

# FOOD AND COOKING- 1 A

## LISTENING AND SPEAKING

READ YOUR PROFILE QUESTIONNAIRE AND WHAT DO YOU THINK THE BOLD WORDS MEAN ?

**Your food profile**

1 What's your favorite...?  
a snack b pizza **topping**  
c sandwich **filling**

2 Do you ever have...?  
a **ready-made** food  
b **take-out** food  
c very hot / spicy food  
Give examples.

3 Are you **allergic** or **intolerant** to any food? How long have you had the problem?

4 What food do you usually eat...?  
a to **cheer yourself up** when you're feeling sad  
b when you're tired and don't want to cook

5 When you're away from home, is there any food or drink that you really **miss**?

6 **Is there** any food or drink that you couldn't live without? How often do you eat / drink it?

PIZZA TOPPING

SANDWICH FILLING

READY MADE -FOOD

TAKE OUT FOOD

ALLERGIC OR  
INTOLERANT

TO CHEER YOURSELF UP

QUESTION 5

QUESTION 6

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- b  1.7 Listen to six people each answering one question from *Your food profile*. Match each speaker to the question he or she is answering.

5 Naomi

Sarah

Emilio

Tran

Austin

Sean

- c Listen again and write their answers.  
Compare with a partner.
- d Ask and answer the questions with a partner. What do you have in common?

1 WHAT IS YOUR FAVORITE.....?

2- DO YOU EVER HAVE .....?

3- ARE YOU ALLERGIC TO ANY FOOD?

4-WHAT DO YOU USUALLY EAT WHEN YOU ARE..... ?

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5 WHEN YOU ARE AWAY FROM HOME ,IS THERE ANY FOOD THAT YOU REALLY MISS?

6- IS THERE ANY FOOD OR DRINK THAT YOU COULDN'T LIVE WITHOUT?

## READING

### Eat and drink – but at the right time!

In our super-busy 21st-century lives, most of us try to do as much as we can in 24 hours. However, we usually do things whenever it suits us, and experts say that this is disrupting our body's natural cycle, making us feel tired at times when we should feel awake, and vice versa. Science shows that by doing things at the right time, we can be happier and healthier.

#### **Have breakfast at 8:00 a.m.**

In a recent study, researchers found having breakfast at this time is good for our blood sugar levels, so the food you eat now will give you the energy you need. It's also important not to skip breakfast. Another research team, from Sweden, suggested that people who ate a regular breakfast as teenagers were 32% less likely to be at risk of heart disease as adults.

#### **Don't drink coffee in the morning. Have one at 3:00 p.m.**

Most coffee drinkers make a cup as soon as they wake up. However, researchers have suggested that early morning is the worst time to drink coffee because it stops the body from producing the stress hormone cortisol, which we need at this time to help us to wake up. The best time to drink coffee – or caffeine in general – is between 2:00 p.m. and 5:00 p.m., when it can make us more mentally alert, according to a study conducted by the University of Sheffield a few years ago.



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## Have lunch between 12:00 and 2:00

This is when our body digests food best because this is when the stomach produces the most acid. So it's the ideal time to have your main meal of the day. An experiment by nutritionists at the University of Surrey found that blood glucose levels after an evening meal were much higher than when people had the same meal earlier in the day, and high levels of glucose can cause diabetes.

## Have dinner at 7:00 p.m.

Have your evening meal early. It should be delicious – our sense of smell and taste are at their best at this time – but light.

## More good times for your body

- Ideally, you should get up when the sun rises. When we see daylight, we stop producing the sleep hormone melatonin and start getting ready for the day ahead.
- Do yoga or go for a walk before breakfast.
- Do important tasks at 11:00 a.m., when your brain is working the best.
- Weightlifting sessions are best done at midday – that's when your muscles are the strongest.
- The best time to run or ride a bike is 5:00 p.m., when your lung capacity – important for endurance sports – is at its greatest.
- Go to bed between 9:00 p.m. and 11:00 p.m. This is when your body temperature starts to go down and the brain begins producing melatonin.

Adapted from The Times

## 4 READING

- a** Talk to a partner. What time do you usually...?

get up

have breakfast

exercise

have a coffee

have lunch

have dinner

go to bed

- b** Read the article once. Do you or your partner do any of the things in **a** at the times the article recommends?

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A -WHAT TIME DO YOU ....?

- I GET UP
- I HAVE BREAKFAST
- I HAVE A COFFEE
- I DO EXERCISE
- I HAVE LUNCH
- I HAVE DINNER
- I GO TO BED

B - DO YOU DO ANY OF THESE THINGS AT THE TIMES THE ARTICLE RECOMMENDS?

c Read the article again. Answer the questions with a partner.

- 1 Why is it important to have breakfast every day when you're a teenager?
- 2 What effect does caffeine have on us if we drink it between 2:00 and 5:00 p.m.?
- 3 What's the difference between having steak and French fries for lunch and having it for dinner?
- 4 Why should an early evening meal be "delicious"?
- 5 What's the best physical activity to do  
a) early in the morning, b) in the afternoon?
- 6 Why does the body produce melatonin?

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ANSWER 1

ANSWER 2

ANSWER 3

ANSWER 4

ANSWER 5

ANSWER 6

- d** Search the text and find six parts of the body. Which do we a) have one of, b) two of, c) more than two of?

|           |           |
|-----------|-----------|
| 1 he_____ | 4 mu_____ |
| 2 st_____ | 5 lu_____ |
| 3 br_____ |           |

- e** Answer the questions with a partner.

- 1 Do you believe all the information in this article? Why (not)? Give examples from your own experience.
- 2 Would you consider changing any of your habits based on this information?

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ANSWER 1

ANSWER 2

## 6 GRAMMAR simple present and continuous, action and nonaction verbs

a Look at three sentences from the interview. Circle the correct verb form.

- 1 You *don't need* / *aren't needing* anything except lemon and olive oil when fish and seafood is really fresh.
- 2 This week, for example, I *make* / *I'm making* "ntakos," a Cretan salad...
- 3 I *go* / *I'm going* to Crete maybe four or five times a year.

b  1.10 Listen and check. With a partner, say why you think she uses each form.

c  p.132 Grammar Bank 1A