

6

How food works

Vocabulary

Food and drink: adjectives

1 ★ Label the pictures with the adjectives below.

bitter creamy fizzy ~~frozen~~ greasy
hot juicy mouldy raw ripe



frozen

1



2



3



4



5



6



7



8



9

2 ★ Match the words with the examples.

- bitter d a food that is thick, smooth and soft.
 1 creamy ___ b food that is not dry
 2 fizzy ___ c spicy food
 3 frozen ___ ~~d food with a strong flavour, not sweet~~
 4 hot ___ e food that is 0C or less
 5 juicy ___ f drinks with bubbles
 6 mouldy ___ g fruit that is ready to eat now
 7 raw ___ h uncooked food
 8 ripe ___ i food that is not fresh

3 ★★ Complete the table with the words below.

bitter ~~creamy~~ frozen greasy hot juicy ~~raw~~ ripe

State	Texture (feel)	Flavour (taste)
<u>raw</u>	<u>creamy</u>	5 _____
1 _____	3 _____	6 _____
2 _____	4 _____	

4 ★★ Complete the food and drink adjectives in the dialogue.

- Maryam** Can we have a snack?
Alex Sure. Would you like some olives?
Maryam No thanks. They're too **b**itter ___ for me.
Alex How about chilli peanuts?
Maryam I can't eat those! They're much too **h**ot ___ for me.
Alex Ah. We have some cheese ...
Maryam Ugh! Throw it away, it's **m**ouldy ___!
Alex No, it's a 'blue' cheese. It's supposed to be like that. It's really tasty ...
Maryam That's so gross!
Alex Mmm! It's soft and **c**reamy ___! ...
 What else have we got? I know! Chorizo.
Maryam No thanks, chorizo isn't cooked. I'm not keen on eating **r**aw ___ meat.
Alex But it's cured. It's safe to eat.
Maryam Wait a minute. I've got something here ...
Alex Is that a slice of pizza? Gross! It's cold and **g**reasy ___!

This section is easy 😊 OK 😊 difficult 😞 for me.

Preparing food

- 1 ★ Look at the pictures and complete the sentences with the phrases below.

are grilling the fish baked some potatoes
 barbecuing chicken boil eggs freeze the vegetables
 frying croquettes heat up oil mix some salad
~~roasted the beef~~ slice the bread



Dad roasted the beef 1 _____ in a box.
 for 45 minutes.



2 I usually _____
 for 5 minutes.



3 _____ in a bowl.



4 I've _____



5 _____ in a pan.



6 We _____ with
 tomatoes.



7 Can you _____ ?



8 We're _____



9 Mum's _____

- 2 ★ Match the types of food with the verbs for preparing food.

bacon <u>d</u>	a fry
1 burger _____	b mix
2 bread _____	c boil
3 ice cream _____	d grill
4 rice _____	e freeze
5 fruit salad _____	f bake

- 3 ★★ Complete the sentences.

You can ...

b o i l water

- s _____ e cheese and put it in a sandwich.
- f _____ e juice on a stick and make an ice lolly.
- h _____ p milk in a pan.
- b _____ l or f _____ y eggs.
- b _____ e, f _____ y,
g _____ l or r _____ t chicken to cook it.

- 4 ★★ Complete the recipe with the verbs below.

boil fill ~~heat up~~ pour smash stir

Real lemonade

Modern lemonade is fizzy because it's made with CO₂, but did you know that 'real lemonade' isn't fizzy at all? Try making our traditional English recipe and see what you think!

You'll need: 2 cups sugar, 9 lemons, lots of ice.

Method:

- Mix the sugar and 2 cups of water together in a pan. Heat up the mixture and let it 1 _____.
- 2 _____ until the sugar has dissolved into a syrup. Leave it to cool.
- Squeeze the lemons. 3 _____ the lemon juice into a measuring cup: you'll need about 1½ cups of juice.
- 4 _____ a large jug with cold water. Add the lemon juice. Then add the syrup slowly, until the lemonade is sweet enough.
- 5 _____ the ice into small pieces. Put the ice into cups and serve.



This section is easy 😊 OK 😊 difficult 😞 for me.

Present simple passive

1 ★ Choose the correct verb forms.

This burger ... recommended by the manager.

a are **b is**

1 The juice is Italian, it ... made in France.

a aren't b isn't

2 Our food waste ... thrown away every day.

a isn't b aren't

3 This tropical fruit ... believed to be rare.

a are b is

4 Plant-based foods ... predicted to be this year's big success story.

a is b are

5 The origin of this recipe ... known.

a isn't b aren't

6 These milkshakes ... sold in winter.

a aren't b isn't

2 ★★ Put the words in the correct order to make sentences.

the salad? / mixed in with / What / is
What is mixed in with the salad?

1 is / Mouldy food / thrown away.

2 is / after every meal. / The kitchen / tidied up /

3 How / cooked? / this dish / is

4 isn't / my glass / Why / to the top? / filled

5 isn't / My egg / boiled enough.

6 soaked in water / are / The beans / for three hours.



3 ★★ Complete the sentences with the affirmative and negative form of the verbs below.

cook ~~fly~~ make sell serve teach watch

Planes aren't flown by drivers.

They are flown by pilots.

1 Olive oil _____ from olives.

It _____ from apples.

2 Medicines _____ in a bakery.

They _____ at a chemist's.

3 The food _____ by our chef.

It _____ by the waiter.

4 La Liga _____ by football fans.

It _____ by tennis fans.

5 Students _____ by teachers.

They _____ by mechanics.

6 Sometimes coffee _____ with milk.

It _____ with mayonnaise.

4 ★★ Complete the dialogues. Use the affirmative, negative and question forms of the verbs in brackets.



'Where are oranges grown?' (grow)

'Oranges are grown in Sevilla. (grow)

They aren't grown in London.' (not grow)

1 'How _____ this meat _____?' (cook)

'It _____ . (not fry)

It _____ .' (grill)

2 'How long _____ this cake _____ for?' (bake)

'It _____ . for 45 minutes at 180C. (cook)

Then it _____ to cool for an hour.' (leave)

3 'How _____ ice cubes _____?' (make)

'Water _____ into this plastic tray. (pour)

The tray _____ into the freezer. (put)

The ice cubes _____ after about three hours.' (freeze)



This section is easy 😊 OK 😊 difficult 😞 for me.

Past simple passive

- 1 ★ Complete the passive sentences with the words below.

already by was ~~wasn't~~ wasn't Were weren't Why

I wasn't picked up at 3 o'clock. I'm still at school now.

- We _____ encouraged to join the tennis team, I think they already have enough players.
- I liked that essay Who was it written _____?
- We didn't break that window, it was _____ broken when we got here.
- _____ your parents born in the same year?
- This phone _____ recommended by your sister, so please say thanks from me.
- _____ this food heated up?

- 2 ★ Choose the correct answers.

Are you hungry? ... lunch today?

- Did you give
- Were you given
- Was you given

- My frying pan ... in China.
 - was made
 - made
 - did make
- We ... to buy the correct ingredients.
 - weren't told
 - wasn't told
 - didn't tell
- These chicken legs ... a few hours ago.
 - barbecued
 - were barbecued
 - was barbecued
- The water ... to 65°C by the sunlight.
 - heated
 - were heated
 - was heated
- These sausages We fried them.
 - grilled
 - weren't grilled
 - wasn't grilled
- The pizza ingredients ... for long enough.
 - wasn't stirred
 - weren't stirred
 - didn't stir

- 3 ★★ Rewrite the sentences using the passive form of the bold verbs.

Who **performed** that song?

Who was _____ that song performed by?

- They **sold** the scooter for £200.
The scooter _____ for £200.
- I **exaggerated** my story a little bit.
My story _____ a little bit.
- Did you **prepare** for bad weather?
Were _____ for bad weather?
- My sister **didn't help** me.
I _____ by my sister.
- Did you **slice** the bread thinly?
_____ the bread _____ thinly?
- When did they **announce** the winner?
When _____ the winner _____?

- 4 ★★ Complete the sentences. Use the past simple active or passive form of the verbs in brackets.



The largest ever bubble gum bubble was blown (blow) by Chad Fell (USA). The bubble
¹ _____ (measure) 50.8 cm in diameter and it
² _____ (make) using three pieces of Dubble Bubble gum.

The world's largest pizza ³ _____ (bake) in Rome in 2014. The pizza was 1,262 m² and over 9 tons of gluten-free flour ⁴ _____ (use) in its production. The chefs ⁵ _____ (want) to raise awareness of gluten sensitivity.

The longest noodle ⁶ _____ (produce) in China by a team of three chefs. It was over 3,000 m long and it ⁷ _____ (take) them over 17 hours to make it! They ⁸ _____ (cook) it with egg, garlic and tomato – and it ⁹ _____ (serve) to over 400 people.

This section is easy 😊 OK 😊 difficult 😞 for me.

An infographic

- 1 ★ Skim read the infographic. What is the writer's conclusion?
- there's no real problem with eating burgers
 - there's a problem with eating burgers but there's a possible solution
 - there's a problem with eating burgers and there's nothing we can do about it

What's the *real* cost of your burger?



Price of a 'meal deal'			
	Israel		€15.94
	France		€9.16
	Spain		€8.14
	the USA		€8.00
	the UK		€7.17
	the Philippines		€2.66

In most countries the answer to 'What's the cost of your burger?' is 'Not much.' C
To answer that, let's look at examples from the US. There are 313 million Americans and the average American eats 3 burgers every week. So in the US, nearly 49 billion burgers are eaten every year! More than 30 million cows are needed to make those burgers.

1 _____ The problem is that beef production isn't great for the environment. Why?



Deforestation

2 _____ This is mainly to create farms where grain is grown for cows to eat. Around the world, 30% of the land is used to produce food for farm animals.

Greenhouse gases

3 _____ This gas has 300 times more climate changing power compared with CO₂

Water

Ten times the amount of water is needed to produce 1 kg of beef compared with 1 kg of wheat.



- 2 ★★ Read the infographic again and underline any words that you find difficult. Use a bilingual dictionary to find the meaning of each word.
- 3 ★★ Complete the text with the topic sentences.
- People have cut down huge areas of the Amazon rainforest since the 1970s.
 - Food companies have just started selling 'meatless' burgers.
 - But what's the *real* cost of your burger?
 - Cows produce a lot of methane gas (CH₄).
 - Beef is delicious and humans have eaten it for years, so what's the problem?
- 4 ★★ Answer the questions.
- Are 'meal deals' cheaper in the UK or Spain?
the UK
- How many burgers are eaten every year in the US?

 - What three problems are caused by farming cows?

 - What alternative is there to a meat-based diet?

 - What are the advantages of 'meatless' food?

What alternatives are there?

Humans won't stop eating beef immediately, but the environmental effect of red meat production is becoming a huge problem.

Meatless burger

4 _____ They have a similar taste and texture to meat, but they're all plant-based. Plant-based burgers are made with wheat and other vegetable products and they:

- use a tiny amount of the water compared with beef production
- produce zero methane
- don't require any more deforestation.

If we can gradually reduce the red meat in our diets and use the right plant-based alternatives, we can stay healthy *and* reduce our carbon footprints.



This section is easy 😊 OK 😊 difficult 😞 for me.

Listening

A show

1 ★ 6.1 Listen to a show about future food. How many countries are mentioned?

- a three b four c five

seaweed pandanus cactus

fonio enset

Did you know there are over seven thousand different edible plant species around the world? But only 41 species are eaten by large numbers of people.

2 ★ 6.1 Put the words under the correct heading. Most of the words can be used more than once.

baked boiled fried grilled raw

fibre minerals protein vitamins

seaweed boiled fried protein

- 1 **pandanus** _____
- 2 **cactus** _____
- 3 **fonio** _____
- 4 **enset** _____

3 ★★★ 6.1 Listen and match the pronoun *it* in each sentence with the food.

- There'll be less of **it**. d a cactus
- 1 **It's** popular in Japan. _____ b enset
- 2 ... boiled with rice to give it an aromatic flavour. _____ c fonio
- 3 **It's** full of water. _____ ~~d meat~~
- 4 **It** tastes like nuts. _____ e pandanus
- 5 **It's** only eaten in Ethiopia. _____ f seaweed

This section is easy 😊 OK 😊 difficult 😞 for me.

Writing

An informal email

1 ★ Read Ayofemi's email. What information does she give to Ngozi?

- a a Ghanaian recipe and where to buy the ingredients
b a Nigerian recipe and its history
c a 'fufu' recipe and why it is delicious

2 ★★★ Match the bold parts of Ayofemi's email with the instructions for writing an informal email.

start with a greeting: Hi Ngozi

- 1 use a short phrase to respond to the previous email: _____
- 2 use ending phrases: _____
- 3 use short forms: _____
- 4 use informal expressions: _____
- 5 use abbreviations: _____

To: Ngozi
From: Ayofemi
Subject: Nigerian recipe

Hi Ngozi,

Nice to hear from you! You asked for a proper Nigerian recipe. What about fufu? **IMO**, you **can't** call yourself a Nigerian if you can't prepare fufu!

You can buy fufu from a shop, but you can also make fufu using fresh cassava.

It's easy to make your own fufu, and **it's** **yummy:**



- 1) peel the cassava and chop into 1cm² cubes
- 2) wash the cassava cubes and soak them in water for 3–5 days (if possible, outside)
- 3) when the cassava is soft to touch, it's fermented!
- 4) pour away the water
- 5) mix the cassava in a blender – then serve

Did you know that fufu **isn't** originally Nigerian? Ghanaians think it comes from Ghana, but in fact it was brought over from Brazil in the **16th** century!

Say hi to your parents!

😊 Ayofemi

3 ★★★ Write an informal email about the history of a popular recipe. Choose either beef Wellington, Cornish pasty or Eton mess (look up information about them online), or a local recipe from your region. Use the instructions in exercise 2.

This section is easy 😊 OK 😊 difficult 😞 for me.

6

Essential

How food works

Vocabulary

Food and drink: adjectives

1 Look at the pictures and choose the correct answers.



frozen / greasy



1 bitter / ripe



2 juicy / creamy



3 hot / raw



4 mouldy / frozen



5 fizzy / greasy

2 Complete the table with the words below.

creamy raw ripe greasy bitter
frozen hot juicy

State	r a w 1 _____ 2 _____
Texture (feel)	c r e a m y 3 _____ 4 _____
Flavour (taste)	5 _____ 6 _____

Preparing food

3 Look at the pictures and choose the correct answers.



Dad roasted / froze the beef for 45 minutes.



1 I usually bake / boil eggs for 5 minutes.



2 Can you barbecue / slice the bread?



3 Mix / Heat up some salad.



4 We are grilling / slicing fish.



5 I like frying / barbecuing chicken.

4 Complete the sentences with the verbs below.

barbecue boil boil freeze fry fry
grill heat up roast slice

You can ...

b oil _____ or f ry _____ eggs.

1 s _____ bread.

2 f _____ water to make ice.

3 h _____ milk in a pan and b _____ it.

4 b _____, f _____, g _____ or r _____ chicken.

This section is easy 😊 OK 😊 difficult 😞 for me.



Present simple passive

1 Choose the correct answers.

This burger
are recommended /
is recommended by the
 manager.

- The juice is Italian, it **aren't made** / **isn't made** in France.
- Our food waste **isn't thrown away** / **aren't thrown away** every day.
- This tropical fruit **are believed** / **is believed** to be rare.
- Plant-based foods **are predicted** / **is predicted** to become very popular.
- The origin of this recipe **isn't known** / **aren't known**.
- These milkshakes **isn't sold** / **aren't sold** in winter.

2 Complete the sentences with the pairs of verbs.

are flown / **aren't flown**

Planes aren't flown by drivers.

They are flown by pilots.

1 **is made** / **isn't made**

Olive oil _____ from olives.

It _____ from apples.

2 **are sold** / **aren't sold**

Medicines _____ in a bakery.

They _____ at a chemist's.

3 **is cooked** / **isn't cooked**

The food _____ by our chef.

It _____ by the waiter.

4 **is watched** / **isn't watched**

La Liga _____ by football fans.

It _____ by tennis fans.

5 **are taught** / **aren't taught**

Students _____ by teachers.

They _____ by mechanics.

6 **is served** / **isn't served**

Sometimes coffee _____ with milk.

It _____ with mayonnaise.

Past simple passive

3 Complete the sentences with the words below.

already by was ~~wasn't~~
 Why wasn't Were weren't

I w a s n t picked up at 3 o'clock. I'm still at school now.

- We _____ encouraged to join the tennis team.
- I liked that essay. Who was it written _____?
- We didn't break that window, it was _____ broken when we got here.
- _____ your parents born in the same year?
- This phone _____ recommended by your sister.
- _____ this food heated up?

4 Choose the correct answers.

Are you hungry? ... lunch today?

a Was you given **b** Were you given

- My frying pan ... in China.
 a was made b made
- We ... to buy the correct ingredients.
 a weren't told b wasn't told
- These chicken legs ... a few hours ago.
 a were barbecued b was barbecued
- The water ... to 65C by the sunlight.
 a were heated b was heated
- These sausages We fried them.
 a weren't grilled b wasn't grilled
- The pizza sauce ingredients ... for long enough.
 a wasn't stirred b weren't stirred

This section is easy 😊 OK 😊 difficult 😞 for me.

An infographic

- 1 Skim the infographic. What is the writer's conclusion?
- there's no real problem with eating burgers
 - there's a problem with eating burgers but there's a possible solution



Did You Know?

In the US, nearly 49 billion burgers are eaten every year! More than 30 million cows are needed to make those burgers.

What's the *real* cost of your burger?

Burgers are cheap, but what do they really cost the earth?



Price of a burger, French fries and a soft drink at a popular international restaurant: 15

Israel		€15.94
Spain		€8.14
the USA		€8.00
the UK		€7.17

Beef is delicious and humans have eaten it for years. But there's a problem: beef production isn't great for the environment. Why not?

Deforestation 50

¹ People have cut down huge areas of the Amazon rainforest since the 1970s. This is mainly to create farms where grain is grown for cows to eat.

Greenhouse gases

² Cows produce a lot of methane gas (CH₄). This gas has 300 times more climate changing power compared with CO₂. 50

Water

Ten times the amount of water is needed to produce 1 kg of beef compared with 1 kg of wheat. 19



What alternatives are there?

Humans won't stop eating beef, but the environmental effect of red meat production is a problem. 20



meatless burger

³ Food companies now make 'meatless' burgers. They taste and look like meat, but they're made with wheat and vegetables. They:

- use a small amount of water compared with beef
- produce zero methane
- don't require deforestation.

If we can reduce red meat in our diets and eat plant-based alternatives, we can stay healthy *and* reduce our carbon footprints. 57

- 2 Find the topic sentence in the first paragraph. Then underline the topic sentences in the following paragraphs.

ED: Please refer to 2pp markup from OUP regarding updating this rubric for clarity.

- 3 Choose the correct answers.

'Meal deals' are cheaper in the UK / Spain.

- 30 million / 49 billion burgers are eaten every year in the USA.
- Methane gas is **better** / **worse** for the environment than carbon dioxide.
- Beef production uses **more** / **less** water than wheat production.
- Plant-based burgers are made with **beef** / **wheat**.

This section is easy 😊 OK 😊 difficult 😞 for me.

Listening

A show

1 6.1 Listen to a show about future food. How many countries are mentioned?

- a four b five

seaweed pandanus cactus

fonio enset

Did you know there are over seven thousand of different edible plant species around the world? But only 41 species are eaten by large numbers of people.

2 6.1 Listen again and circle the words that you hear.

- seaweed** boiled fried grilled
 1 **pandanus** barbecued boiled raw
 2 **cactus** grilled roasted boiled
 3 **fonio** boiled baked frozen
 4 **enset** fried boiled baked

3 6.1 Listen and match the pronoun **it** with the food.

- It's** popular in Japan. d a seaweed
 1 **It's** only eaten in Ethiopia. ____ b enset
 2 **It** tastes like nuts. ____ c fonio
 3 There'll be less of **it**. ____ ~~d meat~~

This section is easy 😊 OK 😊 difficult 😞 for me.

Writing

An informal email

1 Read Ayofemi's email. What information does she give to Ngozi?

- a a Ghanaian recipe and where to buy the ingredients
 b a Nigerian recipe and its history

To: Ngozi
From: Ayofemi
Subject: Nigerian recipe

Nice to hear from you! You asked for a fufu recipe. You can't call yourself a Nigerian if you can't prepare fufu!

You can buy fufu from a shop, but you can also make fufu using fresh cassava. It's easy to make and it's yummy!

Nigerian fufu recipe:

- 1) peel the cassava and chop into 1cm² cubes
- 2) wash the cubes and soak them in water for 3–5 days
- 3) when the cassava is soft to touch, it's ready!
- 4) pour away the water
- 5) mix the cassava in a blender – then serve

Did you know that fufu **isn't** originally Nigerian? Ghanaians think it comes from Ghana, but in fact it was brought over from Brazil in the 16th century!

Say hi to your parents!

😊 Ayofemi

2 Complete the sentences with words from the email.

- Fufu can be bought in a **s**hop ____.
- 1 Fufu is made with fresh **c** ____.
 - 2 The cassava is soaked for a few **d** ____.
 - 3 The cassava is mixed in a **b** ____.
 - 4 Fufu is originally from **B** ____.

3 Match the phrases from Ayofemi's email with the instructions for writing an informal email.

can't Hi Ngozi it's isn't it's yummy
 Nice to hear from you! Say hi to your parents!

start with a greeting: Hi Ngozi ____.

- 1 use a short phrase to respond to the previous email:

- 2 ending phrases:

- 3 use short forms: _____
- 4 use informal expressions: _____

This section is easy 😊 OK 😊 difficult 😞 for me.