

UNIT 3 FOOD 1

A. VOCABULARY

1. Read the definitions and write the corresponding words:

	Changed from its natural state, for example by cooking, preserving or adding ingredients.
	Made in very large quantities, usually in factories.
	Containing a large amount of sodium, often from salt.
	Providing few essential nutrients, such as vitamins and minerals.
	Containing a large number of calories in a relatively small amount of food.
	Especially enjoyable because it is rich or luxurious, often containing plenty of sugar or fat.
	Something you enjoy even though you feel slightly guilty about enjoying it.
	Made ready to eat in a short time.

Write a **COMPOUND/ COMPLEX SENTENCE** with each of the words above:

2. Read this review of a restaurant. **Choose adjectives from the box to fill each gap.** In some cases, more than one adjective is possible, but **try to use each adjective only once.**

	attractive	bright	busy	convenient	cosy
delicious	extensive	fashionable	happy	fresh	healthy
helpful	local	overpriced	polite	reasonable	

Healthy Dishes: A Fresh Take on Vegetarian Dining

How many people reading this would welcome another vegetarian restaurant? If you do not eat meat then you will probably be extremely **(a)** _____ to have another vegetarian option nearby.

Next week sees the opening of Healthy Dishes. This is an **(b)** _____ **(c)** _____ place, in a **(d)** _____ location, serving an **(e)** _____ range of vegetarian dishes.

The restaurant can seat up to about 18 people, and the style is **(f)** _____ and **(g)** _____.

When I visited, the restaurant had not properly opened, but I was able to sample some **(h)** _____ dishes and **(i)** _____ juices. The food is not cheap, but nor is it **(j)** _____, as all the ingredients are **(k)** _____ and 100% organic. So, in my opinion, paying slightly more for your food is **(l)** _____.

The young owners, Ben and Sam, who only graduated from university last year, were **(m)** _____, friendly and very **(n)** _____, and they are working very hard to get everything ready in time for the grand opening.

In conclusion, if you are vegetarian and want a **(o)** _____ new restaurant to try, you won't be disappointed with Healthy Dishes. I predict it will be **(p)** _____, so make sure you reserve your table.

B. WRITING

You recently visited a new fast-food restaurant in your town with some friends. Your teacher has asked you to write a review of the restaurant for the school magazine.

In your review, you should give your view of the restaurant and say whether you recommend it and why.

Opposite are some comments from the friends who went with you.

Now write a review for the school magazine.

The comments may give you some ideas, and you should also use some ideas of your own.

Friends' comments:

- "The staff were friendly and helpful."
- "I was disappointed by the menu."

Write about 120 to 160 words.

C. READING

You are going to read an article about the science of flavour. For questions 47–56, choose from the sections (A–D). The sections may be chosen more than once. When more than one answer is required, these may be given in any order.

The science of flavour

A

Oxford psychologist Charles Spence has spent many years discovering that little of how we experience flavour is to do with the taste buds in our mouths. In fact smell, vision, touch and even sound dictate how we perceive flavours. When Spence started studying the sensory science behind flavour perception, it was a deeply unfashionable subject. He says that from ancient times, there was a notion that the senses involved in eating and drinking were less sophisticated than those of hearing and vision. Now, no one questions the validity of the research field he calls 'gastrophysics'. Spence heads the Crossmodal Research Laboratory at the University of Oxford. 'Crossmodal', here, is the investigation of how all the senses interact. Although we rarely realise it, when it comes to flavour perception, we all have synaesthesia. That is, our senses intermingle so that our brains combine shapes, textures, colours and even sounds with corresponding tastes.

B

Take a perfectly ripe strawberry: scarlet, heart-shaped and neatly dimpled with seeds. Red and roundness are psychological cues for sweetness. The smell conjures memories we associate with the fruit – summer picnics, say, and the positive feelings that go with them. Freshness is felt in the first bite: the subtle crunch confirms it, even before we taste the juice. But if you've ever experienced the blandness of eating a strawberry while holding your nose, you'll believe the oft-quoted statistic that flavour is 80% down to smell. In reality, it's impossible to quantify precisely just how much flavour is delivered through the nose, but it is certainly more influential than the limited number of tastes our tongues pick up: sweet, sour, savoury (otherwise known by the Japanese term, umami), salt and bitter. There's a growing acceptance that we can also detect less obvious tastes such as metallic, fat, carbonation, water and calcium, among others.

C

In which section does the writer

- a. mention that people are tempted to purchase certain foods without realising why? _____
- b. give an instance of flavour being suppressed? _____
- c. define what a term means in a specific context? _____
- d. say some effects cannot yet be fully explained? _____
- e. give a physical explanation for a close connection? _____
- f. emphasise how long a prejudice has existed? _____
- g. assert that there are multiple benefits to recent findings about taste? _____

Furthermore, aroma is bound up with memory and emotion. 'The nerves relating to smell go directly to the amygdalae,' says Avery Gilbert, a world authority on smell. 'These are areas of the brain involved in emotional response – fight or flight, positive and negative emotion.' This is why food and nostalgia are so entwined: the brain has paired the aroma with the experience. Flavour preferences are learned by positive associations (a great holiday), or negative ones (feeling unwell). On the flipside, while salt and sugar appreciation is hard-wired, we learn to love the bitterness of coffee through sheer force of will (wanting to be grown up). Research findings about the effects of colour, shape, touch sensations and sound on flavour have triggered a trend for sensory seasoning. Want to intensify sweetness? Use a red light bulb, make the food round rather than angular, or play high-pitched music – all of the above have increased the perception of sweetness in studies. The sounds of crinkly packaging and crunchy food, increase perception of freshness. Want more savoury? Put some low-pitched music on.

D

When it comes to dinnerware, the heavier it is, the more viscous, creamy and expensive the food served is perceived to be. And if you hold the bowl while eating, you'll feel fuller, sooner. There's little evidence as to why this is the case, but ingrained associations are often suggested. Young people associate blue with raspberry-flavoured drinks. Red often signifies ripeness in nature. It feels intuitively right that jagged shapes and sounds would go with bitterness, whereas sweet is comfortably round. Big food brands use these associations to surreptitiously increase appeal. Meanwhile, chefs love them because they heighten the senses. 'Cooking is probably the most multisensual art. I try to stimulate all the senses,' renowned Spanish chef Ferran Adria has said. However, it isn't only big chefs and the food industry who can put the science to use. It can demystify appetite and flavour for everyone, inform and inspire us to eat well, while offering a window into the bigger picture of how our senses and minds work.

- h. claim people make an effort to acquire a liking for something? _____
- i. explain that having a phobia is not as inexplicable as we tend to think? _____
- j. say few people used to be interested in examining the senses associated with taste? _____