

UNIT /04: FOOD AND DRINK

READING

IN THIS UNIT YOU WILL LEARN HOW TO

- locate and match information from a text
- complete gapped sentences
- correct common errors in the use of countable/uncountable nouns
- use *some*, *any*, *much* and *many*.

LEAD-IN

- 01** Find the foods in the pictures and then put the food words into the correct column: countable or uncountable.

burger cereal chips curry fish mashed potato
chicken noodle rice salad toast vegetable

Examples: *Apple* is a countable noun – we can say *three apples*.
Bread is an uncountable noun – we can't say *three breads*.



Countable	Uncountable

- 02** Answer the questions.

- 1 Which of the foods above do you eat regularly?
- 2 Which do you like/dislike?
- 3 What foods are typical of your country?

LOCATING INFORMATION IN A TEXT

03 Read the text in one minute. Then cover it and tell your partner what you can remember.



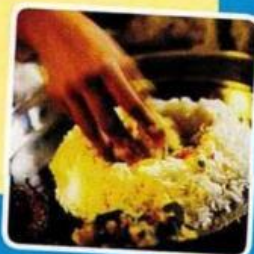
FOOD CULTURE SHOCK



A CHARLES

You would think that eating with your fingers would be easy. In the US, there are only certain things you can eat with your fingers, like burgers, for example, and that's easy enough. When I went to South India, though, I realised that it is a whole new skill to learn to eat rice and curry with your fingers. You have to mix the curries together and with the rice and form a 'ball'. Daal* is particularly helpful as a kind of glue. You use your fingertips, never the palm of your hand, and use your thumb to pop it into your mouth. I thought I knew where my mouth was, but my first few attempts were a disaster. There was food everywhere!

*Daal is a lentil curry widely eaten in the Indian subcontinent.



B ALFREDO

For me, when I travel, the 'fast food' culture always shocks me. I can't believe there are people in the world who live on 'junk food' like burgers and just grab a sandwich for lunch. Back home, food is very important to us. We cook fresh food for lunch and dinner and sit down and eat as a family at least once a day, twice at weekends. A lot of people grow their own vegetables and keep chickens. Food is part of your identity, so what are you saying about yourself when you eat some rubbish which contains chemicals and goodness knows what else? The worst thing I have seen on my travels is a baby being given a fizzy drink in a bottle. That really shocked me!



D PAULINE

Being a vegetarian is so easy here in the UK that we forget that not everyone in the world understands vegetarianism. For vegans the situation is even more difficult. Probably the best place I've been to is India, as everything is divided into 'veg' or 'non veg' so you know exactly what you're getting. In many countries, they don't even realise that there is a concept of not eating meat for ethical reasons. In many parts of the world, meat equates to prosperity, so the idea of going out for a meal and not having meat is alien to them. I have travelled to places where, as a vegetarian, all I have been able to eat is salad, fruit and chips. I'm glad to get home where we have special vegetarian products.



C QIANG SHI

I enjoy trying food from different countries, but what interests me more is the culture and habits surrounding food and eating. In China, when we go to a restaurant with colleagues, when we are offered something, we say 'No thanks', even though we want it, because the person will definitely repeat the offer. In other countries, though, 'no' means 'no', so if you are just trying to be polite and don't take it the first time, you will end up with nothing! To me, it feels wrong to take something the first time it is offered, so it took me a while to get used to that when I travel abroad.



E AILEEN

I think breakfast is the meal where food culture shock really hits you. In Australia, there are certain foods you eat for breakfast and certain foods you don't. We usually eat cereal or toast, maybe yoghurt and fruit. We would never eat chicken or vegetables. But when I travelled in Asia, I realised that in many places, there is no difference between breakfast and dinner: rice, curry, noodles, soup, steamed vegetables and fish all appeared at breakfast. Even though I love all those things, I just can't face them at breakfast!

04 Quickly find the following information in the text.

- 1 a food that can be used as a 'glue' _____
- 2 a meat not usually eaten for breakfast In Australia _____
- 3 a country where 'no' doesn't always mean 'no' _____
- 4 an example of a 'junk food' _____
- 5 a country which is easy for vegetarians _____
- 6 a food eaten with fingers in the US _____



Some questions require you to find very specific information quickly. This exercise will help you practise this skill.



Paraphrase

To answer some questions, you need to recognise paraphrase.

Question: Who is concerned about healthy eating?

Answer: Alfredo.

Paragraph B doesn't use the phrase 'healthy eating' but these clues help us find the answer:

... the 'fast food' culture always shocks me.

... what are you saying about yourself when you eat some rubbish which contains chemicals ...?

The worst thing I have seen ... is a baby being given a fizzy drink.

05 Match questions 1–6 with the evidence a–f.

Who:

- 1 realised that some people eat the same dishes for different meals?
 - 2 dislikes the takeaway culture?
 - 3 discusses travelling for people on a special diet?
 - 4 talks about what is considered polite in different cultures?
 - 5 found it difficult to learn a new way of eating?
 - 6 talks about producing your own food?
- a ... we forget that not everyone in the world understands vegetarianism.
- b I thought I knew where my mouth was, but my first few attempts were a disaster. There was food everywhere!
- c A lot of people grow their own vegetables and keep chickens.
- d I can't believe there are people in the world who live on 'junk food'
- e In China, when we are offered something, we say 'No thanks' ... In other countries, though, 'no' means no'
- f But when I travelled in Asia, I realised that in many places, there is no difference between breakfast and dinner



SENTENCE COMPLETION

06 Complete these sentences using a word from the text.

- 1 In China, if you refuse food, the host will usually _____ the offer.
- 2 For Alfredo, food plays an important role in a person's _____.
- 3 In India, you should not use your _____ when eating.
- 4 In some countries, eating meat represents _____.
- 5 In many places in _____, there is no difference between foods eaten for breakfast and dinner.



Being able to locate information quickly will help you in questions where you need to find a suitable word to complete a sentence.

GRAMMAR FOCUS: COUNTABLE AND UNCOUNTABLE NOUNS

07 Correct the errors in these sentences.

- 1 Fresh fruit are healthy and we should eat them every day.
- 2 Chips cooked in the oven is healthier than fried chips.
- 3 The burgers and the pizza are the cheapest foods you can buy.
- 4 In the India it is easy to find the vegetarian food.
- 5 My favourite food is chickens.

08 Complete the sentences with *some*, *any*, *much* or *many*.

- 1 There are _____ mushrooms in the fridge.
- 2 Are _____ people vegetarian in your country?
- 3 I don't put _____ sugar in my tea – just half a spoonful.
- 4 Do we have _____ flour left?
- 5 Can I have _____ more cake, please?
- 6 How _____ rice do you eat every week?



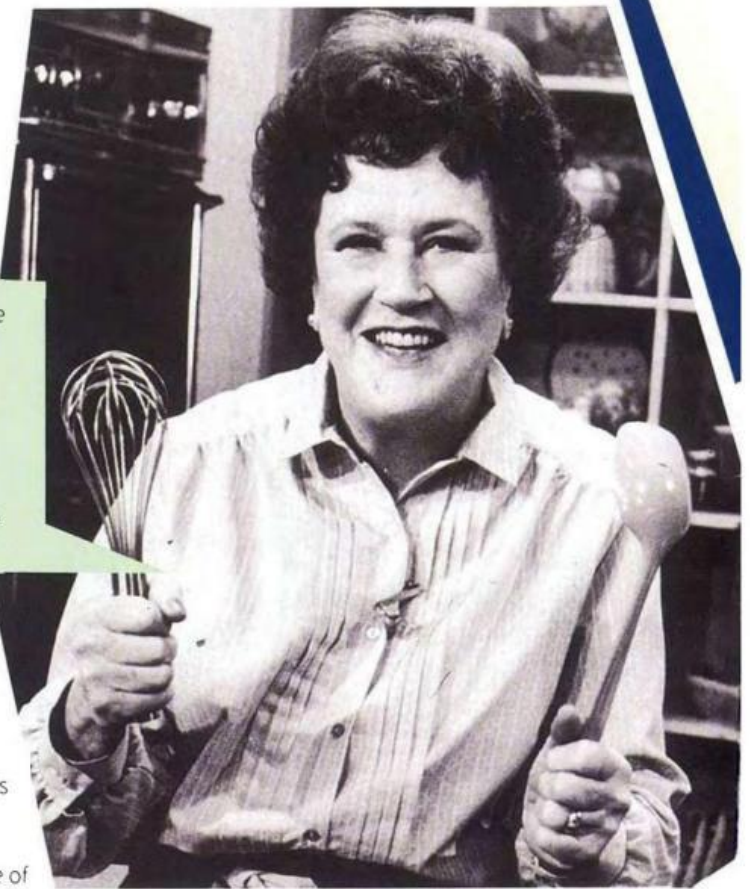
EXAM SKILLS

FOOD TV: education or entertainment?

A Shows about cookery have become more and more popular all over the world. But what are the reasons for this, and does it make us cook more? In the UK, BBC viewers complained to the programme *Points of View* that there were too many cookery shows on TV. In one week, the BBC showed 21 hours of cookery. When shows on other channels were included, this came to an amazing 434.5 hours of food TV.

B In the past, TV cookery shows were there to teach people how to cook. One of the first famous TV cooks, Julia Child, was American. She began her career as a cook when, in 1948, she moved to Paris and learnt to cook sophisticated French cuisine because her husband loved good food. On her return home, she published a collection of French recipes made simple, for ordinary American housewives to use, which was an instant success. She was invited to do a TV show, where her humour and strong personality soon won her great fame.

C Nowadays TV chefs are famous for all sorts of different reasons. Gordon Ramsay, for example, is an interesting TV chef. He is famous for having a bad temper and using foul language. In his TV show, *Hell's Kitchen*, he shouts at his staff when they make mistakes because he wants all the food at his restaurants to be perfect. He has many restaurants in different countries. Jamie Oliver is a good-looking, working-class boy who made healthy eating fashionable. He believes children should eat healthy food and he worked with the government to make school meals healthier. His style of cooking is quick, easy and fun.



D There are some famous pairs of TV cooks as well. The Hairy Bikers are a pair of chefs who have beards and ride motorbikes. They travel around to different places and cook there. They were both fat but then did a series of shows on how to cook diet food and both lost weight. Another famous pair was the Two Fat Ladies. They cooked unhealthy food using lots of fat and they didn't care about healthy eating. They also rode a motorbike.

E The introduction of a competitive element to many cookery shows reminds us that food TV is more entertainment than education these days. Many of us love shows like *Masterchef*, where a contestant is eliminated on every show. The personalities of both the contestants and the judges are far more important than the cookery. In a popular competitive show called *The Great British Bake-Off*, there was a 'nice judge', Mary Berry, and a 'nasty judge', Paul Hollywood.



09 Read the article about Food TV. Which paragraphs contain the following information? Write the correct letter, A-F.

[NB You may use any letter more than once.]

- 1 The cooking show that affects people most
- 2 A TV chef who was first famous as an author
- 3 The number of food shows on TV
- 4 The role of cookery shows for enjoyment rather than learning
- 5 Why children should be taught to cook at school
- 6 Research about the amount of time people cook
- 7 Examples of famous cookery partners

10 Look at the following descriptions (1-7) and the list of famous chefs. Match each description with the correct chef, A-F.

[NB You may use any letter more than once.]

- 1 Changed the style of cooking on some of their programmes
- 2 One of the first TV chefs
- 3 Helped to get children eating healthy food
- 4 The kinder of two judges
- 5 Cooked food that was not very good for you
- 6 Is very rude to the kitchen workers
- 7 Showed people that cooking foreign dishes need not be difficult

- A Mary Berry
- B Jamie Oliver
- C The Hairy Bikers
- D Gordon Ramsay
- E Julia Child
- F Two Fat Ladies



F We know that cooking at home is better for us than eating ready-made or takeaway meals. However, the fact that there is more cookery on TV doesn't necessarily mean people cook more. Different studies have produced different results, but most agree that people generally spend less time cooking than they did in the past. Certain cookery shows influence viewers more than others. One study found that the most influential show was Jamie Oliver's *15 Minute Meals*, which influenced 21% of viewers. This may be because his method is to cook quick, simple, healthy meals rather than 'restaurant-style' food.

G It seems, though, that teaching children to cook at home and at school has much more influence on healthy eating than watching TV programmes on cooking. Grandparents have an important role to play because they may have more time – and experience – than parents. Cooking with family members on a regular basis and making food preparation part of the school curriculum is likely to ensure that children become adults who can and do cook.

