English language that begin with "su" and are pronounced "sh."
- Scientists use 10 _____ to make different kinds of plastic, e.g., for food packaging.
- 11 _____ kills some bacteria, and so helps food to last longer, which is why cheese contains a lot.
- If you eat too much 12 _____ (about one gram per kilogram of weight), you can die.

This was a method of ritual suicide in ancient China.



Glossary

flea a very small insect that can jump and that lives on and bites animals and people

4 READING

- a Read the magazine article. With a partner, complete the facts with *sugar* or *salt*.
- b 9.12 Listen and check.
- c Find these verbs in the article. What do they mean? How do you pronounce them?

introduce float collect order de-ice contain

- d How many of the facts did you know? Which ones?

5 SPEAKING

- a Read the questionnaire and complete the questions with *How much* or *How many*.
- b In pairs, interview your partner. Do you think he / she needs to eat less sugar and salt?

How much sugar and salt do YOU have a day?

Sugar

- 1 _____ spoonfuls of sugar do you have in your tea or coffee?
a two or more b one c none
- 2 _____ bottles or cans of soda (or other carbonated drinks) do you drink a day?
a two or more b one c none
- 3 _____ fruit or fruit juice do you have a day?
a a lot b not much c none
- 4 _____ cookies do you eat a week?
a a lot b not many c none

Salt

- 5 How often do you add salt to your food at the table?
a always b sometimes c never
- 6 _____ take-out food do you eat?
a a lot b not much c none
- 7 _____ bread do you eat a day?
a a lot b a little c none
- 8 _____ bags of potato chips do you eat a week?
a a lot b a few c none



Go online to review the lesson

Is the US
bigger than
China?No, China
is bigger.

1 VOCABULARY high numbers

a Read three questions from a radio quiz show. Choose a, b, or c.

- 1 What is the population of Canada?
a 27,000,000
b 37,000,000
c 57,000,000
- 2 How far is it from New York City to Los Angeles?
a about 1,500 miles
b about 2,500 miles
c about 3,100 miles
- 3 How many politicians are there in the British Parliament?
a 450
b 650
c 750

b **9.13** Listen and check. Were you right? How do you say the three answers?

c **V** p.148 **Vocabulary Bank Days and numbers** Do Part 4.

d **9.15** Listen and write the ten numbers you hear.

1 199

e Answer the questions with a partner.

- 1 What's the population of your town or city?
- 2 What's the population of your country?
- 3 How far is it from your town or city to...?
a New York
b London
- 4 How many politicians are there in your country's government?

2 LISTENING

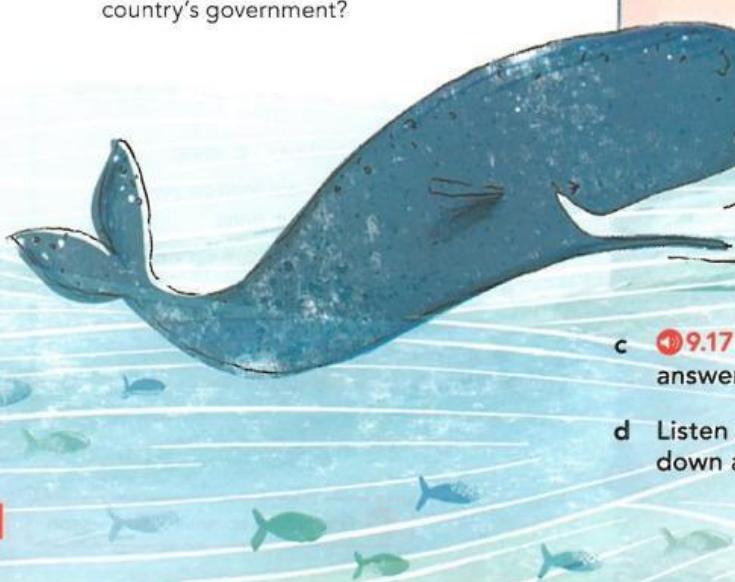
a **9.16** Listen to the introduction to a show called *Quiz Night*. Answer the questions.

- 1 How long do the contestants have to say if the sentences are true or false?
- 2 How much do they win if they get...?
a the first answer right
b the second answer right
c the third answer right
d all eight answers right
- 3 If they get an answer wrong, how much do they lose?
- 4 What can a contestant do if they are not sure of the answer?

b In pairs, look at sentences 1–8 from *Quiz Night*. Write **T** (true) or **F** (false).

QUIZ NIGHT

- 1 A **whale** can make a louder noise than a **lion**.
- 2 **World War I** was shorter than **World War II**.
- 3 The **American** movie industry is bigger than the **Indian** movie industry.
- 4 In July, **Seattle** is hotter than **Sydney**.
- 5 **Silver** is heavier than **gold**.
- 6 The mountain **K2** is more difficult to climb than **Mount Everest**.
- 7 Driving in **Italy** is more dangerous than driving in the **US**.
- 8 It's better to exercise in the **morning** than in the **afternoon**.



c **9.17** Listen to a contestant on *Quiz Night*. Check your answers to b. How much money does he win?

d Listen again for why the answers are true or false. Write down all the important numbers in each answer.

3 GRAMMAR comparative adjectives

a Look at the adjectives in the *Quiz Night* sentences. In pairs, answer the questions.

Using adjectives to compare two things:

- 1 What two letters do you put at the end of one-syllable adjectives, e.g., *loud*?
- 2 Why is *big* different?
- 3 What happens when an adjective ends in consonant + *y*, e.g., *heavy*?
- 4 What word do you put in front of long adjectives, e.g., *dangerous*?
- 5 What's the comparative form of *good*?
- 6 What's the missing word?

China is bigger _____ *Japan*.

b **G** p.140 Grammar Bank 9C

4 PRONUNCIATION & SPEAKING

/ər/, sentence stress

a **① 9.19** Listen to the sentence. How is *-er* pronounced at the end of a comparative adjective? How is *than* pronounced?

A whale can make a louder noise *than* a lion.

b **① 9.20** Listen and write six comparative sentences.

c Listen again and copy the rhythm. Are the sentences true or false?

d **C** Communication Quiz Night A p.107
B p.112 Play Quiz Night.

5 READING

a Read the first part of the article about trivia night. Do you have something similar in your country?

b Now read the **Tips for how to win** and complete them with A–G.

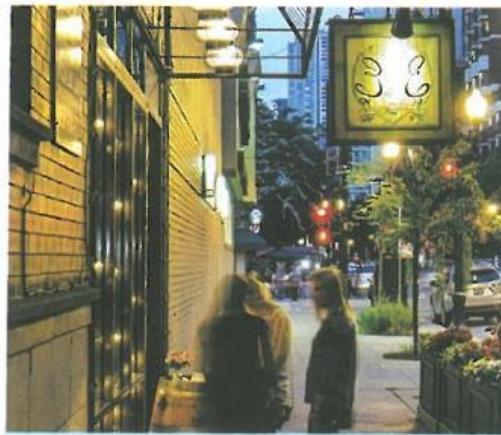
- A Choose your team carefully.
- B Don't be a sore loser.
- C Don't cheat!
- D Enjoy yourself!
- E Keep your eyes open.
- F Know about current affairs.
- G Learn the big names.

c Look at these words from the article to do with quizzes. What do they mean? How do you pronounce them?

a team an M.C. an expert to cheat
to memorize to be a sore loser to win

d Answer the questions with a partner.

- 1 Do you play any games or take quizzes with general knowledge questions, e.g., *Trivial Pursuit*?
- 2 Are you a good or sore loser? Do you ever cheat?
- 3 What TV quiz shows are popular in your country? Do you watch any of them? Why (not)?
- 4 Do you know anyone who loves a particular quiz show? Which one? Why?
- 5 Would you like to be a contestant on a quiz show? Which one?



TRIVIA NIGHT QUIZ

Round 1 (Culture)

1	Madonna	✓
2	?	✗
3	the 1812 Overture	✗
4	Denzel Washington	✓
5	Guillermo del Toro	✓
6	Prince	✓
7	??	✗
8	Amy Adams	✓

Round 2 (Sports)

1	Derek Jeter	✓
2	Chloe Kim	✗
3	?	✗
4	Usain Bolt	✓
5	The Stanley Cup	✓
6	the Denver Broncos	✓
7	4 minutes	✓
8	??	✗

Round 3

1	
2	
3	
4	
5	
6	
7	
8	

TRIVIA NIGHT!

A trivia quiz is a general knowledge quiz held in a bar or a restaurant. They started in the UK in the 1970s and have become very popular in the US in the last ten years. Friends form teams, usually of about five or six people, and they decide on a name for their team. The person who asks the questions is called the "M.C." (or the master of ceremonies), and the teams write their answers on a piece of paper. You can't use your phone to look for the answers! In some trivia night competitions, teams pay to be part of the event – from about \$5 to \$25 per person – and the winning team gets the money. But a lot of trivia nights are free because restaurants and bars want people to come on nights that aren't usually busy, like Mondays and Tuesdays.

Tips for how to win

- 1 **D** That's really what it's all about. And don't take it too seriously.
- 2 **2** Make sure you have friends who are experts at different subjects.
- 3 **3** Cell phones, reference books, newspapers, etc., are not permitted.
- 4 **4** Find out about events in the news, especially politics.
- 5 **5** Memorize the winners of recent and past sporting events, Academy Awards, Grammys, reality TV shows, political elections, etc., as well as the latest singles and album charts.
- 6 **6** Always look out for new facts, wherever you are.
- 7 **7** If you don't win, remember, there is always next time.

 Go online to review the lesson

Days and numbers

VOCABULARY BANK

1 DAYS OF THE WEEK

a Complete the days of the week with the letters.

W	Fr	S	Th	T	M	S
M	onday	/'mændəi/		iday	/'fraɪdeɪ/	
u	esday	/'tuzdeɪ/		aturday	/sætərdeɪ/	
e	nednesday	/'wenzdeɪ/		unday	/'sændeɪ/	
u	rsday	/'θɜːzdeɪ/				

b 1.11 Listen and check.

c 1.12 Listen and repeat the **bold** phrases.

the **weekend** (= Saturday and Sunday)

a **weekday** (= Monday–Friday)

What day is it **today**? It's **Friday**.

Have a good **weekend**. You too.

See you **later**. See you **tomorrow**. See you on **Monday**.

ACTIVATION Cover the days. Say them in order.

Capital letters

Days of the week begin with a capital letter.

Tuesday **NOT** tuesday

2 NUMBERS 0–20

a Match the words and numbers.

twelve	twenty	eleven	three	eighteen
five	fifteen	seven		
0	zero	/'zɪroʊ/	11	/'tɪlvɪn/
1	one	/wʌn/	12	/'twelv/
2	two	/tu/	13	thirteen /θɜː'tɪn/
3	three	/θriː/	14	fourteen /fɔːr'tɪn/
4	four	/fɔːr/	15	/fɪf'tɪn/
5		/faiv/	16	sixteen /sɪks'tɪn/
6	six	/siks/	17	seventeen /sevn'tɪn/
7		/sevn/	18	/er'tɪn/
8	eight	/eɪt/	19	nineteen /nain'tɪn/
9	nine	/nain/	20	/'twentɪ/
10	ten	/ten/		

b 1.13 Listen and check.

ACTIVATION Cover the words. Say the numbers.

Phone numbers

794-1938 = seven nine four, one nine three eight

44 = four four **OR** double four

0 = zero **OR** oh /oʊ/

3 NUMBERS 21–100

a Write the numbers.

21	twenty-one /'twentɪ 'wʌn/
	thirty /'θɜːti/
	thirty-five /'θɜːti 'faiv/
	forty /'fɔːti/
	forty-three /'fɔːti 'θri/
	fifty /'fɪfti/
	fifty-nine /'fɪfti 'nam/
	sixty /'sɪksti/
	sixty-seven /'sɪksti 'sevn/
	seventy /'sɛvnti/
	seventy-two /'sɛvnti tu/
	eighty /'eɪti/
	eighty-eight /'eɪti 'eɪt/
	ninety /'nainti/
	ninety-four /'nainti 'fɔːr/
	a hundred /ə 'hʌndrəd/

b 1.27 Listen and check.

Pronunciation

13 and 30, 14 and 40, etc., are similar, but the stress is different, e.g., **thirteen**, **thirty**, **fourteen**, **forty**, etc.

ACTIVATION Cover the words. Say the numbers.

► p.9

4 HIGH NUMBERS

a Write the missing numbers or words.

105	a / one hundred and five
	two hundred
350	three hundred and
875	eight hundred
1,000	seventy-five
	a / one thousand /'θəauz(ə)nd/
	one thousand five hundred
2,012	two thousand and
5,420	five thousand four
	and twenty
100,000	twenty-five thousand
1,000,000	a / one hundred
2,300,000	a / one million /'mɪljən/
	two million hundred thousand

1,000

909

b 1.14 Listen and check.

ACTIVATION Cover the words. Say the numbers.

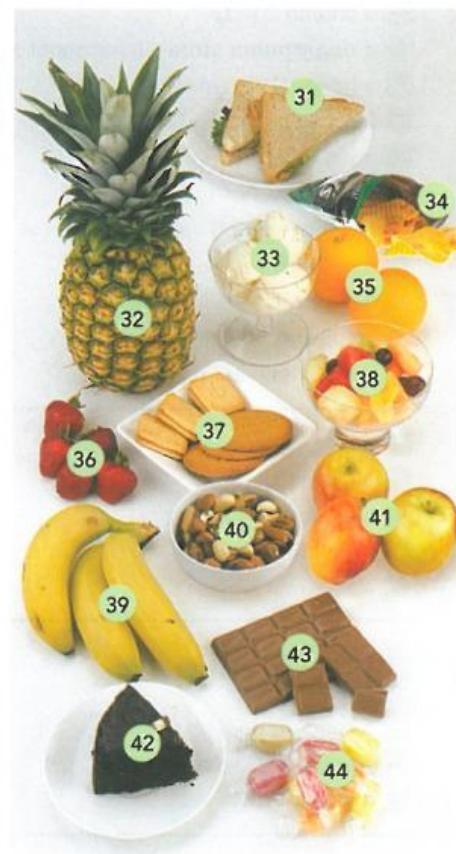
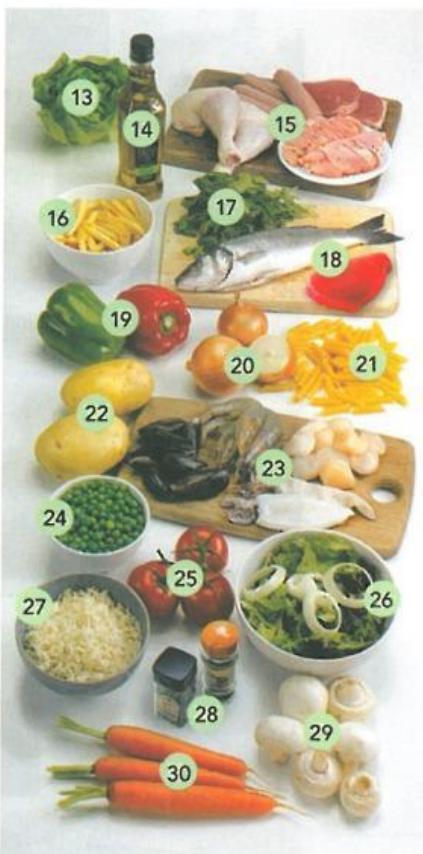
► p.74

2,000,000

Food and drink

VOCABULARY BANK

a Match the words and photos.



Breakfast

/brekfəst/

- bread /bred/
- butter /bʌtər/
- cereal /'sɪriəl/
- cheese /tʃiz/
- coffee /'kofi/
- eggs /egz/
- jam /dʒæm/
- (orange) juice /dʒu:s/
- milk /milk/
- sugar /'ʃʊgər/
- tea /ti:/
- toast /toust/

Lunch /lʌntʃ/ or dinner /'dɪnər/

- fish /fiʃ/ e.g., salmon, tuna
- herbs /ɜ:rbz/
- meat /mit/ e.g., chicken, sausages, steak
- (olive) oil /ɔ:lɪv/
- pasta /'pæstə/
- rice /raɪs/
- salad /'sæləd/
- seafood /sɪfud/
- spices /'spaisɪz/

Vegetables

/'vedʒtəblz/

- carrots /'kærəts/
- French fries /frentʃ fraɪz/
- lettuce /'letəs/
- mushrooms /'maʃrʊmz/
- onions /'ənijənz/
- peas /pɪz/
- peppers /'pepərz/
- potatoes /pə'teitouz/
- tomatoes /tə'meitouz/

Fruit /frut/

- apples /æplz/
- bananas /bə'nænəz/
- oranges /ɔ:rindʒɪz/
- a pineapple /'pɪnæpl/
- strawberries /strəberɪz/

Desserts

/dɪ'zərts/

- cake /keɪk/
- fruit salad /frut 'sæləd/
- ice cream /ais 'krim/

Snacks

/snæks/

- candy /'kændi/
- chocolate /'tʃɒklət/
- cookies /'kʊkɪz/
- nuts /nʌts/
- potato chips /pə'teitoo tʃips/
- a sandwich /'sændwɪtʃ/

b ① 9.1 Listen and check.

ACTIVATION Cover the words and look at the photos. Test yourself or a partner.

① p.70



Go online to review the vocabulary for each lesson