

CONSOLIDATION UNIT 3

Hi! I'm George, and I'm from Greece. Food is very important to people in my country, and we have many traditional recipes. We eat lots of different food such as meat, pasta, vegetables and rice. And we also eat a lot of cooked fish. The weather in Greece is often very sunny, so we grow a lot of our own food. We prefer to eat fresh food and don't eat a lot of food from packets. Dinner time is a time to talk with your family, and eating together is very important.



We also usually eat late in the evenings.

We normally use a knife and fork to eat. Sometimes we use a fork and hold a slice of bread in our other hand to push the food onto the fork. Before we eat, we always say 'Kali Oreksi', which is like 'Buon Appetito' in Italian. In Greece, you always eat all your food to show you enjoyed the meal. It is very rude to start your dinner before everyone else has their own plate of food. It is also rude to put your elbows on the table, just like in the UK.

People in Greece eat a wide variety of food, and some of our recipes, like Moussaka, are very famous. A popular salad is called 'Village Salad', and it contains lots of cucumber, a few tomatoes, an onion, green peppers and some cheese. In many areas of Greece, people also include a bit of lettuce in the salad, too.

1. READ THE TEXT AND ANSWER THE QUESTIONS. WRITE FULL SENTENCES.

1 What kind of food do Greeks not eat a lot of?

2 What is important about dinner time?

3 When do Greeks eat dinner?

4 What do Greeks say before they eat?

5 What do Greeks think is rude that is similar in the UK?

2. COMPLETE THE TEXT WITH **SOME, ANY OR NO**.

I always eat healthily. In the morning I eat 0 cereal with milk or 1 fruit. I don't usually eat 2 bread or butter. For lunch I have a sandwich with 3 cheese or a salad. A great snack I like is 4 dried fruit in yogurt. It's healthy and doesn't contain 5 fat or sugar. I'm a vegetarian, so I don't eat 6 meat. For dinner I usually eat 7 fish, pasta or rice with vegetables. As there is 8 meat in my diet, I eat other sources of protein such as nuts. There is 9 chocolate or sweet food like cake in my house. They're very unhealthy. I prefer to have 10 fruit such as apples or grapes.

3. WRITE **COUNTABLE OR UNCOUNTABLE**.

1 Carrot: _____

2 Fish: _____

3 Oil: _____

4 Cheese: _____

5 Biscuit: _____
 6 Sugar: _____

4. MATCH FIVE FOOD WORDS BELOW WITH THEIR DEFINITIONS.

chopsticks	fork	glass	jug	knife
napkin	packet	plate	slice	teaspoon

- 1 You use this to put sugar in your tea or coffee.
- 2 You can use this to protect your clothes when you are eating.
- 3 Bread and cheese can be cut into one of these.
- 4 You cut your food with this.
- 5 Food such as crisps come in this.

5. COMPLETE USING **A LOT OF, LOTS OF, A LITTLE, A FEW, MUCH OR MANY**.

Beef	cabbage	cheese	chicken	cucumber	lemon	onions	peas
	peppers	prawns	rice	salmon	tomatoes	yogurt	

- 1 I'm hungry. There isn't food in the fridge.
- 2 The basket is full of fruits. There are!
- 3 Put just salt on the beef. I don't like salty food!
- 4 I love fish. I eatsalmon!
- 5 We haven't got rice to make the risotto.

6. COMPLETE THE QUESTIONS USING **HOW MUCH OR HOW MANY...?**

- 1 chocolates do you have?
I have lots. Have one!
- 2 napkins are there?
There are a lot on the table.
- 3 cheese is there?
There is a lot in the fridge.
- 4 strawberries do you eat?
I eat a lot.
- 5fat is there in this butter?
There's a lot. Butter always contains a lot of fat.
- 6..... forks are there?
There are about ten.