

Vocabulary

1 Complete the sentences with the missing words. The first letters are given.

- 0 A balanced diet that includes protein, vegetables and grains is very important.
- 1 If you get hungry during the afternoon, you can have a healthy s _____ like nuts or fruit.
- 2 Our m _____ salad includes lettuce, cabbage, carrots and tomatoes.
- 3 That was such a h _____ meal that I nearly fell asleep afterwards!
- 4 I always put c _____ pepper in my soup because it makes it taste more interesting.
- 5 Could you buy a loaf of w _____ bread, please? It's much tastier than the white sort.

/5

2 Complete the sentences with the words in the box. There is one extra word.

homemade	household	energy	
safety	hot	tinned	stale

- 0 My grandmother makes homemade soup with lots of vegetable in it.
- 1 These _____ biscuits are disgusting! Someone must have left them out on a plate overnight.
- 2 The waiter didn't warn me that the dish was very _____. It was too spicy for me to eat!
- 3 We are trying to reduce our _____ waste by buying things with little or no packaging.
- 4 Be careful when cooking with _____ tomatoes. They usually contain more salt and sugar than fresh vegetables.
- 5 Food _____ standards are very strict in most countries because they don't want a lot of people to get seriously ill.

/5

Grammar

3 Complete the sentences with the words in the box. There are two extra words.

if	as soon as	after	unless
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- 0 I can prepare something if you are hungry.
- 1 Remove the biscuits from the oven _____ you can see they're turning brown.
- 2 You should keep the fruit in the fridge _____ you want to eat it right now.

if	before	until	when
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- 3 Please remember to wash your hands _____ you touch the food so you don't get any germs on it.
- 4 I always get hungry _____ I watch one of those cooking programmes on television.
- 5 You will learn how to cook this dish _____ you pay close attention to all the steps.

/5

4 Complete the sentences with the correct form of the verbs in brackets. Use the Future Continuous or the Future Perfect.

- 0 You can call me very early tomorrow. I will be having (have) breakfast at six o'clock.
- 1 I _____ (finish) cleaning my room in an hour and then I'll call you.
- 2 This time tomorrow, I _____ (eat) something delicious.
- 3 What _____ (you / achieve) by the time you are thirty years old?
- 4 I've ordered a couple of cookery books but they _____ (not / arrive) by Monday.
- 5 You can visit us later today. We _____ (not / do) anything special.

/5

Use of English

5 Choose the correct option.

WHAT ARE WE EATING TODAY?

Friday 3:30p.m.

I had lunch just two hours ago, but I'm so ⁰ C now that I can't think about anything else but food.

I can't wait to get home. ¹ ____ I get there, my girlfriend and I will start cooking. My nutritionist has advised me to eat more healthily, so today we're having ² ____ rice and fish for supper. Rice is very easy to prepare. You just need to put it in a pan with water and check about forty minutes later to see if it is ready. It's important to make sure that it is not ³ ____ or hard in the middle, so cook it for a few more minutes if necessary. We're going to eat the fish in a mild sauce along with a simple green salad. It sounds like a healthy, simple meal, ⁴ ____? I hope there isn't much traffic tonight so that, by 6 p.m., we ⁵ ____ a perfect homecooked meal.

- 0 A thirsty B tired ☒ C hungry
1 A As soon as B Unless C Before
2 A ground B brown C wholemeal
3 A rotten B stale C raw
4 A won't it B isn't it C doesn't it
5 A will enjoy B will be enjoying
C will have enjoyed

2 [Track 9] You will hear four people talking about food. Match statements A–G with speakers 1-4. There are three extra letters.

Speaker 1 _____

Speaker 2 _____

Speaker 3 _____

Speaker 4 _____

- A The speaker says that good ingredients can't guarantee a good meal.
B The speaker is advertising a restaurant.
C The speaker says that food is always better in restaurants.
D The speaker says that you can cook food until its sell-by date expires.
E The speaker says that cookery programmes are not usually helpful.
F The speaker is trying to persuade people to learn to cook.
G The speaker has recently helped to prepare a meal.

____/5