

Vocabulary

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

- If you get hungry during the afternoon, you can have a healthy s_____ like nuts or fruit.
- Our m_____ salad includes lettuce, cabbage, carrots and tomatoes.
- That was such a h_____ meal that I nearly fell asleep afterwards!
- I always put c_____ pepper in my soup because it makes it taste more interesting.
- Could you buy a loaf of w_____ bread, please? It's much tastier than the white sort.

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

homemade	household	energy
safety	hot	tinned
		stale

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

Grammar

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

as soon as	after	unless
if	before	until
		when

- Remove the biscuits from the oven _____ you can see they're turning brown.
- You should keep the fruit in the fridge _____ you want to eat it right now.
- Please remember to wash your hands _____ you touch the food so you don't get any germs on it.
- I always get hungry _____ I watch one of those cooking programmes on television.
- You will learn how to cook this dish _____ you pay close attention to all the steps.

4 Complete the text with the correct future form of the words in brackets.

Hi Paul,

Just a quick email to ⁰tell (tell) you my plans. My flight

¹ _____ (arrive) at Gatwick tomorrow at 3 p.m., and I ² _____ (probably / take) the Tube to central London.

I ³ _____ (check in) at my hotel first, and then I ⁴ _____ (meet) the manager of the restaurant at six o'clock. If you ⁵ _____ (be) free at 7:30 or so, we can meet up at Café Mez for a coffee. Oh, I just remembered that I printed out that information about the cooking course you asked for, so I ⁶ _____ (put) it in my bag right now. One more thing.

⁷ _____ (I / invite) Kelly to meet us at the café? I know she's sorry for arguing with you, and from what I can see she ⁸ _____ (not cause) any more trouble. Looking forward to seeing you!

Kate

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

- I _____ (finish) cleaning my room in an hour and then I'll call you.
- This time tomorrow, I _____ (eat) something delicious.
- What _____ (you / achieve) by the time you are thirty years old?
- I've ordered a couple of cookery books but they _____ (not / arrive) by Monday.
- You can visit us later today. We _____ (not / do) anything special.

Use of English

6 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

7 Choose the correct option.

- X: Are you going to have a dessert, Mark?
Y: _____ you promise to have one, too.
A As long as B When C Until
- X: So, does that sauce taste good?
Y: Well, it's a bit _____. I think it needs more salt and pepper.
A bland B sour C bitter
- X: _____?
Y: Well, we have a mushroom stew without meat, and a bean and vegetable dish.
A Do you have any vegetarian dishes?
B Can you tell me what the special salad is?
C Can I order, please?
- X: Why are you in such a hurry?
Y: Because I've got so much homework to do. If nothing disturbs me, I _____ three essays by six o'clock.
A will write B will be writing C will have written
- X: You seem to spend a lot on your everyday shopping!
Y: I know, but I always buy _____ food because I'm worried about dangerous chemicals in normal products.
A fattening B light C organic

Listening

8 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.

Reading

9 Read the texts and answer questions 1-6.

Text 1.

THE GROWING PROBLEM OF OBESITY

Obesity levels in western countries are rising fast. In the United States, obesity rates have more than doubled in the last thirty years from about 14.5% to over 30%. Some people think that over half the population will be obese within a few years. In Britain, around 20% are obese, the largest percentage in Europe. This is mainly because we eat more but also because we get less exercise. Although food labeling shows us the number of calories we are consuming, we don't seem to take any notice. However, we should because obesity reduces our life expectancy and causes many other health problems. We need to alter our eating habits and eat more fresh products and less packaged food. We should cut down on salt, sugar and fat and cut out certain things, such as fizzy drinks and crisps, which have no nutritional value at all.

Text 2.

MINI-MISE YOUR WEIGHT

These days, people have less time to create meals from fresh ingredients. We know that it would be better for us but we also know that pre-cooked or frozen meals are quick and tasty. Unfortunately, they are also full of calories and contain unhealthy levels of salt and sugar. That's why Mini-Mise is such an important new product. Unlike most diet pills, Mini-Mise don't make you feel full and they don't provide you with vitamins or minerals that you may be lacking. They don't need to. They allow you to eat all the food that you want but they then destroy the salt, sugar and fat in the blood. They have been recommended by nutritionists and doctors as a way to improve our health. Mini-Mise means you can lose weight without worries – and all for the price of a large burger and fries a day!

Text 3.

Who is in charge?

We all know that obesity levels are rising and that people are eating the wrong things. We also know that when governments want to act, they can. You only have to look at the laws to stop smoking in public places and the tax increases which have made smoking much less popular than it was. The same results could be achieved by similar taxes on fast food and fizzy drinks. Governments could also limit the numbers of fast food restaurants or bring in laws to

reduce the amount of salt and sugar used in packaged foods. However, they don't do any of these things. Why not? Could it be because the food producers and supermarkets are too powerful? The biggest supermarkets sell most of our food and also control many of the supplies from farms and other food producers. If the government did threaten to change the law, these huge companies could bring the country to its knees very quickly.

Text 1.

- 1 Why does Britain have the highest percentage of obese people in Europe?

- 2 What foods does the article suggest we eat less of?

Text 2.

- 3 Why do people rely on pre-prepared meals?

- 4 How do Mini-Mise pills work?

Text 3.

- 5 How have some governments made smoking less popular than it was?

- 6 According to the article, why haven't governments changed food laws to make people more healthy?

10 Writing

Rewrite the following phrases in formal English.

- a) Hello Ms Walsh, ...
- b) Thanks for letting me know that...
- c) I'm writing this email 'cause I want to tell you
that...
- d) I have lots of questions.
- e) I'd be great if you sent me some more info on ...
- f) Can you make clear what levels of courses you
have?
- g) Write back soon, will you?
- h) Have a nice day. Bye.

11 Speaking – In a restaurant

Complete these phrases with one word each.

- 1 Waiter taking orders: Are you ready to _____?
- 2 Waiter offering more dishes: Would you like to
see the dessert _____?
- 3 Customer ordering: I'll _____ the Mario Special
Salad.
- 4 Customer wants to pay: Could I have the _____
please?