

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 ¹r_____ with ²e_____s and vegetables, often ³c_____s and ⁴m_____s. Sometimes I have a cheese ⁵s_____ from a café. I don't often eat fruit for breakfast, but sometimes I eat an ⁶a_____ or a ⁷b_____. I drink water and I always have a cup of ⁸c_____.

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.

- 1 My family have dinner always at 8 o'clock.
a have always dinner b always have dinner
c always dinner have
- 2 Never I eat meat or cheese.
a I eat never b I don't never eat c I never eat
- 3 They aren't often have bread for breakfast.
a They don't often b They not often
c They often not
- 4 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

5 A 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.



1  Listen

Share

- 1 *Food and Friends* is a TV programme.
- 2 Adriana Carvalho is a swimmer.
- 3 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.

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

WRITING

write an email to a friend

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

- 1 What is Lisa's news?
a She has a new apartment
b She has a new job
c She's on holiday in Italy
- 2 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

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.