YOU ARE WHAT YOU EAT

– Are you a foodie or a veggie? Take "*The healthy diet test*" and compare your answers with your partner. Remember the more ticks you get, the healthier you are!

☐I don't eat too much salt (in crisps and fast food)
☐I don't eat too much sugar (in sweets and fizzy drinks)
☐I'm not a fussy eater
☐I have a balanced diet
☐I eat a variety of different kinds of fresh food
☐I eat fish at least once a week
☐I don't eat red meat more than three times a week
☐I feel well – I have plenty of energy
☐I look well – my skin and hair look healthy

VOCABULARY

1. Choose the odd word in each line. Explain your choice.

1) thirsty	*hungry*	*grill*	*5) bite*	*starving*	*chew*
2) dessert	*starter*	*delicious*	*6) tasty*	*tip*	*savory*
3) cut	*chop*	*jug*	*7) cutlery*	*peel*	*bowl*
4) fry	*boil*	*protein*	*8) vitamin*	*stir*	*cereal*

2. Look at the categories and add as many examples as possible.

1) Meat and fish: *veal*, ...
2) Vegetables: *cauliflower*, ...
3) Fruit and berries: *blackberry*, ...
4) Drinks: *smoothie*, ...
5) Sauces and spices: *mustard*, ...
6) Cereals and pasta: *noodles*, ...
7) Dairy products: *yogurt*, ...
8) Fast food: *hamburger*, ...
9) Bakery: *pancake*, ...
10) Sweets: *lollipop*, ...

3. Complete the chart with an example of an item of food which you might typically describe using the adjectives on the left.

TASTES		*TEXTURES*	
sweet		*chewy*	
sour		*crispy*	
salty		*crunchy*	
bitter		*creamy*	
bland		*sticky*	
spicy		*flaky*	
hot		*stale*	
rich		*greasy*	

Check the difference

• ***"sour"*** and ***"bitter"***: sour usually refers to acidic food, whereas bitter refers to any sharp, and possibly unpleasant taste.

• ***"salty"*** and ***"savoury"***: salty means with salt, whereas savoury is used to describe dishes which are eaten as a main course, as opposed to for dessert

• ***"spicy"*** and ***"hot"***: hot can have the meaning of spicy, but can also refer to the temperature at which the food is served.

4. Look at these pairs of words and match 1-8 to a-h.

1) *still/sparkling*
2) *hard-boiled/poached*
3) *rare/well-done*
4) *baked/green*
5) *blue/smoked*
6) *mashed/roast*
7) *hot/dark*
8) *raw/rotten*

a) egg
b) beans
c) water
d) chocolate
e) cheese
f) potato
g) steak
h) meat

LIVEWORKSHEETS

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5. Choose the correct answer.

1) If something is ***a piece of cake***, it is _____ .
   a) easy *b) difficult*
2) Somebody who is ***a couch potato*** _____ .
   a) does a lot of sport *b) watches a lot of TV*
3) If somebody is ***a big cheese***, he or she is _____ .
   a) an important person *b) a serious person*
4) When two people are ***like chalk and cheese***, they are very _____ .
   a) different *b) similar*
5) If you tell somebody ***to spill the beans***, you want them to _____ .
   a) do something they don't enjoy *b) tell you a secret*

READING

6. What is your attitude to food? Can you say that you are a food addict? What food do you prefer? Read a story of a teen girl and choose the correct quantifiers in bold. Refer to the Grammar Bank at page 24 if necessary.

Hi! I'm Alessandra Peters, and I'm the teenage food blogger, recipe developer, food photographer, and writer behind this blog! I have a passion for creating delicious, nutritious super cool healthy food that'll empower young people to discover a healthier self.

In July 2012, I was diagnosed with Celiac disease and ***much/lots of*** food intolerances. So I stopped eating ***a lot of/many*** things – junk food, ice cream, pizza – and I started to feel ***much/so*** better. I taught myself how to cook using real food, started researching where the food we eat comes from, and geeked out about nutrition. Going from pretty much constant exhaustion to having boundless energy in just ***a few/few*** months showed me just how ***lots of/ much*** what you eat can affect your life, so I decided to start a blog... which I ***not-so/such***-creatively called "The Foodie Teen!" I still remember being absolutely shocked when I checked the blog statistics page one day to see that people from all over the world were reading my recipes, sharing them, and laughing at my jokes (okay, maybe not that last one!).

Since starting a blog, my life has changed so ***much/more*** for the better in a way I could never have imagined. I've had the amazing opportunity to connect with an incredible ***a great deal of/ number of*** people all over the world, and I'm grateful every day for what a collection of bytes and pixels has allowed me to do and experience!

I can usually be found experimenting in the kitchen, trail running in the woods, or snuggled up with my cat reading cookbooks!

article and image credits: http://thefoodieteen.com/

7. Decide if the sentences are true (T) or false (F) according to the text.

1) Alessandra had to switch over to a healthy diet because of her medical condition.
2) She adores discovering and sharing tasty and useful recipes of healthy food.
3) She collects recipes from different cook books and other cooks.
4) She thinks her illness has changed her life greatly.
5) She started a blog in order to teach herself to cook real food.
6) She was really surprised by the number of people following and admiring her blog.
7) She can normally be seen cooking, running or playing with her cat.

LIVEWORKSHEETS