

Food



1 GET STARTED **3.02** Match the foods below to the pictures. Listen and check.

avocado beans broccoli cabbage carrots chicken
eggs fish grapes meat strawberries watermelon

2 Work in pairs. Complete the table with the words in Ex 1. Add two more foods to each.

Fruit	Vegetables	Animal products

3 PRACTISE Complete the sentences with the words and phrases below.

be on a diet broccoli delicious have a lot of energy
healthy lifestyle heavy meal medium-sized
pineapple portion recipe smoothie spinach
unhealthy variety of veggie burger

- I'd like to drink a _____ made with lots of different fruit for breakfast.
- You can have _____ leaves raw in a salad or smoothie, or you can cook it.
- _____ is a green vegetable that looks like little trees.
- Three small tomatoes and one lettuce leaf is a very small _____ of food.
- _____ is a large, yellow fruit. You can't grow it outside in countries with very cold winters.
- We have a very small _____ fruit in the house: only bananas and an apple.
- Kiara doesn't eat meat, so she can have a _____ instead of a beef burger.
- Fabio doesn't _____ today because he slept very badly last night and feels really tired.
- You need to follow a _____ if you want to make some bread.
- My cat needs to _____ because it's too fat and it's very bad for it to be so heavy.
- Kaheem cooked a _____ dinner for the family. Everybody loved it and we finished it all.
- Tanya would like a _____ burger, not the large size as she isn't very hungry.
- I'd like a light salad for lunch, not a _____, because I had breakfast very late.
- Our family enjoys a _____. We eat fresh fruit and vegetables every day and do lots of exercise.
- Don't have the pizza and chips. They are the _____ option and I know you want to eat well at the moment.

4 EXTEND **3.03** Match the words below to their definitions. Listen and check.

additive balanced diet calories carbohydrates
ingredients nutritious protein vegetarian

- (used about food) very good for you _____
- foods such as bread, potatoes and rice _____
- a substance found in food such as meat, fish and eggs. It is important for helping people and animals to grow and be healthy. _____
- when you eat a variety of food types including fruits, vegetables, carbohydrates and protein _____
- substances that are added to food for a special purpose, often to keep it fresh _____
- the items of food you need to make a meal _____
- a person who does not eat meat or fish _____
- the measure of the energy value of food _____

5 Choose the correct alternative to complete the dialogue.

- A What shall we have for dinner?
B How about a burger or sausages and chips?
A No, I'd like something with fewer ¹calories / protein. How about a ²nutritious / vegetarian tuna salad?
B No, I hate fish. Why don't we have some pasta with tomato sauce?
A We had pasta yesterday and the day before! We can't have the same thing every day. We need to have a ³balanced / nutritious diet. And pasta is very high in ⁴carbohydrates / protein.
B OK. Let's have chicken and vegetables.
A Yes, good idea. There's lots of ⁵additives / protein in chicken.
B OK, but Sandy is coming and she doesn't eat meat.
A Oh, I didn't know she was ⁶on a diet / a vegetarian. We can make a rice and vegetable dish to go with the chicken.
B OK. Do we have the ⁷ingredients / additives to make it?
A Yes. But we should get something for dessert. Ice-cream? Chocolates? Sweets?
B No, we don't want unhealthy food with lots of calories and ⁸additives / protein.
A OK, OK, so no sweets, no ice-cream, no fizzy drinks ...