6 Creative eating

VOCABULARY Food and drink: phrasal verbs

1 **Choose a verb from A and prepositions from B to make phrasal verbs, then write them by their meanings.**

A

cut cut eat eat
fill go heat live

B

down on off on out
out up up up

1 ..... : become full and unable to eat more
2 ..... : eat or drink less of something
3 ..... : stop eating or drinking something
4 ..... : eat in a restaurant
5 ..... : only eat a particular type of food
6 ..... : eat all the food you have been given
7 ..... : make food hot so it can be eaten
8 ..... : stop being good to eat because it is too old

2 **Complete the sentences with the phrasal verbs from exercise 1.**

1 We don't ..... much because restaurants are expensive in this town.
2 My doctor told me to ..... the amount of red meat I eat.
3 You can't have any pudding unless you ..... everything on your plate, Charlie!
4 I don't want to cook, so I'll just ..... something in the microwave.
5 If you haven't had enough at the end of a meal, you can always ..... with some fruit.
6 I have ..... tea and coffee completely and I'm sleeping much better now.
7 If you don't drink that milk soon, it will ..... .
8 We more or less ..... rice and potatoes at home – it's a bit boring, to be honest.

3 **Write sentences, using the words given. Add the correct preposition to each one and put the verb(s) in the correct tense.**

0 Mum and Dad / eat / together / once a month.
Mum and Dad eat out together once a month.
1 I / heat / some milk / for / hot chocolate / right now.
2 This meat / go / It / smell / dreadful.
3 You / must / eat / all / your vegetables, Annie!
4 No more for me, thanks. / That pie / fill / me!
5 My sister / cut / chocolate / from her diet last month.
6 Luke's brother / almost / live / meat and potatoes.

READING

1 **Look at the photos on page 25. Which foods are healthy and which are unhealthy? Add some more to the table.**

Healthy	Unhealthy

2 **Do you eat healthily? Tick (✓) the advice you follow. Can you think of any other tips for healthy eating?**

1 Choose the healthy option. ☐
2 Eat five portions of fruit and vegetables per day. ☐
3 Know what you're eating. ☐
4 Avoid unhealthy snacks between meals. ☐
5 Take your time when you eat. ☐
6 Don't miss breakfast. ☐
7 Focus on your food. ☐
8 Drink plenty of clear liquids. ☐

3 **Read the text on page 25 quickly. Match the advice from exercise 2 to each paragraph.**

LIVEWORKSHEETS

HEALTHY EATING



Your body needs energy and nutrients from food to grow and work properly. If you don't eat a healthy, balanced diet, you could be putting your health and growth at risk.

A healthy diet also gives you the energy you need and can help you look and feel great. But eating well doesn't have to mean cutting out all your favourite food. A healthy diet means eating a wide range of food so that you get all the nutrients you need and eating the right number of calories for how active you are.

HERE'S A QUICK GUIDE

A .....

Some people skip the first meal of the day, but doing this is not good for you because you can miss out on essential nutrients. It's an important part of a balanced diet and provides some of the vitamins and minerals we need for good health.

B .....

They are good sources of many of the vitamins and minerals your body needs. It's not as hard as it might sound: fresh, frozen, tinned, dried and juiced fruit and vegetables all count towards your total. So fruit juice without extra sugar and smoothies count.

C .....

Foods high in fat include pizzas, chips, burgers, biscuits and crisps. Foods high in added sugars include cakes, sweets and chocolate. Both fat and sugar are high in calories, so if you eat these foods often, you're more likely to become overweight.

D .....

If you're hungry between meals, eat food such as wholemeal bread, beans, wholegrain breakfast cereals, fruit and vegetables. Foods that are high in fibre fill us up and help us to feel full for longer, and most of us should be eating more of them.

E .....

Aim for six to eight glasses per day: water, fruit juices without extra sugar (mixed with water) and milk are all healthy choices.

F .....

The labels you see on food can seem a bit boring, but they are the best way of checking what you're eating as they can tell you what's hidden inside the food. Once you know how to use them, you'll soon be able to make healthier choices when you buy food.

G .....

It takes time for our brains to understand that we're full, so try to eat more slowly. If you're eating with friends or family, try eating at the same speed as the slowest eater. You'll enjoy your food more, too.

H .....

Eating while doing something else, such as watching TV or playing on your tablet, means we eat more without noticing or even enjoying it. Swap the TV for the table.

4 Read the text again. These sentences are all false. Use the information in the text to correct them.

1 It's better to miss breakfast than lunch.
.....
2 Very sweet food is likely to be high in fat.
.....
3 We should drink lots of tea and coffee during the day.
.....
4 We should eat our meals as fast as possible.
.....

5 Find the words or phrases in the text which mean the following.

1 a healthy mixture of different types of food (introduction) .....
2 not do something that you usually do or that you should do (paragraph A) .....
3 where something comes from (paragraph B) .....
4 substance taken from animals or plants and used in cooking (paragraph C) .....

Word profile *live*

Complete the sentences with *for, on* or *up to*.

1 Mrs Duke's dog lives ..... steak. He won't eat anything else!
2 I'm afraid the new restaurant didn't live ..... our expectations.
3 I don't really care about football, but my sister is the opposite – she lives ..... it.
4 It's really difficult to live ..... 100 euros a week.

LIVEWORKSHEETS

GRAMMAR Present perfect and past simple

1 Choose the correct answers.

1 I *read* / *'ve read* over 12 books since the start of this year.
2 Let's go to a restaurant tonight – we *didn't eat* / *haven't eaten* out for weeks.
3 What *did you cook* / *have you cooked* for dinner last night?
4 Daniel *went* / *has gone* for a run and he isn't back yet.
5 I'm not hungry because I *just have* / *'ve just had* a big lunch.
6 She still *didn't find* / *hasn't found* the recipe she's looking for.
7 We *often helped* / *have often helped* in the kitchen when we were children.
8 *Did you finish* / *Have you finished* your maths homework yet?

2 Complete the conversations with questions in the present perfect or past simple.

0 **A:** How long / you / be / a chef?
How long have you been a chef ?
B: It'll be two years next month.
1 **A:** What time / you / eat / lunch?
.....
.....?
B: One o'clock.
2 **A:** you / try / the new café / yet?
.....
.....?
B: No, not yet.
3 **A:** you / enjoy / the meal?
.....
.....?
B: Yes, it was great.
4 **A:** How many / cups of coffee / you / have / today?
.....
.....?
B: Let me think – four! That's too many!
5 **A:** Where / you / find / your mobile?
.....
.....?
B: In my bag. It was there all the time.
6 **A:** How / the weather / be / recently?
.....
.....?
B: Awful, I'm afraid.
7 **A:** you / see / this TV show / before?
.....
.....?
B: Yes, several times.
8 **A:** James / call you / yesterday evening?
.....
.....?
B: Yes, but I couldn't speak to him.

3 Complete the email with the verbs in brackets in the correct form.

Dear Barry

Thank you so much for the international recipe book that you [1] ..... (give) me for my birthday last week. I [2] ..... (already / use) it three times! All the meals I [3] ..... (make) so far have been delicious.

Last night I [4] ..... (cook) a Japanese dish and tomorrow I'm going to try an Ethiopian recipe. Nobody in my family [5] ..... (ever / eat) Ethiopian food before, so they are all looking forward to it. [6] ..... (you / try) it before? [7] ..... (you / enjoy) it?

See you soon!

Tina

4 Complete the conversation with the verbs in brackets in the correct form.

A: [1] ..... (you / see) that new burger place in the shopping mall?
B: Yes, I have. I know it well.
A: How long [2] ..... (be) there?
B: I think it [3] ..... (be) open for about a month. That's right, it [4] ..... (open) just before I [5] ..... (go) on holiday last month.
A: [6] ..... (you / try) it yet?
B: Well, I [7] ..... (eat) there once, and Jane and I [8] ..... (already / spend) a few hours in there with drinks – the atmosphere's quite good, but the burger I [9] ..... (have) there [10] ..... (not be) great.
A: Oh, OK. Maybe I'll try it.

5 Correct the mistakes in these sentences or put a tick (✓) by any you think are correct.

1 I realise how tired you must be after the long journey you had. .....
2 How has modern technology changed your daily life? .....
3 I have worked on a farm in Turkey last summer. .....
4 In my opinion this is one of the best movies I've ever seen and it was already nominated for several awards. .....
5 I have been very disappointed when I read your advertisement. .....
6 He is the greatest person I know because he is always there for his family and still achieved a lot in his career. .....

LIVEWORKSHEETS

VOCABULARY Forming adverbs

1 Write the adverb formed from the adjective.

1 accidental .....
2 basic .....
3 beautiful .....
4 brave .....
5 complete .....
6 considerable .....
7 enthusiastic .....
8 extreme .....
9 happy .....
10 incredible .....
11 necessary .....
12 physical .....
13 terrible .....
14 typical .....

2 Match some of the adverbs in exercise 1 to these meanings.

1 in a pleased way .....
2 in a way that shows all the characteristics expected from a person, thing or group .....
3 by chance or mistake .....
4 very badly .....
5 in a very interested and eager way .....
6 in a way that is very attractive .....
7 in every way or as much as possible .....
8 in a way that relates to the body or someone's appearance .....
9 in a way that shows no fear of danger .....
10 used in negatives to mean *in every case* or *therefore* .....

LISTENING

1 4 Listen to four short recordings. Where do they take place? Match them to the pictures. (Be careful!)

1 ..... 2 ..... 3 ..... 4 .....

2 4 Listen to the recordings again and choose the correct answers.

1 The girl buys bananas and
a apples. **b** oranges.
2 The girl says that her first day at her new job was
a frightening. **b** tiring.
3 The reviewer thought the book
a would be better with pictures.
b was bit disappointing.
4 The boy knew about the café because
a he had read about it.
b a friend had told him.

3 Look at the conversation below. Try to fill in the gaps.

Tonia: It's my birthday next month, and I want to invite a few friends out for a meal. My parents are paying! [1] ..... any good restaurants?
Marco: I know a few. What kind of food do you want?
Tonia: I haven't really thought about it. Something that everyone will like.
Marco: [2] ..... asking your friends what they like first?
Tonia: That sounds [3] .....
Marco: Or you could just go to a pizza restaurant. Everybody likes pizza.
Tonia: That's an even better idea! We'll go to Pizza Box.
Marco: Hmm. [4] ..... of Pizza Box. It's expensive and the service isn't very good. And [5] ..... going to Balotelli's – that's even worse.
Tonia: Well, [6] ..... good pizza places?
Marco: Hmm, [7] ..... Mario's. The pizzas are great, the service is good and it's not too expensive.
Tonia: That [8] ..... – thanks!
Marco: Oh, by the way, am I invited?
Tonia: Of course!

4 5 Now listen to the conversation and check your answers.









LIVEWORKSHEETS