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5 Eat up

VOCABULARY

Food

➔ Student's Book p58

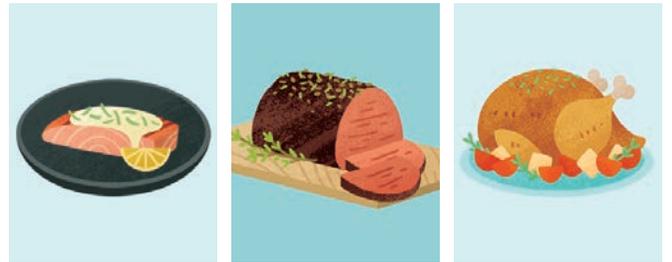
1 ☆☆☆ Match the fruit and vegetables with the descriptions.

- | | |
|-------------------|--|
| 1 <u>C</u> tomato | A a long, orange vegetable that grows in gardens |
| 2 banana | B a small green or red fruit that's got sweet juice |
| 3 grape | C a red fruit that we often use in green salads |
| 4 lettuce | D a round, orange fruit that grows on trees |
| 5 orange | E a green vegetable that we use to make salad |
| 6 carrot | F a long, yellow fruit that grows on trees. |

2 ☆☆☆ Complete the words in the dialogue.

- Sven** What do you have for breakfast?
- Amy** I usually have ¹c e r e a l with ²m
- Sven** Do you ever have ³e for breakfast? That's typical in Britain.
- Amy** Sometimes, at weekends. What do people have for breakfast in Sweden?
- Sven** I usually have some ⁴b with meat and ⁵ch I like tomatoes, too.
- Amy** Is that all you have?
- Sven** No, I often have some ⁶y with fruit, too.
- Amy** That's healthy. And what do you drink?
- Sven** I usually have some orange ⁷j And you?
- Amy** I always have ⁸c with milk and lots of ⁹s
- Sven** That's not very good for you.
- Amy** I'm joking. You know I never drink coffee!

3 ☆☆☆ Label the pictures of food and drink.



1 2 3



4 5 6



7 8 9

4 ☆☆☆ Complete the sentences about food and drink. Write sentences that are true for you.

- For breakfast, I usually drink orange juice or milk.
- For breakfast, I often eat
-
- For lunch, I usually have
-
- For dinner, I sometimes have
-
- My two favourite fruits are
-

EXTRA Parts of a menu

➔ Student's Book p57

5 ☆☆☆ Label the pictures with the words below.

desserts ~~drinks~~ main dishes sides



1



2



3



4

Adjectives for food

➔ Student's Book p62

6 ☆☆☆ Choose the correct words.

- I prefer cheese to chocolate. I like food that is ...
 A savoury B crunchy
- Are there chilli peppers in this dish? It's hot and ...!
 A unhealthy B spicy
- Coffee without sugar is a ... drink.
 A bitter B sweet
- I like fresh carrots. They're sweet and ...
 A crunchy B greasy
- Don't eat a lot of chips. They can be very ...
 A healthy B salty
- My dad makes great burgers. They're ...
 A sweet B delicious

7 ☆☆☆ Match the two parts to make complete sentences. There are two letters that you do not need to use.

- C Some people don't sleep well
 - I want to be healthy, so I eat lots of fruit and vegetables, and I avoid
 - Some people don't like dark green vegetables like spinach and broccoli because
 - Japanese people use the word 'umami' to describe savoury foods
 - I'm not into Mexican dishes that have got chilli peppers because
 - After meals, people often eat sweet foods
- A they can be quite spicy.
 B such as meat, fish and cheese.
~~C after drinking a lot of coffee.~~
 D delicious, but unhealthy.
 E they've got a bitter taste.
 F like ice cream and chocolate.
 G because it's very crunchy.
 H unhealthy things, like greasy chips.

8 ☆☆☆ Complete the sentences.

- Your taste buds are bumps on your tongue. They let you taste the delicious flavours of food.
- S..... things have got a lot of sugar in them.
- Dark chocolate without sugar in it is b.....
- Many s..... foods taste good and we need some salt to stay healthy.
- Some foods are s....., like meat and cheese.
- You can't taste fat, but your tongue can feel when food is g.....

9 ☆☆☆ A friend wants to make dinner for you. Write two or three sentences about the foods you like and don't like. Use some of the adjectives below.

bitter crunchy greasy healthy salty
 savoury spicy sweet unhealthy

I like / don't like bitter foods, like spinach.

5 GRAMMAR

Countable and uncountable nouns; some, any, much, many, a lot of

➔ Student's Book p59

1 ☆☆☆ Choose the correct sentence.

- A I'm having any grapes for a snack. I like them.

B I'm having some grapes for a snack. I like them.
- A My parents don't eat much meat. They prefer fish.

B My parents don't eat many meat. They prefer fish.
- A There's a lot of salt on these chips. I can't eat them.

B There's much salt on these chips. I can't eat them.
- A There aren't some food stalls. There are only two.

B There aren't many food stalls. There are only two.
- A Zoe never drinks many coffee. She doesn't like it.

B Zoe never drinks any coffee. She doesn't like it.

2 ☆☆☆ Complete the sentence with *some* or *any*.

- I can see some bananas on the table.
- There isn't cereal for breakfast.
- I think there's milk in the fridge.
- I've got snacks in my school bag.
- There aren't oranges to make juice.
- There isn't ice cream for dessert.

3 ☆☆☆ Correct the mistakes in the text. More than one answer may be possible.

What are your favourite snacks? I often have
¹ **much** fruit, like an apple or a banana because they're healthy. I don't usually eat
² **some** greasy things, like chips or pizza. I don't drink juice or other sweet drinks. I prefer water. I always drink ³ **any** water – about one or two litres every day. In the evening, I don't eat
⁴ **much** snacks, but I sometimes have
⁵ **any** yoghurt with fruit. I prefer natural yoghurt because it's healthier. It hasn't got
⁶ **some** extra sugar in it.



4 ☆☆☆ Look at the pictures. Complete the sentences with *some*, *any*, *a lot of*, *much* or *many*. More than one answer may be possible.



- There isn't any lettuce on the table.
- We need carrots to make soup.
- There isn't cheese on the plate.
- We haven't got bananas.
- There is orange juice in the glass.
- There aren't apples on the table.

5 ☆☆☆ Answer the questions with two or three sentences. Use *some*, *any*, *much*, *many* and *a lot of*.

What do you drink for breakfast?

I often drink some orange juice for breakfast.

I sometimes have some milk, too. I don't drink any coffee.

What do you drink during the day?

.....

What snacks do you eat?

.....

What foods do you avoid?

.....

can / can't, must / mustn't

➔ Student's Book p61

6 ☆☆☆ Choose the correct answers.

- We've got some lemons, so we ... make lemonade.
A can't **B can** C must
- You ... wash the lettuce before you make the salad.
A must B can't C mustn't
- Daniela ... have any yoghurt. She's allergic to milk.
A can B must C can't
- Do you like Thai food? We ... order some for lunch.
A mustn't B can C can't
- Students ... eat any snacks in the library.
A can B must C mustn't
- Vegans ... avoid eating animal products.
A must B mustn't C can

7 ☆☆☆ Complete the sentences with the affirmative or negative form of *can* or *must* and the verbs below.

clean cook **eat** go put taste

- I **mustn't eat** bananas. I'm allergic to them.
- My brother very well. He wants to take some lessons this year.
- We the food stall every day and keep it very tidy.
- There's some salmon in this salad. I it.
- You hot food into the fridge. Wait until the food is cold.
- People shopping for fresh fruit and vegetables at the market.

8 ☆☆☆ Correct the mistakes in the dialogue.

Kevin I'm making curry for the party this evening.

Must you ¹ **Can you** help me?

Paula Of course, but you know that I **mustn't cook**

² very well.

Kevin That's OK. First you **mustn't wash**

³ these potatoes. They're not very clean.

Paula OK! I **can't do** ⁴ that now.

Kevin Thanks! **Must you wash** ⁵ those carrots, too?

Paula Sure. I **must use** ⁶ this soap.

Kevin No, **you must** ⁷ do that. You only use water.

9 ☆☆☆ Write sentences using the information in the table and the correct form of *can* and *must*. More than one answer may be possible.

Name	Milk	Eggs	Nuts
Bryan	X	✓	✓
Clara	✓	X	✓
Tom	✓	✓	X

- Bryan **must** avoid milk.
- Bryan eat eggs and nuts.
- Clara eat eggs.
- Clara have milk and nuts.
- Tom avoid nuts.
- Tom have milk and eggs.

10 ☆☆☆ Write questions with *can*. Write answers that are true for you.

- students / eat snacks / in your classroom?

Can students eat snacks in your classroom?

Yes, they can. / No, they can't.

- you / eat / dairy products?

- your parents / make / ice cream?

- you / name / three types of pasta?

- your best friend / make / a pizza?

11 ☆☆☆ Imagine that you open a restaurant. Make rules for the people who go there. Write five sentences with *can*, *can't*, *must* and *mustn't*.

People mustn't shout in the restaurant.



When Every Bite Matters

Life can be difficult for teens, especially when they've got dangerous food allergies. People with allergies mustn't eat certain foods or they become sick.

Olivier Deldicque is a young American writer who knows a lot about allergies. ¹..... In his book, *When Every Bite Matters*, Olivier talks about his life, and gives advice to other teens who have allergies.

Olivier is allergic to peanuts and a lot of other nuts. He's also allergic to eggs, milk, dairy products and some types of fish. ²..... Olivier must have allergy medicines with him all the time for emergencies.

About 10% of Americans have got a food allergy. ³..... About 5.6 million of them are children and teenagers. Olivier wants to help those young people understand their allergies and live longer, healthier lives.

In his book, Olivier gives information about allergies and tips for everyday situations, such as eating in restaurants. For example, he tells people with allergies to ask questions about the dishes they want to eat. ⁴..... Olivier's book also gives good advice about eating at parties and checking the ingredients of food in shops. It's a great book for teens who have allergies.



A book review



Before you read a text, look at the photos. They can help you understand the topic of a text.

1 ★☆☆ Read the *Skill UP!* Then look at the photo and the title of the text. What do you think the text is about?

- A A book about American food.
- B A book about teenagers.
- C A book about allergies.

2 ★★★ Read the text. Then complete the text with the sentences below. There are two sentences that you do not need to use.

- A That's more than 32 million people.
- B Many people have allergies that aren't dangerous.
- C That's because he's allergic to many foods.
- D He says they can also check the menu online before they go to a new restaurant.
- E There aren't any vegetarian dishes on the menu.
- F As a result, there are a lot of dishes he can't eat.

3 ★★★ Read the text again and correct the information in the sentences.

- Olivier's book is for ~~adults~~ with allergies.
teenagers / teens / young people
- Olivier must avoid nuts, eggs, milk, dairy products and all types of fish.
.....
- Olivier doesn't always have allergy medicine with him.
.....
- About 5.6 million children and adults in the USA have got a food allergy.
.....
- In restaurants, people with allergies can read the book and ask questions about the dishes.
.....
- Olivier's book gives advice about checking the prices of food in shops.
.....

4 ★★★ Read the text. Choose the correct answers to complete the sentences.

- People who have food allergies ...
A can eat foods that are dangerous.
B must be careful about what they eat.
C can't eat anything that contains nuts.
- Olivier Deldicque can't eat ...
A any animal products.
B fruit or vegetables.
C yoghurt or cheese.
- In the United States ...
A some people have food allergies.
B teens don't understand allergies.
C most people are allergic to nuts.
- Olivier gives some tips ...
A for people who work in restaurants.
B about choosing dishes that are safe.
C for finding restaurants and cafés.
- Olivier's book can help young people ...
A who want to eat healthier food.
B give advice at shops and parties.
C with allergies to live longer.

5 ★★★ Read the text. Find words that mean the same as the words below.

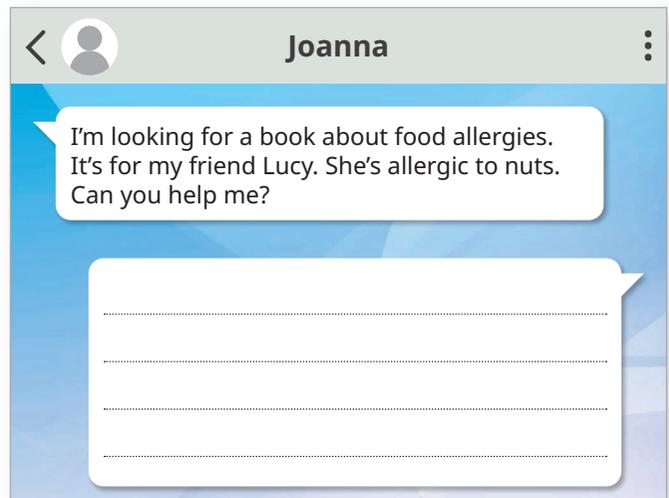
- hard difficult
- not safe d.....
- helpful tips a.....
- kinds t.....
- meals d.....
- looking at c.....

6 ★★★ A friend wants to make dinner for you. Write four or five sentences about the foods you like and don't like. Use some of the adjectives below.

~~bitter~~ crunchy delicious greasy healthy
salty savoury spicy sweet unhealthy

I like / don't like bitter foods, like spinach.
.....
.....
.....
.....
.....

7 ★★★ Read the text message and write a reply. Tell Joanna about Olivier's book.



5 REVIEW

EXAM PREPARATION

- Exercise 1: *Oxford Test of English for Schools Reading Part 1*
- Exercise 2: *Cambridge English Key for Schools Reading and Writing Part 4*
- Exercise 3: *Cambridge English Key for Schools Reading and Writing Part 5*

- 1 Read each text and choose the correct answer (A, B or C). 2 Choose the correct words to complete the text.

Hi, Cassie. I want to make chicken curry for dinner, but we haven't got any chicken. Can you stop at the market? What do you want for dessert? I can make some brownies. Adam

- 1 What does the text message say?
- A Adam wants to buy something for dessert.
 - B Adam wants some chicken from the market.
 - C Adam wants Cassie to make some brownies.

From: Marisa
To: Jason

Let's order Chinese food for the party, but not from that restaurant on Third Street. Their food is really salty. Do you know any other good places? Call me.

- 2 Why is Marisa writing an email to Jason?
- A She wants some advice about food for the party.
 - B She wants to go to a restaurant.
 - C She wants Jason to make better food.

Farm Fresh Café

All of our food is healthy and vegetarian. We also have dishes for vegan customers and some ingredients in the other dishes are optional, like cheese. Please ask your server for more information.

- 3 What does the café notice say?
- A Cheese is the only optional ingredient.
 - B All the food is healthy and vegan.
 - C There is food on the menu for vegans.

Hi, Alex! Are you excited about your birthday tomorrow? It's a special day, so we ¹ celebrate! Have you got ² plans for lunch? There are ³ nice restaurants on Martin Street, like Thai Garden. It's my favourite! The food is great and they've got a ⁴ of dishes for vegetarians. We ⁵ invite Emma and Nathan, too. They love Thai food, but we ⁶ order anything with nuts. Emma's allergic to them. Call me later!

- | | | |
|-------------|-----------|--------|
| 1 A mustn't | B can't | C must |
| 2 A lot | B any | C much |
| 3 A some | B much | C any |
| 4 A much | B lot | C many |
| 5 A have | B mustn't | C can |
| 6 A mustn't | B can | C must |

- 3 Complete the text. Write one word for each gap.



Every Saturday, the Greencrest Food Market takes place in Talbot Street next to Moreland Park. There ¹ many farmers who sell fresh fruit and vegetables there. You ² buy eggs, and some dairy products, like cheese. You can also buy lunch at the market. ³ are stalls with hot and cold dishes, as well as sweet things, ⁴ ice cream. There aren't places to sit down, but a ⁵ of people take their food to the park. It's a nice place for a picnic, but you mustn't leave ⁶ rubbish in the park. Keep it clean!

5 LANGUAGE SUMMARY

VOCABULARY

Food

➔ Student's Book p58

bananas	juice
beef	lemonade
bread	lettuce
carrots	milk
cereal	oranges
cheese	pasta
chicken	rice
chips	salmon
coffee	salt
eggs	sugar
grapes	tomatoes
ice cream	yoghurt

Adjectives to describe food

➔ Student's Book p62

bitter	salty
crunchy	savoury
delicious	spicy
greasy	sweet
healthy	unhealthy

EXTRA Parts of a menu

➔ Student's Book p57

desserts	main dishes
drinks	sides

GRAMMAR

can / can't, must / mustn't

➔ Student's Book p61

Affirmative	I / You / He / She / It / We / They	can	go out on Friday. cook very well.
Negative	I / You / He / She / It / We / They	can't	eat sweets. speak French.
Questions	Can	I / you / he / she / it / we / they	go out? Yes, I / you / he / she / it / we / they can. No, I / you / he / she / it / we / they can't.

Affirmative	I / You / He / She / It / We / They	must	go now.
Negative	I / You / He / She / It / We / They	mustn't	play football near the road.

Countable and uncountable nouns; some, any, much, many, a lot of

➔ Student's Book p59

	Countable nouns (plurals)	Uncountable nouns
Affirmative	There are some / a lot of desserts.	There's some / a lot of water.
Negative	There aren't any / many oranges.	There isn't any / much rice.
Questions	How many sweets are there? Are there any vegetables?	How much chocolate is there? Is there any fruit?
Short answers	Yes, there are. No, there aren't.	Yes, there is. No, there isn't.

5 WRITING WORKSHOP

A restaurant review A restaurant review gives facts and opinions about a café, food stall, restaurant or other place to eat.

1 Read the text. What is the reviewer's favourite dish?



Tombo

I'm a fan of Japanese food, so I love going to Tombo. It's a Japanese café near the Natural History Museum.

Tombo has traditional dishes, like sushi and spicy noodles, but my favourite is their teriyaki chicken. For a hot drink, I recommend their green tea. It's very good and it's also organic. Do you like desserts? Try Tombo's vegan cheesecake with ice cream. It's fantastic!

Tombo is a brilliant place to relax with friends. It has a bright, modern style, delicious food, and good prices. Why not try it?

WRITING HELP

- Express your feelings and opinions.
- Give some facts about the place.
- Recommend things to eat and drink.
- Use adjectives to give information.

2 Write a review for a café or restaurant you know. Follow the steps in the Writing builder and use the example text to help you.

WRITING BUILDER

1 PLAN YOUR REVIEW

Choose a café or restaurant you know. Think about these topics and make notes for your review.

- the type of place
- where it is
- things you recommend
- things on the menu
- your general opinion
- the style of the place

2 WRITE YOUR REVIEW

Paragraph 1

- Start with an opinion or a reaction.
- Give some helpful information about the place.

Paragraph 2

- Mention some things from the menu and name your favourites.
- You can make suggestions and ask questions.

Paragraph 3

- Give additional facts and your general opinion.
- End with a final opinion or suggestion.

3 READ AND CHECK

- spelling of words for food and drink
- expressions for likes and dislikes

USEFUL LANGUAGE

Opinions and reactions

I love (Indian food) and my favourite (restaurant) is ...

I love going there to (hang out) with my (friends).

It isn't expensive, and the food is excellent.

Giving basic information

It's a (Thai restaurant) near (High Park).

Making recommendations

They have (main dishes) like ...

If you like ..., they have ...

Try their (chocolate cake). It's yummy!

Making suggestions

Go there for lunch. It's a great place.

Why not try it for your next birthday?

TIPS!

- Give information that is useful for everyone: name of the place, location, style of food, good dishes, etc.
- Say what you think about the food and the place. This makes your review interesting.