

# Lesson 4A

GRAMMAR | adverbs of frequency  
VOCABULARY | food and drink  
PRONUNCIATION | word stress

## VOCABULARY

### food and drink

1 A Match the food and drink in the box with the photos (A–H).

bread a carrot cheese fruit juice  
an orange pasta steak a tomato

A



E



B



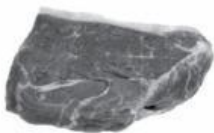
F



C



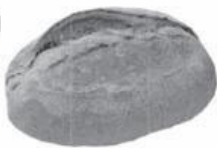
G



D



H



B Complete the table with the food and drink from Ex 1A.

fruit	vegetables	meat	drinks	other
an orange	a carrot	steak	fruit juice	pasta
.....	.....	.....	.....	.....
.....	.....	.....	.....	.....
.....	.....	.....	.....	.....

C Complete the table in Ex 1B with the words in the box.

an apple a banana beef cereal chicken an egg  
fish milk a mushroom a potato rice a sandwich

D Choose the correct alternative.

- 1 An orange / A banana / A carrot is a yellow fruit.
- 2 Cheese / Chicken / Bread is a meat.
- 3 A tomato / banana / mushroom is red.
- 4 Mushrooms and carrots are fruit / vegetables / meat.
- 5 We make sandwiches with bread / pasta / rice.
- 6 Milk / Orange juice / Water is white.

2 A Complete the food words in the text.

For breakfast, I usually have <sup>1</sup>r..... with  
<sup>2</sup>e.....s and vegetables, often <sup>3</sup>c.....s  
and <sup>4</sup>m.....s. Sometimes I have a cheese  
<sup>5</sup>s..... from a café. I don't often eat fruit for  
breakfast, but sometimes I eat an <sup>6</sup>a..... or a  
<sup>7</sup>b..... I drink water and I always have a cup of  
<sup>8</sup>c......

B 4.01 Listen and check your answers.

## PRONUNCIATION

3 A 4.02 word stress Listen and underline the stressed syllables.

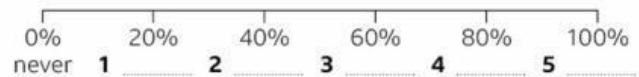
- |          |            |             |
|----------|------------|-------------|
| 1 apple  | 5 cheese   | 9 pasta     |
| 2 banana | 6 chicken  | 10 potato   |
| 3 beef   | 7 mushroom | 11 sandwich |
| 4 bread  | 8 orange   | 12 tomato   |

B 4.02 Listen again and repeat.

## GRAMMAR

### adverbs of frequency

4 A Put the adverbs of frequency in order.



always often not often sometimes usually

B Choose the correct alternative.

- 1 I don't often / never eat meat or fish. (0%)
- 2 We always / usually have dinner at home. (80%)
- 3 You always / usually have a cheese sandwich for lunch! (100%)
- 4 We often / sometimes have eggs for breakfast on Sunday. (60%)
- 5 My children don't often / often eat chocolate. (20%)
- 6 They sometimes / usually eat pasta for lunch. (40%)

C Put the words in the correct order to make sentences.

- 1 often / fruit juice / I / drink .
- 2 I / mushrooms / never / eat .
- 3 cereal / you / Do / usually / breakfast / have / for ?
- 4 fruit / eat / My parents / often / don't .
- 5 always / don't / eggs / eat / Saturday / I / on .
- 6 you / often / rice / have / for / lunch / Do ?
- 7 for / sometimes / Ren and Aoi / chicken / dinner / have .
- 8 always / two / have / in the morning / I / cups of coffee .

**D** The sentences below have a mistake. Choose the best option to correct the mistake.

- My family have dinner always at 8 o'clock.  
a have always dinner    b always have dinner  
c always dinner have
- Never I eat meat or cheese.  
a I eat never    b I don't never eat    c I never eat
- They aren't often have bread for breakfast.  
a They don't often    b They not often  
c They often not
- A: Do you usually have cereal for breakfast?  
B: Yes, I usually.  
a Yes, I do have    b Yes, I usually have    c Yes, I do

## LISTENING

**5A** Read the information. Are the statements True (T) or False (F)?

**Food and Friends**

The number-one podcast about what people eat. In this episode, we talk to Adriana Carvalho, a 27-year-old surfer from Brazil.

Share

- Food and Friends* is a TV programme.
- Adriana Carvalho is a swimmer.
- She is Brazilian.

**B** **4.03** | Listen to the podcast. Number the food and drink in the order that you hear them (1–8).

- |           |          |         |
|-----------|----------|---------|
| a cereal  | d fish   | g rice  |
| b chicken | e orange | h steak |
| c coffee  | f pasta  |         |

**C** **4.03** | Listen again. Choose the correct alternative.

- I eat / **don't eat** a lot of fish.
- I **always** / **usually** have cereal for breakfast.
- On **Saturdays** / **Sundays** I have Brazilian cheese bread for breakfast.
- I always have a cup of **tea** / **coffee** in the morning.
- I usually have pasta with vegetables and **cheese** / **chicken** for lunch.
- I **always** / **sometimes** have apple juice with lunch.
- I always have dinner with my **friends** / **family**.
- My favourite food is **steak** / **fish** with tomatoes.

## WRITING

**write an email to a friend**

**6A** Read the email and choose the correct answer (a–c).

- What is Lisa's news?  
a She has a new apartment  
b She has a new job  
c She's on holiday in Italy
- Where is Eric?  
a Italy  
b the USA  
c Japan

**B** Complete the email with the words in the box.

hey love questions speak usually well

1 ..... Eric,

How are you? I'm very 2 ..... and I have some news. I have a new job, in Italy! I'm in Naples now. It's beautiful here.

How is Japan? I have lots of 3 .....! First, are you in Tokyo? Do you have a job? Is your apartment nice? Is the food good? What do you 4 ..... eat?

5 ..... soon!

6 ..... , Lisa

**C** Put the parts of Eric's email to Lisa (A–F) in the correct order (1–6).

- A** Speak soon,
- B** The food here is very good. I eat lots of rice and noodles with vegetables. I usually eat chicken or fish, but I don't eat any cheese. My favourite thing is green tea. I drink lots of tea every day! How's the food in Naples? Do you like Italian food?
- C** Japan is great! I love it! I'm not in Tokyo, I'm in Osaka. I have a job in an English book shop. My apartment is small, but it's very nice.
- D** Hi Lisa,
- E** Eric
- F** I'm very well, thanks. It's great news about your new job!

**7** Write an email to a friend in another country. In your email:

- ask how they are,
- give them some news,
- ask about what they usually eat.

Write 50–80 words.