

## HEALTH AND ENVIRONMENT

9. Complete the dialogue with *some* or *any*, *much*, *many* or *a lot of*.

- Peter: Hi Ann. Is the picnic ready?  
 Ann: Not yet. We've got a bottle of water and \_\_\_\_\_ fruit. We've got two kilogrammes of apples!  
 Peter: Wow! That's \_\_\_\_\_ fruit, but what about sandwiches?  
 Ann: Hmm. No, we haven't got \_\_\_\_\_ sandwiches.  
 Peter: No sandwiches?  
 Ann: No, but we've got \_\_\_\_\_ bread and meat.  
 Jane: Well... I don't eat meat. Have we got \_\_\_\_\_ cheese or salad?  
 Ann: There isn't \_\_\_\_\_ cheese – one small piece – and we haven't got \_\_\_\_\_ salad.  
 Jane: OK, I need to buy more cheese and salad. What about drinks?  
 Ann: Well, there isn't \_\_\_\_\_ juice; we've only got one bottle. Oh, and we've got ten packets of crisps!  
 Jane: That's \_\_\_\_\_ crisps, but we need some juice. What about biscuits?  
 Ann: We haven't got \_\_\_\_\_ biscuits. We've only got three!  
 Jane: OK.



## SPEAKING

10. Work in groups. Speak about fast food. Fast food is big business around the world. Each business has a meal that they are well known for. Whether it's a burger, chips, tacos, pizza, or crispy fried chicken, these meals are often high in kilojoules, fat, salt, or sugar. Together with your group list the ingredients in each meal and give the details about kilojoules, fat, salt, or sugar. Comment on its nutritional value.



1



2



3



4

## WRITING

11. Do you always make healthy food choices? Prepare a leaflet about a healthy snack using your own recipe. Write about the following:

- 1) Your snack is: \_\_\_\_\_
- 2) Details about your snack: \_\_\_\_\_
  - list all ingredients included in your snack: \_\_\_\_\_
  - how would you describe your snack? (Hot? Cold? Cut? Baked? Flavour? Size? Texture?) \_\_\_\_\_
  - how to cook your snack? \_\_\_\_\_
  - are there any toppings on your snack? \_\_\_\_\_
- 3) What else can you say about your snack? \_\_\_\_\_
  - why is this snack a healthier choice? \_\_\_\_\_
  - what are the best aspects of this snack? (made with little or no fat/no topping or non fat/low fat topping/small/medium size/made with little or no added sugar/salt/fruit/vegetable) \_\_\_\_\_



## EATING OUT

- How often do you go out for a meal? Where do you usually go?
- What do you prefer: homemade pasta or takeaway Thai noodles?
- Do you think eating out is a healthy option? What are the most probable dangers of eating away from home?

## VOCABULARY



1. Explain the difference between the following words and complete the sentences below.

a bill / a receipt  
a cook / a chef  
a service charge / a tip

a dish / a meal  
eat in / eat out  
a helping / a dressing

- 1) "Fish and chips" is a typical British \_\_\_\_\_.
- 2) You don't need to leave a tip for the waiter – the bill includes a \_\_\_\_\_.
- 3) When I lived in Greece, I used to \_\_\_\_\_ all the time. The restaurants were so cheap.
- 4) My \_\_\_\_\_ was very delicious, so I asked the waiter to bring me another.
- 5) The food at this restaurant is excellent. Compliments to the \_\_\_\_\_!
- 6) Diego always \_\_\_\_\_. His wife is a very good \_\_\_\_\_.

2. Look at the following vocabulary and complete the table.

fried calamari / chocolate cake / ravioli with greens / cheese balls / lasagne / jelly / chicken wings / ice-cream / creamy carbonara / shrimp cocktail / pudding / goulash

Starters	Main courses	Desserts

3. Choose the most suitable options to replace the food idioms in colour.

- 1) Going to restaurants is not my *cup of tea* so I think that I will stay home this evening.
  - a) idea
  - b) wish
  - c) lifestyle
- 2) I knew when Monika told the lie that she would be *eating her words* later.
  - a) admitting to her untrue claims
  - b) talking in the canteen
  - c) playing the piano
- 3) She doesn't want to work hard, but she wants a pay raise. You can't *have your cake and eat it too!*
  - a) be a good worker
  - b) eat a cake
  - c) have extra privileges at work without giving up anything in return
- 4) She is *full of beans* from the moment she gets up to the time she goes to sleep.
  - a) energetic
  - b) rating beans
  - c) busy
- 5) I'm *nuts about* classical music these days.
  - a) hate
  - b) crazy
  - c) prefer
- 6) Take Mandy's advice *with a pinch of salt*. She doesn't always do what she says.
  - a) ironically
  - b) directly
  - c) easy
- 7) Solving math problems is *a piece of cake* for him!
  - a) nothing difficult
  - b) a favourite thing
  - c) a problem
- 8) He was a very influential man, he seemed to *have a finger in every pie*.
  - a) own restaurant
  - b) a role in what is happening
  - c) the best recipe of a pie
- 9) The students at this university are *the cream of the crop*.
  - a) the best of all
  - b) full of energy
  - c) good in sports
- 10) I love to sit around and *chew the fat* with old friends.
  - a) eat food
  - b) talk and chat
  - c) play computer games