

UNIT 7: RECIPES AND EATING HABITS

A. PHONETICS

I. Mark the questions with the correct tone, using falling or rising arrows. Then read the conversations aloud.

1. A: What are you watching?
B: I'm watching a tutorial about making tacos.
A: Tacos? It's a specialty of Mexico?
B: Yeah, that's right. Have you ever tried tacos?
2. A: What do we need to make a tiramisu cake?
B: Mascarpone cream, ladyfingers, coffee and Rum.
A: And a sponge cake?
B: Yes, of course.
3. A: I've made a coffee cake.
B: That's a coffee cake?
A: Yep. Do you like it?
B: You made it for me?
A: Yes, help yourself.
4. A: What's for lunch today?
B: We are having rice and fried fish.
A: Fried fish? Have anything else?
B: Would you like soup or salad?
A: Chicken soup.
5. A: Why don't we go out for dinner tonight?
B: We're eating out tonight?
A: Yeah. Let's go to the Maison Restaurant.
B: Maison Restaurant? Where is it?
A: It's on Ave Street.

II. Complete the short conversations with suitable statement questions.

1. A: What do you have for lunch?
B: A tuna sandwich and some fruit.
A: _____?
B: Yes. I really like tuna sandwiches.
2. A: I didn't see Nick at the party last night.
B: _____? He came a little late... around 10 o'clock.
A: Oh, well. I'd already gone home when he arrived.

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3. A: Let's go get burgers for lunch.
 B: I don't like burgers.
 A: _____?
 B: No. I don't like meat.
 A: How about a veggie burger?
 B: _____? Okay, let's go.
4. A: Pour the mushroom sauce over the steaks.
 B: _____? Oh, no. I'm allergic to mushrooms.
 A: _____?
 B: Yes. They cause swelling of mouth and throat.

B. VOCABULARY AND GRAMMAR

I. Match the food preparation verbs with their definitions.

- | | |
|-------------|--|
| 1. chop | a. rub food against a greater in order to cut it into small pieces |
| 2. drain | b. scatter small pieces of something or the liquid on something |
| 3. peel | c. put something quickly into a liquid and take it out again |
| 4. whisk | d. cut something into thin, flat pieces |
| 5. grate | e. soak fish, meat, etc. in a mixture of spices and seasonings before cooking it |
| 6. sprinkle | f. cut something into small pieces |
| 7. slice | g. make fruit or vegetables into a thick, smooth sauce by crushing them |
| 8. dip | h. remove the water from something |
| 9. marinate | i. mix cream, eggs, etc. into a stiff light mass |
| 10. puree | j. take off the skin of fruit and vegetables |

II. Complete the sentences with the words in part I.

- The deli worker used a butcher knife to _____ the meat into thin pieces.
- _____ the chicken with curd, chili powder and salt and keep it in the fridge overnight.
- When the pasta is cooked, _____ it and serve immediately.
- Pour strawberries into a blender and _____ until smooth.
- _____ the meat into small cubes, and coat them with flour mixture.
- First _____ the potatoes and cut them in half.
- _____ the cheese and scatter it over the pasta.
- Lightly _____ the eggs and then add them to the mixture.
- _____ stale bread in egg and milk and fry it in butter to make French Toast.
- Spread the icing then _____ some chopped walnuts on top of the cake.

III. Complete the sentences with the cooking verbs from the box. Take the picture next to each sentence as a clue.

roast steam stir-fry bake grill stew simmer deep-fry boil toast

1. Add the garlic, ginger and onions and _____ for 30 seconds.



2. _____ the buns over high heat for about 12 -15 minutes.



3. _____ the biscuits until the tops are lightly browned.



4. Lower the heat and _____ the stew for an hour, until the meat is tender.



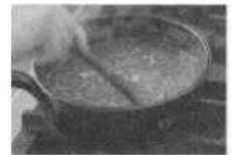
5. We used to _____ steaks over charcoal in the open air.



6. Heat the oil and _____ the spring rolls until golden.



7. Stir the sauce gently until it begins to _____.



8. Tough pieces of meat needs to _____ slowly for about four hours, with lid very-close.



9. _____ bread lightly on both sides and then butter it thinly.



10. Lower the heat to 400°F and continue to _____ the chicken for 60 minutes.



IV. Complete the sentences with the words from the box.

prawns	celery	staples	shallots	versatile
tender	lasagne	starter	nutritious	recipe

- _____ is an Italian dish made with layers of flat pasta with a sauce, cheese, and meat or vegetables.
- What would you like for a _____ - soup or smoked salmon?
- For this _____ you need 250g of peeled king prawns.
- Potatoes are an extremely _____ vegetable. They can be baked, fried, grilled, boiled, mashed or grated.
- The shops are running out of _____ such as rice and cooking oil.
- Lentil soup is highly _____ and easy to prepare.
- _____ are grey when they're raw, and turn pink when they're cooked.
- Whether diced, minced, or sliced, _____ are used for seasoning dishes.
- Cook the curry for another 40 minutes or until the meat is _____.
- Add carrot and _____ and saute for 3 minutes longer.

V. Match the verbs in A with the phrases in B.

- | A | B |
|-------------|--|
| 1. marinate | a. some spring onions on top of the eggs before serving |
| 2. grate | b. strawberries halfway into melted chocolate, then sprinkle with nuts |
| 3. chop | c. chicken in buttermilk for two hours before frying |
| 4. garnish | d. a thick layer of butter on the flatbread |
| 5. sprinkle | e. the eggs and sugar in a bowl over a pan of hot water |
| 6. slice | f. the celery and cook it in boiling salted water |
| 7. dip | g. the potatoes and slice them thinly with a sharp knife |
| 8. spread | h. some cheese and sprinkle it over the potatoes before serving them |
| 9. whisk | i. the dish with the pine nuts, parsley and lemon slices |
| 10. peel | j. the cucumbers as thinly as possible |

VI. Circle the correct answers.

- My shirt is dry now, but I need *a/ an/ any/ some* iron to press it with.
- Would you like *a/ an/ any/ some* chicken? And how about *a/ an/ any/ some* potatoes?
- I can't make pizza because I haven't got *a/ an/ any/ some* cheese.

4. Have you got *a/ an/ any/ some* money for the machine? I didn't bring *a/ an/any/some*.
5. Is there *a/ an/ any/ some* soup left? - Yes. There is *a/ an/ any/ some* soup left for you in the microwave oven.
6. I'd like to drink some water, but I can't find *a/ an/ any/ some* glass.
7. Could you buy me *a/ an/ any / some* bread? I want to make French toast.
8. This mixture of spices is *a/ an/ any / some* important ingredient of the curry sauce.
9. I'm really hungry. Can you make me *a/ an/ any / some* meat sandwich?
10. To prepare the salad I need *a/ an/ any/ some* red pepper, *a/ an/ any/ some* cucumbers, *a/ an/ any/ some* onion and *a/ an/ any/ some* ketchup.

VII. Fill in the blank with *a, an, some, or any*.

Jack: What do we have for dinner, Mom?

Mom: Well, sweet and sour pork ribs and vegetable soup.

Jack: Could we have (1) _____ salad, Mom?

Mom: Ok. If you want, I will make (2) _____ egg salad.

Jack: Thank you, Mom.

Mom: But there aren't (3) _____ eggs left. Could you get me (4) _____?

Jack: Sure, Mom. How many eggs do you need?

Mom: Half (5) _____ dozen.

Jack: Do you need anything else?

Mom: Hmm... I also need (6) _____ stick of celery, (7) _____ mayonnaise, and (8) _____ green onions.

Jack: Do you need (9) _____ lettuce, Mom?

Mom: No, there is still (10) _____ head of lettuce in the fridge.

Jack: Okay, Mom.

VIII. Underline the correct answer.

1. He was eating a large *slice / clove* of chocolate cake.
2. Could you go to the groceries and buy me a *bag / head* of cabbage?
3. I need 3 *cups / kilos* of milk to make this mousse cake.
4. There is a *bunch / stick* of bananas and two *slices / bottles* of orange juice in the fridge.
5. The child grabbed a *pinch / handful* of candy and went back outside to play.
6. A *clove / stick* of celery contains about six calories.
7. You don't need to use the whole *tin / gram* of beans for this dish. Half is enough.
8. When I try to open a *can / carton* of milk, I wish it still came in bottles!
9. Add a *pinch / piece* of salt to your egg wash before brushing it over pastry.
10. Place 6 *cloves / sticks* of garlic in a small saucepan, cover with water and bring to the boil.

IX. Complete each sentence with a word from the box.

bar can tablespoons packet loaf slice kilogram tube piece sticks

1. Please go to the baker's and buy a _____ of fresh bread.
2. Add two _____ of lemon juice and beat the egg whites until frothy.
3. How much is a _____ of onions?
4. When I opened the _____ of cola, it sprayed out onto my shirt.
5. The recipe says you should add one or two _____ of celery to the soup.
6. Shall I cut another _____ of bread for you?
7. Would you like a _____ of chocolate?
8. We both felt hungry, and luckily I had a _____ of biscuits in my bag.
9. She fed her baby a very small _____ of cheese.
10. If you go to the supermarket, could you buy me a _____ of toothpaste?

X. Match the first half of the sentence in A with the second half in B.

- | A | B |
|---|---|
| 1. If he doesn't come soon, | a. we are going to stay in and watch TV. |
| 2. You may leave the room | b. if you want to have a good-looking body shape. |
| 3. If you don't want to be overweight, | c. you will get a discount of 15%. |
| 4. If you learn texting shortcuts, | d. we will have to leave without him. |
| 5. You must exercise regularly | e. if you run a bit faster. |
| 6. If you register for the course soon, | f. you shouldn't eat too much sugar. |
| 7. You might win the race | g. if you've finished the test. |
| 8. If it rains this afternoon, | h. if he revises every day. |
| 9. Juan could pass his exams | i. can you put the chicken in the oven? |
| 10. If you get home before me, | j. you can save a lot of time. |

XI. Complete the conditional sentences with the correct tense or form of the verbs in brackets. Add *will*, *would*, or other modal verbs if necessary.

1. You might catch a cold if you _____ (take) a shower late at night.
2. My sister _____ (not make) a cake if she doesn't have enough ingredients.
3. What _____ (happen) if there was no more electricity?
4. If she _____ (speak) more clearly, I could understand her.
5. You _____ (take) a break from work if you feel stressed.
6. If Beth _____ (not eat) so much junk food, she'd lose weight.
7. If it isn't hot tomorrow, we _____ (not go) to the beach.
8. If I had wings, I _____ (be) able to fly like Peter Pan.
9. She won't finish it on time if she _____ (not start) right now.

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10. She's going to take a vacation next week if she _____ (get) time off work.
11. She _____ (leave) early if she's finished her work?
12. If I _____ (be) you, I wouldn't make a decision now.

XII. Fill in each blank with a suitable preposition.

1. The Japanese make sashimi simply _____ cutting fresh fish.
2. Mike is allergic _____ nuts, so he breaks out in a rash when consuming cashews.
3. Most restaurants these days serve either soup or salad _____ a starter.
4. Do you know a good recipe _____ apple pie?
5. Marinate the fish _____ olive oil, garlic and vinegar.
6. You can serve this curry _____ rice or bread.
7. Maureen spread the tomato sauce _____ the pizza base.
8. A Japanese meal consists _____ rice, miso soup, the main dishes and pickles.
9. Dip fish fillets _____ the batter, then drop one at a time into hot oil.
10. Combine the eggs _____ a little flour and heat the mixture gently.

C. SPEAKING

- I. Complete the conversation with the sentences from the box. Write the letters of the sentences (A - H).**

- A. How many pieces of chicken again?
B. There we go!
C. What does the recipe say?
D. A bit of parmesan to garnish.
E. How about Italian pasta?
F. There are lots of measurements for your ingredients.
G. Should we fry the chicken or roast it?
H. And how much oil should I use?

Jack: What are we going to make today, Sarah?

Sarah: (1) _____

Jack: Well, I really like pasta.

Sarah: (2) _____ For example, 250 grams of pasta. 1 and 1/2 a cup of chopped tomatoes. 1/2 a cup of tomato paste. Two pieces of chicken. Some garlic. One tablespoon of oil. A pinch of salt. A bunch of basil. 500 millilitres of water and some parmesan cheese. Have you got everything?

Jack: Yep! (3) _____

Sarah: It says to boil the water with a pinch of salt and then add the pasta. You can chop the tomatoes and then we have to saute them.

Jack: (4) _____

Sarah: Well it says to steam it but I think we should fry it! It'll taste better.

Jack: (5) _____

Sarah: Two!

Jack: (6) _____

Sarah: Just two tablespoons.

Jack: We need lots of cheese grated on top. I'm just going to add a little bit of salt to this.

Sarah: (7) _____

Jack: Looks great.

Sarah: (8) _____ Well now we've done all this hard work. It's time to eat.

II. Put the dialogue into the correct order.

___ What did you have for lunch?

___ Sure.

___ Drink enough water, and add more fresh fruits and vegetables to your daily diet. In addition, instead of eating out, you should cook yourself.

___ My stomach is hurting.

___ I don't know how to cook!

___ 1 What's wrong with you?

___ They can cause indigestion because they are deep-fried. If you eat them for a long time, you can suffer from cardiovascular, obesity and even cancer.

___ There are a lot of cooking tutorials on the Internet. They will guide you step by step.

___ Do you have any recommendation for a good diet?

___ Thank you! I will watch some videos and contact you if I have difficulties.

___ So, what should I do now?

___ You should come to the hospital and remember not to consume fast food too often.

___ Why?

___ You shouldn't have eaten those things.

___ I ate a large burger and some crisps.

D. READING

I. Complete the passage with the words from the box.

Healthy protein unhealthy nutrients habits strengthen grains increase

A good diet and regular exercise should keep you healthy. Your body needs the vitamins and (1) _____ found in vegetables and fruit. It also needs enough exercise to (2) _____ muscles and bones and reduce your chances of getting sick.

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What kind of a diet is best? At the top of anyone's list should be fresh fruit and vegetables. You also need to eat (3) _____ such as rice, wheat, oats, or corn. Dairy products in the form of milk and cheese provide your body with necessary calcium. (4) _____ comes from meat and nuts. Don't eat too much meat, however. Eating too much red meat, in particular, is not good for your heart, and it might (5) _____ your chances of getting cancer. Try not to eat junk food. What's junk food? Potato chips, donuts, candy, and cookies are junk food. Many people who eat junk food fail to eat (6) _____ food because they like the taste of junk food better. If kids eat a lot of junk food, they will develop bad eating (7) _____.

Being healthy is not that hard. If you eat right, get regular exercise, and avoid (8) _____ habits, you will thank yourself in the future.

II. Read the article and do the tasks.

HOW TO STAY HEALTHY

1. _____

People who eat a lot of fruit and vegetables are less likely to have heart problems. A variety of fruit and vegetables should make up about a third of the food you eat each day. You should eat at least five portions of fruit and vegetables a day. A portion is e.g. a banana, an apple, a pear, one slice of melon or pineapple or two plums. Remember that potatoes don't count because they're a starchy food.

2. _____

Eating too much salt can raise your blood pressure. And people with high blood pressure are three times more likely to develop heart disease or have a stroke than people with normal blood pressure. Lots of people think they don't eat much salt, especially if they don't add it to their food. But don't be so sure! Three-quarters (75%) of the salt we eat is already in the food we buy, such as breakfast cereals, soups, sauces and ready meals. So you could easily be eating too much salt without realizing it.

3. _____

Having too much saturated fat can cause heart disease. Try to cut down on food that is high in saturated fat, such as meat, pies, cheese, butter, lard, cream and cakes, and have foods that are rich in unsaturated fat instead, such as vegetable oils (including sunflower, rapeseed and olive oil), oily fish, avocados, nuts and seeds.

4. _____

Having sugary foods and drinks too often can cause tooth decay, especially if you have them between meals. Many foods that contain added sugar can also be high in calories, so cutting down could help you control your weight. Try to eat fewer foods with added sugar, such as sweets, cakes and biscuits, and drink fewer sugary soft and fizzy drinks.

5. _____

About 60% of your body weight is made of water. If you don't get enough water, you can become dehydrated. Severe cases of dehydration can cause dizziness, confusion, and even seizures. Drink about 6 to 8 glasses of water every day and even more when the weather is warm. Don't drink too much coffee or tea as they can dehydrate you.