

# Food for Life

## Lesson A Vocabulary and Grammar

**A** Complete the sentences with words from the box. One word is not needed.

diet      ingredients      meals      prepare      special      variety

1. We are what we eat: the first step to healthy living is a healthy \_\_\_\_\_.
2. If you want to know *what* you are eating, \_\_\_\_\_ dishes at home as much as possible. Food in cafes and restaurants often has a lot of sugar and fat.
3. When you can, buy \_\_\_\_\_ from farmers' markets. They are usually fresher because they arrive directly from farmers' fields.
4. It's important to have \_\_\_\_\_ in your diet. This will keep you healthy, and you won't get bored eating the same foods.
5. On \_\_\_\_\_ occasions, like your birthday, why not forget the diet and have a slice of cake?

**B** Circle the correct answer.

C Check (✓) the sentences that use the present continuous.

1. I make great fish burgers.  3. I never eat chocolate.  5. I work every day.  
 2. I'm cooking my favorite dish.  4. We're taking a break now.  6. I'm getting a drink.

**D** Complete the text with the simple present or present continuous form of the verbs.

Most nights I (1) \_\_\_\_\_ (eat) dinner at home. Usually, I (2) \_\_\_\_\_ (cook) dishes with fish or chicken. After dinner, I usually (3) \_\_\_\_\_ (watch) TV. Then, I (4) \_\_\_\_\_ (go) to bed early.

Today is my birthday. I (5) \_\_\_\_\_ (have) dinner in a restaurant with my friends now. I (6) \_\_\_\_\_ (eat) pizza and salad. There's no TV, so I (7) \_\_\_\_\_ (talk) with my friends. We (8) \_\_\_\_\_ (have) a lot of fun.

## Lesson B Listening

**A 2** Listen to Sofía explain how her grandmother prepares *mole*, a traditional Mexican dish. Put the information in order.

- \_\_\_\_\_ What Sofía thinks of the dish
- \_\_\_\_\_ The ingredients you need to make mole
- \_\_\_\_\_ How Sofía's grandmother feels about cooking
- \_\_\_\_\_ The history of mole
- \_\_\_\_\_ How to make mole



▲ Chicken mole

**B 2** Listen again. Circle **T** for *true* or **F** for *false*. Correct the false sentences.

are many ways

1. There is only one way to make mole.	T	F
2. The word <i>mole</i> comes from a word in the Aztec language.	T	F
3. You can make mole quickly.	T	F
4. Sesame seeds, chocolate, and chilis are some of the ingredients.	T	F
5. People usually use a <i>metate</i> to make mole.	T	F
6. Sofía likes mole.	T	F

**C** Complete the text with the words from the box. One is not needed.

available dish ingredients meal nuts prepare special

Mole is a traditional (1) \_\_\_\_\_ that comes from Puebla, Mexico. You need a lot of (2) \_\_\_\_\_ to (3) \_\_\_\_\_ it, like bananas, chocolate, (4) \_\_\_\_\_, and spices. Some of these ingredients are only (5) \_\_\_\_\_ in Mexico. So, stop and have a (6) \_\_\_\_\_ in Puebla and try mole during your next visit to Mexico. It's delicious.



### WORD FOCUS

To **grind** means to break down solid ingredients into a powder or paste.

◀ A woman uses a *metate* to grind white cacao beans.

## Lesson C Vocabulary and Grammar

## A Match the sentence halves.

1. Grains _____	a. keep our bodies healthy and help us grow.
2. Dairy foods _____	b. is in meat and beans.
3. Fruits _____	c. is something many people put in coffee.
4. Protein _____	d. are made from cow's milk.
5. Vitamins _____	e. grow on trees or plants.
6. Sugar _____	f. are in foods like bread and pasta.

## B Circle the correct word to complete the sentence.

1. A *banana* / *bean* / *carrot* is a type of fruit.
2. You make *pasta* / *nuts* / *cheese* from milk.
3. You can find a lot of vitamins in *pizza* / *spinach* / *coffee*.
4. Canned foods usually have a lot of *vitamins* / *grains* / *salt*.
5. Yogurt and butter are types of *dairy foods* / *grains* / *fruit*.
6. There is a lot of *salt* / *protein* / *sugar* in sweets and cookies.

## C Complete the conversation with the simple past form of the verbs in parentheses.

**John:** Hi Mei, how was your weekend?

**Mei:** Good, thanks! Actually, it was my birthday on Sunday.

**John:** Sorry, I (1) \_\_\_\_\_ (forget)! Happy birthday! What did you do?

**Mei:** We (2) \_\_\_\_\_ (have) a barbecue in the backyard. My dad (3) \_\_\_\_\_ (cook) hamburgers, and my mom (4) \_\_\_\_\_ (make) my favorite dessert: cherry pie. It was delicious, but of course, it was full of sugar.

**John:** I think you can forget your diet when it's a special day like your birthday.

**Mei:** I guess you're right. We were lucky with the weather, too. It didn't rain. A lot of my friends and family (5) \_\_\_\_\_ (come). Some (6) \_\_\_\_\_ (give) me presents. We (7) \_\_\_\_\_ (talk) and (8) \_\_\_\_\_ (listen) to music. It was fun!

**John:** That sounds great!



Ikaria, Greece

## Secrets to a Long Life

- a. Do you want to live a long, healthy life? Then maybe you should take a look at how they live on the Greek island of Ikaria. The island is famous for the long lives of its **residents**. One third of the people there live to be 90 or more, and many live to 100 and beyond. So, what is special about the island of Ikaria?
- b. Exercise is an important part of the Ikarians' daily life. They enjoy outdoor activities, like gardening, and in the evening, they often go dancing. They also walk a lot. Their lives, in general, are relaxed. They often take afternoon **naps** and meet with friends and family.
- c. What Ikarians eat is also interesting: people on the Ikarian diet eat mostly plant-based foods. Their diet is full of green vegetables, beans, and nuts. They also eat a variety of fruits and whole

grains, such as brown rice. But Ikarians are not completely vegetarian. People on the island sometimes eat fish caught locally. They also eat some chicken or pork but only around five times a month.

- d. People on Ikaria also eat very little sugar. It is difficult to stop eating sugar completely because it is in fruits, vegetables, and even milk. But Ikarians often **avoid** eating foods with added sugar, like cookies and candy. Instead, they snack on nuts, seeds, and fruit. Why not try the Ikarian diet and see how it changes your life?

**residents** people who live in a place

**naps** short times of sleep

**avoid** stay away from; choose not to do something

**A** Read the article. Write the letter of each paragraph next to the question it answers.

- \_\_\_\_\_ 1. What activities do Ikarians enjoy doing?
- \_\_\_\_\_ 2. What don't people eat very often on the Ikarian diet?
- \_\_\_\_\_ 3. What do people eat on the Ikarian diet?
- \_\_\_\_\_ 4. Where do many people enjoy long, healthy lives?

**B** Read the article again. Circle **T** for *true*, **F** for *false*, or **NI** for *no information* (if the answer is not in the reading).

1. On Ikaria, women live longer than men.	T	F	NI
2. All Ikarians live to be 90.	T	F	NI
3. Ikarians like exercising outside.	T	F	NI
4. People on Ikaria have stressful lives.	T	F	NI
5. Ikarians eat many types of fruit.	T	F	NI
6. All people on Ikaria are vegetarian.	T	F	NI
7. Ikarians often snack between meals.	T	F	NI

## Lesson E Writing

**A** Look back at the reading text. Which of the statements are main ideas (MI), and which are supporting details (SD)?

1. People on the Ikarian diet eat mostly plant-based foods.	MI	SD
2. They also eat a variety of fruits and whole grains, such as brown rice.	MI	SD
3. Instead, they snack on nuts, seeds, and fruit.	MI	SD
4. People on Ikaria eat very little sugar.	MI	SD
5. Ikarians often avoid eating foods with added sugar, like cookies and candy.	MI	SD

**B** Match the supporting details (a–f) to the correct main idea.

1. When you travel, it's important to try the local food.

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2. For me, there is nothing better than cooking.

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- a. I find it relaxing.
- b. Every country has its own special dishes and flavors.
- c. Some foods are only available in certain places.
- d. I love creating new dishes and flavors.
- e. A country's history is in its traditional dishes.
- f. I remember my mom when I prepare her recipes.



▲ *Paella*, a traditional Spanish rice dish often made with seafood

**C** Complete the paragraph with connectors from the box. Use each one only once.

because    for example    in addition    so

### WRITING NOTE

It is helpful for your reader if you use connectors and transition words to link your supporting details.

In my opinion, when you eat out, more expensive doesn't always mean better. (1) \_\_\_\_\_, I have had some great meals in places where I paid very little, like the small Spanish restaurant near my house. (2) \_\_\_\_\_, I think the best dish I have ever had was from a food truck on the street. (3) \_\_\_\_\_, if it's flavor you want, forget the prices and listen to recommendations from people you know (4) \_\_\_\_\_ you might be surprised.

## Review

## A Match the sentence halves.

\_\_\_\_\_ 1. You can buy fresh fruits and vegetables at farmers' \_\_\_\_\_ a. meal of the day.  
 \_\_\_\_\_ 2. It's not a good idea to eat foods with a lot of \_\_\_\_\_ b. ingredients.  
 \_\_\_\_\_ 3. Not all foods are \_\_\_\_\_ c. markets.  
 \_\_\_\_\_ 4. Grains, proteins, and vegetables are all part of a healthy \_\_\_\_\_ d. available in every country.  
 \_\_\_\_\_ 5. Some people recommend breakfast as the biggest \_\_\_\_\_ e. sugar.  
 \_\_\_\_\_ 6. Before cooking a dish, make sure you have all the \_\_\_\_\_ f. diet.

## B Circle the correct words to complete the paragraph.

In every country, the (1) *meals* / *crops* farmers grow depend on the climate. For example, rice is an important (2) *vitamin* / *grain* in Malaysia because the climate is (3) *warm and wet* / *hot and dry*, and rice (4) *grows* / *is growing* well in water. So, Malaysians usually (5) *eat* / *are eating* rice every day, but they (6) *prepare* / *prepared* it in a variety of ways.

## C Write the verb in the simple present, present continuous, or simple past.

1. I usually \_\_\_\_\_ (eat) cereal for breakfast. 4. Yesterday, I \_\_\_\_\_ (have) dinner with Jie.  
 2. Last month, I \_\_\_\_\_ (travel) to Peru. 5. Normally, my dad \_\_\_\_\_ (do) the shopping.  
 3. Right now, I \_\_\_\_\_ (watch) TV. 6. Mom \_\_\_\_\_ (make) the soup now.

## D Complete the conversation with the simple present, present continuous, or simple past form of the verbs in the box. Use each verb only once.

**Anya:** Hi Kamal, what are you eating?

come learn love prepare show teach

**Kamal:** It's *dal makhani*, a traditional Indian dish.

**Anya:** Did you cook it?

**Kamal:** No, my mom (1) \_\_\_\_\_ it.

**Anya:** Ah, but do you know how to make it?

**Kamal:** Actually, I (2) \_\_\_\_\_. My grandmother (3) \_\_\_\_\_ my mom how to make it years ago, and now my mom (4) \_\_\_\_\_ me. Would you like to try some?

**Anya:** Yes, please. It looks delicious!



dal makhani

**Kamal:** It's my favorite Indian dish. My family (5) \_\_\_\_\_ from Northern India. Everyone (6) \_\_\_\_\_ dal makhani there. It's really popular.

**Anya:** I can see why!