

Name: _____ Date: _____

LANGUAGE BANK fresh • frozen • low-fat • raw • spicy • take-out • canned • ready-made

A BEFORE YOU READ

Answer quickly. Then read to see which person is most like you.

What food could you not live without? _____ How often do you eat it? _____

B THREE VERY DIFFERENT LUNCHES

Read the blog post. Underline the food adjectives from the language bank.

WHAT'S FOR LUNCH?

Maya — the fresh-food fan

I couldn't live without fresh fruit. I eat it every day, usually before I exercise. Today I'm making a salad with raw carrots, cucumber, chicken and a little low-fat cheese. I don't like canned vegetables because I prefer food that is crisp and fresh. When I eat out, I usually order fish or a vegetarian dish.

Leo — the busy student

On school days, I don't have much time to cook. I sometimes have a ready-made meal or take-out food. My favorite is spicy chicken with rice, but before an important exam I eat something simple, like a sandwich and a banana. There is always frozen fruit in our freezer, so I can make a quick smoothie.

Nina — the adventurous cook

Cooking helps me when I'm feeling a little down. I open a jar of tomato sauce, add fresh vegetables and pour in some beans from a can. Then I add spices and serve everything with bread. My brother says my food is too spicy, but I love it! We rarely order take-out food because cooking together is more fun.

C READ FOR DETAILS

Write M (Maya), L (Leo), N (Nina), or NS (not stated).

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|--|--|
| 1. ___ eats fruit every day. | 4. ___ cooks when feeling sad. |
| 2. ___ sometimes buys food prepared by a restaurant. | 5. ___ is allergic to cheese. |
| 3. ___ eats a simple meal before an exam. | 6. ___ usually chooses fish or vegetarian food in restaurants. |

D THINK ABOUT THE TEXT

Answer in complete sentences.

1. Why does Maya avoid canned vegetables?

2. Why does Leo keep frozen fruit at home?

3. Why does Nina rarely order take-out food?