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WHAT'S IN YOUR FOOD?

GRAMMAR

1 Read the texts and answer the questions.

“ I wish my sister would clear up the kitchen after she cooks. She spills food all over the place and I have to clear it up before Mum comes home. The food she cooks always smells great, though. I usually try to get some leftovers but there never are any. Her friends are so greedy!

Nisha (female, 18) ”

“ If only I'd learned to cook when I had the chance! I'm at university now and I have to eat takeaways and convenience foods, which I don't really enjoy. It's also very expensive. My parents told me I should learn, but I was too busy with my exams. I should have listened to them.

Yohan (male, 20) ”

“ My favourite food is Japanese. It looks so elegant and it's also really healthy. The trouble is it's so expensive here. If only I lived in Japan! I wish Japanese food was cheaper – and it would be great if they gave you a bit more in the restaurants!

Olivia (female, 22) ”

“ I've been studying catering at college for the last few months. I really hope to have a restaurant of my own one day. I want to serve fusion food – that means food which mixes different cuisines, so things like Polish curry – things that have never been done before. I love cooking! I just wish I'd started the course when I was younger.

Tomasz (male, mid-30s) ”

- 1 Who regrets not following good advice?
- 2 Who would like their favourite food to be cheaper?
- 3 Who gets annoyed with someone else's behaviour?
- 4 Who has food-related ambitions?
- 5 Who wants someone to share with them?
- 6 Who regrets waiting so long to do something?

2 Read the texts again. Complete each gap with up to **FOUR** words, using the correct form of the word in brackets.

- 1 Olivia _____ in Japan. (*wish*)
- 2 Yohan _____ to cook when he was living at home. (*wish*)
- 3 Nisha _____ with her sister. (*annoy*)
- 4 Tomasz _____ starting the course earlier. (*regret*)
- 5 Yohan _____ have to live on takeaways and convenience food. (*wish*)
- 6 Nisha wishes her sister's friends _____ so greedy. (*be*)
- 7 Olivia _____ the portion sizes in Japanese restaurants were bigger. (*wish*)



3 Find and correct the mistakes in the sentences below. Three sentences are correct. Decide if the sentences are third or mixed conditionals.

- 1 That menu looked amazing. If I'd been there, I would choose the goat's cheese and pear salad.
- 2 If my grandmother had eaten the way we do now, she wouldn't have lived to be 100.
- 3 If I didn't forget to put the lasagne in the fridge last night, we could have eaten it now.
- 4 I'd spent less money if I had gone to the market instead of the supermarket.
- 5 The cake would be tastier if you'd remembered to add sugar.
- 6 If we hadn't eaten so much junk food when we were young, we would be healthier now.
- 7 If my uncle would have gone to catering college, he would be a professional chef.

PUSH YOURSELF C1

Choose the correct adverb for each sentence.

- 1 *Apparently / Ultimately*, they've found out that butter is good for you, even though they've been telling us not to eat it for years.
- 2 *Undoubtedly / Remarkably*, milk costs less now than it did five years ago.
- 3 *Ultimately / Supposedly*, you have to follow the diet that suits your lifestyle and budget.
- 4 *Supposedly / Inevitably*, you lose weight if you eat very little on two days of the week.
- 5 *Apparently / Inevitably*, I gave up my diet after a week.
- 6 *Undoubtedly / Remarkably*, eating five portions of fresh fruit and vegetables every day is a good idea.

VOCABULARY

1 Complete each gap with a word or phrase from the box. There are two words you do not need to use.

stick to	gone off	savoury	supplements	allergic
in season	portions	decor	appetite	ambiance

- 1 **A:** Is there anything you don't eat?
B: Yes, shellfish. I'm _____ to it.
- 2 Do you prefer sweet or _____ food?
- 3 **A:** Why are these strawberries so expensive?
B: Because they're not _____ at the moment.
- 4 I really love the _____ of that restaurant. The candlelight and soft music are so romantic.
- 5 **A:** You haven't eaten very much.
B: No, I've lost my _____. I think I might be ill.
- 6 I tried to be a vegetarian but I couldn't _____ it for very long.
- 7 That meat smells terrible. I think it's _____.
- 8 What I love most about that restaurant is that the _____ are so big. One meal is enough for both of us.



2 Match the word groups (1-7) to the prefixes (A-G).

- 1 appear, approve, obey, like
- 2 fair, necessary, helpful, aware
- 3 legal, logical, legible, legitimate
- 4 responsible, rational, regular, relevant
- 5 behave, lead, understand, place
- 6 discover, write, apply, unite
- 7 patient, mature, practical, possible

- A dis-
- B il-
- C im-
- D ir-
- E mis-
- F re-
- G un-

3 Complete the sentences with one of the new words in Exercise 2 in the correct form.

- 1 A new law in the UK has made it _____ for teenagers under the age of sixteen to buy energy drinks.
- 2 I think he _____ me because he did the exact opposite of what I told him to do.
- 3 I had to _____ the whole essay as my tutor told me it was all factually incorrect.
- 4 I was _____ of the fact that lemons contain more sugar than strawberries until my teacher told me about it this morning.
- 5 I love eating broccoli but my brother really _____ it. It make him feel sick!
- 6 I think it's _____ of people to throw away plastic bottles. They should try to reuse them as much as possible.

READING AND USE OF ENGLISH PART 2

For questions 1-8, read the text below and think of the word which best fits each gap. Use only one word in each gap. There is an example at the beginning (0).

We all know (0) *how* successful advertising is. The adverts we remember most are probably for everyday things (1) _____ as soft drinks, sweets and convenience foods. We all know what we should (2) _____ eating – healthy food, such as fruit and vegetables. The trouble is, these foods are never advertised! So, what would happen (3) _____ advertisers used all their sophisticated techniques to try to sell healthy food to children? Maybe they could make vegetables seem cool and fruit the thing teenagers want to be seen eating. Most of (4) _____ would agree that it would be a good thing, but the trouble is farmers and fruit growers do not have enough money to spend (5) _____ advertising. So, who would pay (6) _____ it? Governments, for a start, as they would save money if people (7) _____ healthier. Local businesses could contribute and celebrities could be asked to give their time for free. After (8) _____, everybody wants a healthier future generation.

