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1A

Eating in...and out

G present simple and continuous, action and non-action verbs

V food and cooking

P short and long vowel sounds

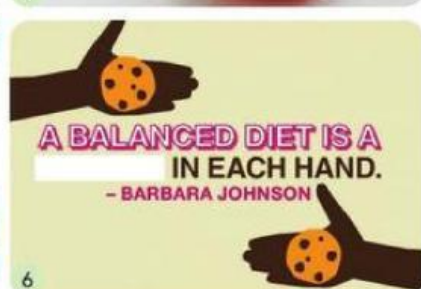
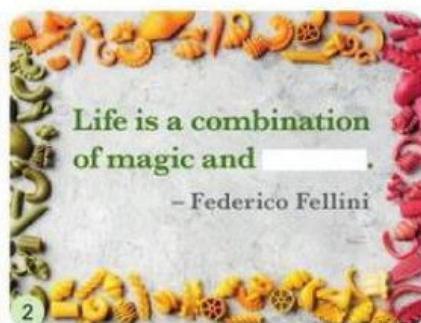
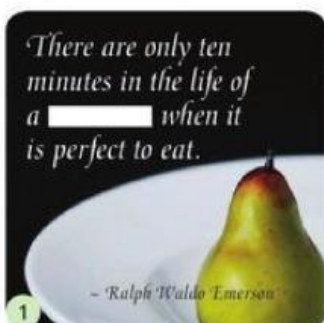
Do you eat a lot of red meat?

Yes, but I'm trying to cut down.

1 VOCABULARY food and cooking

- a Look at some quotes about food from Pinterest. Complete the gaps with a word or phrase from the list.

cake cookie fruit salad onions pasta pear tomato



- b Which quote do you like best? Compare with a partner.
- c **V p.152 Vocabulary Bank Food and cooking**
- d Look at some common adjectives to describe food. What kind of food do we often use them with?

fresh /'freʃ/ frozen /'frəʊzn/ hot /'spɪsi/ low-fat /ləʊ 'fæt/ raw /rɔ:/ tinned /'tɪnd/

- e **1.5** Listen to six conversations. Write the food phrase you hear for each adjective in d.

1 raw beetroot

2 PRONUNCIATION

short and long vowel sounds

- a Look at the eight sound pictures. What are the words and sounds? What part of the symbol tells you that a sound is long?



- b **1.6** Match a phrase to each sound. Then listen and check.

crab salad	a good cook
grilled squid	hot sausages
a jar of raspberry jam	raw pork
steamed green beans	tuna with beetroot

3 LISTENING & SPEAKING

- a Read the *Your food profile* questionnaire. What do you think the **bold** words and phrases mean?

Your food profile

- What's your favourite...?
a snack b **pizza topping**
c sandwich **filling**
- Do you ever have...?
a **ready-made** food
b **takeaway** food
c very hot / spicy food
Give examples.
- Are you **allergic** or **intolerant** to any food? How long have you had the problem?
- 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
- When you're away from home, is there any food or drink that you really **miss**?
- Is there any food or drink that you couldn't live without? How often do you eat / drink it?

- 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 Emma	Rob
Sarah	James
John	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?

4 READING

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

get up	have lunch
have breakfast	have dinner
do exercise	go to bed
have a coffee	

- b Read the article once. Do you or your partner do any of the things in a at the times the article recommends?
- c Read the article again. Answer the questions with a partner.
- Why is it important to have breakfast every day when you're a teenager?
 - What effect does caffeine have on us if we drink it between 2.00 and 5.00 p.m.?
 - What's the difference between having steak and chips for lunch and having it for dinner?
 - Why should an early evening meal be 'delicious'?
 - What's the best physical activity to do
 - early in the morning,
 - in the afternoon?
 - Why does the body produce melatonin?
- 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 br _____ |
| 2 st _____ | 5 mu _____ |
| 3 li _____ | 6 lu _____ |
- e Answer the questions with a partner.
- Do you believe all the information in this article? Why (not)? Give examples from your own experience.
 - Would you consider changing any of your habits based on this information?

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 carried out by the University of Sheffield a few years ago.

Have lunch between 12.00 and 2.00

This is when our body digests food best, because this is when the stomach produces 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. And if you want a small glass of wine, have it before dinner, as 6.30 is when the liver is most efficient at dealing with alcohol.

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 best.
- Weightlifting sessions are best done at midday – that's when your muscles are strongest.
- The best time to run or cycle 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.



present simple and continuous, action and non-action verbs

present simple: *I live, he works, etc.*

- 1 I live in London. She **works** in a restaurant. 1.11
We **don't eat** meat. Jack **doesn't wear** glasses.
Where **do you live**? Does the supermarket **open** on Sundays?
- 2 She usually **has** cereal for breakfast.
I'm never late for work.
We only **eat out** about once a month.

- 1 We use the present simple for things that are always true, or happen regularly.
- Remember the spelling rules for third person singular, e.g. *lives, studies, watches*.
 - Use **ASI** (Auxiliary, Subject, Infinitive) or **QuASI** (Question word, Auxiliary, Subject, Infinitive) to help you with word order in questions. *Do you know David? What time does the film start?*
- 2 We often use the present simple with adverbs of frequency, e.g. *usually, never*, or expressions of frequency, e.g. *every day, once a week*.
- Adverbs of frequency go **before** the main verb and **after** *be*.
 - Expressions of frequency usually go at the end of the sentence or verb phrase.

present continuous: *be + verb + -ing*

- A Is your sister still **going out** with Adam? 1.12
B No, they **broke up**. She **isn't going out** with anyone now.
The phone's **ringing**. Can you answer it?
House prices **are going up** very fast at the moment.

- We use the present continuous (**NOT** the present simple) for actions in progress at the time of speaking, e.g. things that are happening now or around now. These are normally temporary, not habitual, actions.
- Remember the spelling rules, e.g. *living, studying, getting*.
- We also use the present continuous for future arrangements (see 1B).

action and non-action verbs

- A What are you **looking for**? 1.13
B My car keys.
A I'll help you in a moment.
B But I **need** them now!
A What **are you cooking**? It **smells** delicious.
B I'm **making** pasta.
A Great! I **love** pasta.

- Verbs which describe **actions**, e.g. *cook, make*, can be used in the present simple or continuous. *I'm **making** lunch. I usually **make** lunch at the weekend.*
- Verbs which describe **states** or **feelings** (**NOT** actions), e.g. *be, need, love*, are **non-action verbs**. They are not usually used in the present continuous, even if we mean 'now'.
- Common non-action verbs are *agree, be, believe, belong, depend, forget, hate, hear, know, like, love, matter, mean, need, prefer, realize, recognize, remember, seem, suppose, want*.
- Verbs of the senses are normally also non-action, e.g. *look, smell, taste, and sound*.

Verbs that can be both action and non-action

A few verbs have an action and a non-action meaning, e.g. *have* and *think*.

*I can't talk now. I'm **having** lunch.* = action (*have lunch*)

*I **have** a cat now.* = non-action (possession)

*What are you **thinking** about?* = action (*think about sth*)

*I **think** this music's great.* = non-action (opinion)

- a Circle the correct form, present simple or continuous.

I don't believe / I'm not believing that you cooked this meal yourself.

- Come on, let's order. The waiter *comes* / *is coming*.
- Kate *doesn't want* / *isn't wanting* to have dinner now. She isn't hungry.
- The head chef is ill, so he *doesn't work* / *isn't working* today.
- The bill *seems* / *is seeming* very expensive to me.
- We've had an argument and now we *don't speak* / *aren't speaking* to each other.
- My mum *thinks* / *is thinking* my diet is awful these days.
- Do we need* / *Are we needing* to go shopping today?
- Can I call you back? I *have* / *I'm having* lunch right now.
- I didn't use to like oily fish, but now I *love* / *I'm loving* it!
- Your cake is wonderful! It *tastes* / *is tasting* like one my mother used to make.

- b Complete with the present simple or present continuous forms of the verbs in brackets.

We don't go to Chinese restaurants very often. (not go)

- I _____ high cholesterol so I never _____ fried food. (have, eat)
- _____ you _____ any vitamins at the moment? (take)
- Don't eat the spinach if you _____ it. (not like)
- _____ your boyfriend _____ how to cook fish? (know)
- We _____ takeaway pizzas once a week. (order)
- What _____ your mother _____? It _____ delicious! (make, smell)
- You look sad. What _____ you _____ about? (think)
- I _____ the diet in my country _____ worse. (think, get)
- How often _____ you _____ seafood? (have)
- I _____ usually _____ red meat. (not cook)

+ p.8

future forms: present continuous, *be going to*, *will* / *won't*

be going to + infinitive

future plans and intentions

1.16

My sister's **going to adopt** a child.

Are you **going to buy** a new car or a second-hand one?

I'm **not going to go** home for the holidays. It's too far.

predictions

1.17

Barcelona **are going to win**. They're playing really well.

Look at those black clouds. I think it's **going to rain**.

- We use *be going to* (**NOT** *will* / *won't*) when we have already decided to do something. **NOT** *My sister will adopt a child.*
- We also use *be going to* to make a prediction about the future, especially when we have some evidence (e.g. *we can see black clouds*).

present continuous: *be* + verb + *-ing*

future arrangements

1.18

Lorna and Jamie **are getting** married in October.

We're **meeting** at 10.00 tomorrow in Richard's office.

Jane's **leaving** on Friday and **coming back** next Tuesday.

- We often use the present continuous for future arrangements.
- There is very little difference between the present continuous and *be going to* for future plans / arrangements and often you can use either.
 - be going to* shows that you have made a decision.
We're going to get married next year.
 - the present continuous emphasizes that you have made the arrangements.
We're getting married on October 12th. (= we've booked the church)
- We often use the present continuous with verbs relating to travel arrangements, e.g. *go*, *come*, *arrive*, *leave*, etc.
He's arriving tomorrow and leaving on Thursday.

will / *shall* + infinitive



instant decisions, promises, offers, predictions, future facts, suggestions

1.19

- I'll **have** the steak. (instant decision)
I **won't tell** anybody where you are. (promise)
I'll **carry** that bag for you. (offer)
You'll **love** New York! (prediction)
Next year Christmas Day **will be** on a Thursday. (future fact)
- Shall I help** you with your homework? (offer)
Shall we eat out tonight? (suggestion)

- We use *will* / *won't* (**NOT** the present simple) for instant decisions, promises, and offers. **NOT** *I carry that bag for you.*
 - We can also use *will* / *won't* for predictions, e.g. *I think Barcelona will win*, and to talk about future facts, e.g. *The election will be on 1st March.*
- We use *shall* (**NOT** *will*) with *I* and *we* for offers and suggestions when they are questions.

a Circle the correct form. Tick (✓) the sentence if both are possible.

The exam will be / is being on the last Friday of term.

- Will / Shall we invite your parents for Sunday lunch?
- A It's Alice's birthday tomorrow.
B Oh, really? I 'm making / 'll make a cake.
- I 'm not having / 'm not going to have dinner with my family tonight.
- Are you going to go / Will you go to Jo's party next weekend?
- You can trust me. I 'm not telling / won't tell anyone what you told me.
- A What are you doing on Sunday?
B We 're visiting / 'll visit my grandparents.
- I think the birth rate will go down / is going down in my country in the next few years.
- My grandfather is going to retire / retiring at the end of the month.
- Shall / Will I help you with the washing-up?

b Complete B's responses with a correct future form.

- What's your mother going to do about her car?
 - She's going to buy a second-hand one. (buy)
- A I'm going to miss you. Please stay in touch.
B I promise I _____ every day. (phone)
 - A What are Alan's plans for the future?
B He _____ a degree in engineering. (do)
 - A Can I see you tonight?
B No, I _____ late. Maybe Saturday? (work)
 - A Are you ready to order?
B Yes, I _____ the prawns, please. (have)
 - A There's nothing in the fridge.
B OK. _____ we _____ a takeaway? (get)
 - A I don't have any money, so I can't go out.
B No problem, I _____ you some. (lend)
 - A Shall we have a barbecue tomorrow?
B No, the weather forecast says it _____. (rain)
 - A We land at about 8.00.
B _____ I _____ you up from the airport? (pick)

+ p.11

Food and cooking

1 FOOD

a Match the words and photos.

Fish and seafood

- 1 crab /kræb/
- lobster /'lɒbstə/
- mussels /'mʌslz/
- prawns /praʊnz/
- salmon /'sæmən/
- squid /skwɪd/
- tuna /'tjuːnə/

Meat

- beef /biːf/
- chicken /'tʃɪkɪn/
- duck /dʌk/
- lamb /læm/
- pork /pɔːk/

Fruit and vegetables

- aubergine /'aʊbəʒiːn/ (AmE eggplant)
- avocado /,ævə'kʊːdəʊ/
- beetroot /'biːtruːt/
- cabbage /'kæbɪdʒ/
- cherries /'tʃeriz/
- courgette /kə'ret/ (AmE zucchini)
- cucumber /'kjuːkʌmbə/
- grapes /greɪps/
- green beans /grɪn 'biːnz/
- lemon /'lemən/
- mango /'mæŋɡəʊ/
- melon /'melən/
- peach /piːtʃ/
- pear /peə/
- raspberries /'ræzbəriz/
- red pepper /red 'pepə/

b 1.2 Listen and check.

ACTIVATION Talk to a partner. Are there any things in the list that you...?

- a love
- b hate
- c have never eaten

Are there any other kinds of fish, meat, fruit, or vegetables that are very common in your country?



2 COOKING

a Match the words and photos.



- baked /beɪkt/
- boiled /bɔɪld/
- 1 fried /fraɪd/
- grilled /grɪld/
- roast /rəʊst/
- steamed /steɪmd/

b 1.3 Listen and check.

ACTIVATION Talk to a partner. How do you prefer these things to be cooked?

chicken eggs fish potatoes

3 PHRASAL VERBS

a Complete the phrasal verbs with a word from the list.

down on out (x2)

- 1 I eat _____ a lot because I often don't have time to cook. Luckily, there are lots of good restaurants near where I live.
- 2 I'm trying to cut _____ coffee at the moment. I'm only having one cup at breakfast.
- 3 The doctor told me that I should completely cut _____ all cheese and dairy products from my diet.

b 1.4 Listen and check.

➔ p.6