WORKBOOK UNIT 6 TN2
Lesson1 and 2

UNIT 6 Eating Well — PREVIEW

1 Look at the Healthy Diet Plate. Then read the statements. Check true or false.



	true	false
1. You should eat 3 servings per day of carbohydrates.	☐	☐
2. You should eat more vegetables than fruit.	☐	☐
3. You should avoid breads and grains.	☐	☐
4. Dairy products are a good source of fiber.	☐	☐
5. You should eat fruit for carbohydrates.	☐	☐
6. Exercise is an important part of a healthy life.	☐	☐

2 Rewrite the false statements in Exercise 1 to make them true.

3 Complete the statements with phrases from the box.

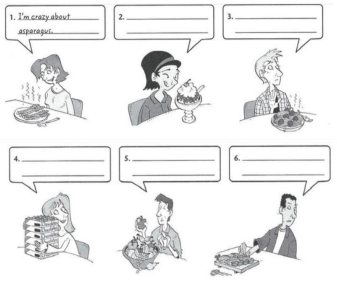
I'd better pass	I have no idea	I'm watching my weight
I have to admit	I couldn't resist	

1. I'm on a low-fat diet because _____.
2. The pasta looks delicious, but _____ I'm on the Atkins diet.
3. I usually avoid animal products, but _____ the ice cream they served for dessert. I just had to have it!
4. _____ how much fat is in this cheeseburger—and I don't want to know. I just want to enjoy it!
5. Eating a low-fat, high-fiber diet hasn't been easy, but _____ I look and feel better as a result.

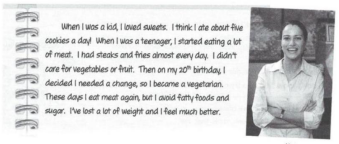
LESSON 1

4 Look at the pictures. What do you think the people are saying? Write sentences about the people and their food passions. Use the words and phrases from the box.

addict	big ____ eater	can't stand	~~crazy about~~	don't care for	love



5 Read about Kate's food passions. Then complete each sentence with used to or didn't use to and the verb.



When I was a kid, I loved sweets. I think I ate about five cookies a day! When I was a teenager, I started eating a lot of meat. I had steaks and fries almost every day. I didn't care for vegetables or fruit. Then on my 20th birthday, I decided I needed a change, so I became a vegetarian. These days I eat meat again, but I avoid fatty foods and sugar. I've lost a lot of weight and I feel much better.

Kate

1. Kate _____ (eat) a lot of sweets, but now she avoids sugar.
2. When she was a teenager, she _____ (have) fatty foods.
3. Before she turned 20, she _____ (like) vegetables.
4. She _____ (be) a vegetarian, but now she eats meat.
5. Kate _____ (take) care of herself, but now she eats well.

LESSON 2

6 Choose the correct response. Write the letter on the line.

1. ____ "Please help yourself."
2. ____ "I'll pass on the chocolates."
3. ____ "Don't you eat chicken?"
4. ____ "I'm sorry. I didn't know you were on a diet."

a. Actually, I've been cutting back.
b. Thanks. Everything smells so good.
c. It's not a problem.
d. Don't you eat sweets?

7 Complete the statements with a food or drink to describe your own food preferences.

1. I'm not crazy about _____.
2. I'm avoiding _____.
3. I don't care for _____.
4. I'm not much of a _____ drinker.
5. _____ doesn't / don't agree with me.

8 Complete the conversation with phrases from the box.

is a vegetarian	is on a diet	is allergic to	doesn't care for	is avoiding

A: Let's have a dinner party Friday night. Help me prepare the menu.
B: OK. Remember that my sister _____ so we can't make anything too fatty. Why don't you make some chicken?
A: I would, but Stella _____. She never eats meat. Maybe I can make that rice dish.
B: I don't know. Miguel is trying to eat healthy, whole-grain foods, so he _____ white rice these days.
A: OK . . . Then how about black bean soup with peppers?
B: Uh, I don't think Julio would like that. He _____ spicy food.
A: Is there anything that everyone can eat?
B: Hmm . . . I don't know, but I hope you'll make that delicious chocolate cake for dessert!
A: I can't. Don't you remember how sick Paul was at our last dinner? He _____ chocolate!
B: I've got an idea—why don't we just go out to eat? Then everyone can order what they want!



9 Complete each negative yes / no question.

1. A: Didn't you go to Latvia ___ last year?
   B: Yes, I did. I went to Latvia in August.
2. A: _____ meat?
   B: No, I don't. I never touch meat.
3. A: _____ a doctor?
   B: No, she's not. David's mother is a dentist.
4. A: _____ a great play?
   B: Yes, it was terrific.
5. A: _____ more noodles?
   B: No, thanks. I'm full. I've had enough.
6. A: _____ China before?
   B: Actually, no. But I've been to Korea.

LIVEWORKSHEETS