

Vocabulary: food & drinks, food groups, supermarket sections, containers/partitives, restaurants, food preparation, ingredients & measurements, adjectives describing food, healthy lifestyles

Grammar: countable/uncountable nouns, *a/an* – *some/any*, quantifiers (*how*) *many*, (*how*) *much*, *too many/much*, *a lot of*, *some*, (*a*) *few*, (*a*) *little*, *no/not any*, *too* – *enough*, *-ing form/(to) infinitive*

Everyday English: ordering food in a restaurant

Pronunciation: /n/, /ŋ/

Writing: an email about a favourite dish

Culture Corner: Eating out in the UK

Curricular (Science): Food for life

Russia 2: Food of the Tsars

Module 2

Food & Drinks

OVER TO YOU!

I like (♥)

I love (♥♥)

I don't like (X)

I hate/can't stand (XX)

Vocabulary

Food & Drinks

1 Label the groups.
 Listen and check, then say.

- 1 drinks
- 2 fruit & vegetables
- 3 meat, poultry, fish & seafood
- 4 dairy products
- 5 other food

2 Listen to Tim and Julie. Which foods/drinks do they like/not like?

Tim likes ..., but he doesn't like ...
Julie likes ..., but she doesn't like ...

A

tomatoes cherries peppers

pears cauliflower

cabbage grapes beans

B

cheese yogurt milk butter

C

bread pasta

cereal eggs rice

D

beef lamb chicken salmon

trout cod tuna prawn

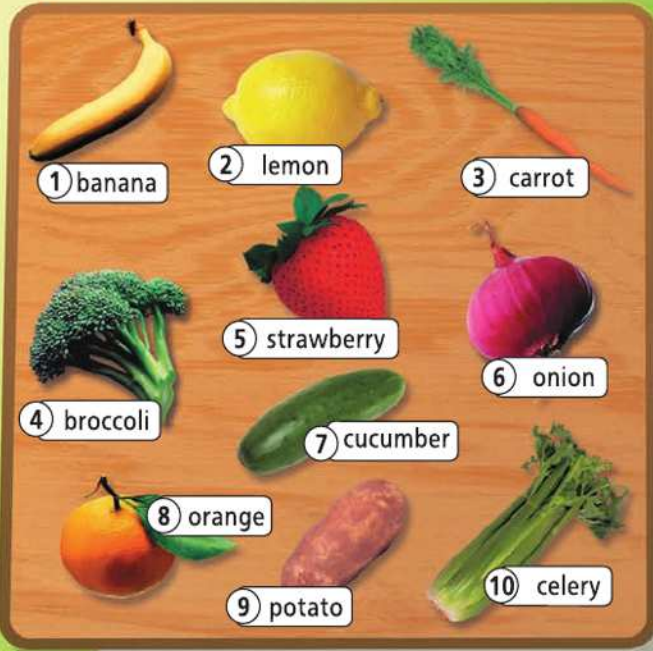
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coffee tea lemonade orange juice

2a Food art

Vocabulary Food

1 a) Listen and say.



b) Which of these foods do you see in the pictures on pp. 26-27?

see
p. GR3

Grammar

Countable/uncountable nouns - a/an - some/any

2 a) Read the table. Which of the foods in Ex. 1 are: *countable?* *uncountable?*

Countable nouns (nouns we **can** count):

a banana



an apple



two/some bananas



Uncountable nouns (nouns we **can't** count):

some milk (NOT: *a/one-milk, two-milks*)

- We use **a/an** for singular countable nouns. *There's **an** apple.*
- We use **some** in the affirmative for uncountable nouns and for plural countable nouns. *There is **some** rice. We have **some** strawberries.*
- We use **any** in the negative and interrogative for uncountable nouns and for plural countable nouns. *There aren't **any** eggs./Do we have **any** pasta?*
- We can also use **some** in offers & requests. *Would you like **some** cake? Can I have **some** water, please?*



b) Complete with: *a/an, some or any.*

- 1 There is tea, but there isn't coffee.
- 2 Do you want banana?
- 3 There are cherries in the fridge.
- 4 Would you like coffee?
- 5 There are strawberries and apple in the bowl.
- 6 There aren't carrots, but there are potatoes.
- 7 "Can I have orange juice, please?"
"Sorry, but there isn't"
- 8 Is there milk left?

Reading & Listening

3 a) Read the saying in the first sentence in the text. What do you think it means? Choose A, B, or C.

- A You must turn sour things into sweet things.
- B You should make the most of everything.
- C You should be grateful for what you have.

b) What do you think the text is about?

Listen and read to find out.

Lemon Art: French style

Lemons are a great fruit. You can make lemonade and desserts from them or even use their juice for cooking or in salads.


'When life gives you lemons, make lemonade,' the saying goes. In the beautiful and picturesque seaside resort town of Menton in the south of France, people make a lot more than just lemonade with their lemons. Believe it or not, they make art, and have a lot of fun doing it!

Every February to March, the people of Menton celebrate their lemons and oranges with a three-week long lemon festival that attracts over 200,000 visitors. Artists design and create amazing huge statues for the festival using over 145 tons of lemons and oranges. The artists make everything from giant bananas to dinosaurs and some of the statues can measure more than 10 metres tall. There is a daily Citrus Exposition where people come to see the amazing creations and buy local products made from oranges and lemons. On Sundays, floats carrying the citrus statues go through the town in the Parade of Golden Fruit and on Thursdays, crowds gather to watch colourful night parades with music and dancers as well as fireworks. Each year, there is a different theme and the creators let their imaginations run wild. Whether you like food and art, or simply need some vitamin C, Menton is a pretty good place to be in February and March.

If you want to experience the festival next year, visit www.fete-du-citron.com and book your tickets online as places for each event go fast.

Check these words

dessert, juice, picturesque, resort, celebrate, attract, design, statue, measure, citrus, creation, float, fireworks, theme, imagination runs wild

c)  Read the text and complete the sentences.

- 1 Menton is
- 2 Every spring, over 200,000 people come to Menton for
- 3 Artists make statues with
- 4 People come to see the artists' creations at the
- 5 After the parades on Thursdays people watch

d) Use five words from the **Check these words** box to make sentences about the festival.

The people of Menton celebrate the Lemon Festival every year.

Speaking & Writing

4 a) Read the text again and make notes under the headings. Use your notes to present the festival to the class.

- name of festival • place
- date • reason • activities

b) **THINK!** In three minutes write a few sentences giving reasons why someone should go to the Lemon Festival. Tell the class.

5 Is there a similar food festival in your country? Make notes under the headings in Ex. 4a, then write a short text about it.

2b At the supermarket

Vocabulary Containers/Partitives

- 1 Listen and say. In which supermarket section can we usually find these products (1-12)? Make sentences, as in the example.

We can usually find a loaf of bread in the bakery section.

Products



Reading

- 2 Maksim is in the UK on a school trip. It is his birthday today and the mother of his host family is taking him shopping for a birthday party. What do they need?
Listen and read to find out. What is the problem?

Mrs Hall: Right, that's 12 packets of crisps and 12 bars of chocolate. What else do we need?

Maksim: Well, there's the drinks aisle. Let's get a few cartons of fruit juice and some bottles of Coca-Cola.

Mrs Hall: OK! Now, let's go get some cakes.

Maksim: How about some chocolate ones?

Mrs Hall: Good idea!

Maksim: Do you have any ice cream at home, Mrs Hall?

Mrs Hall: Only a little. We can get a few tubs if you like.

Maksim: Yes, I'd like to have some ice cream at the party.

Mrs Hall: No problem at all! Let's go and pay now... oh gosh!

Maksim: What's wrong, Mrs Hall?

Mrs Hall: I'm afraid I left my purse at home. How much money do you have Maksim?

Maksim: Em, not much... only £5.

Mrs Hall: Oh no! What are we going to do now?

Check these words

aisle, What's wrong?, purse

Supermarket Sections




Grammar Quantifiers

see
pp. GR3-
GR4

- 3 Read the table. Find more examples in the dialogue in Ex. 2.

COUNTABLE	UNCOUNTABLE
How many sweets are there? There are too many sweets. 	How much milk is there? There is too much milk. 
There are a lot of sweets. 	There is a lot of milk. 
There are some/a few sweets. 	There is some/a little milk. 
There are (very) few sweets. There aren't many sweets. 	There's (very) little milk. There isn't much milk. 
Are there any sweets? There aren't any sweets. There are no sweets. 	Is there any milk? There isn't any milk. There's no milk. 

- 4  Choose the correct word. Compare your answers with your partner.



- A: How **many/much** butter have we got?
B: Very **few/little**. Get some more.
- A: Is there **many/any** fruit?
B: There are **much/a lot of** bananas and apples, but there aren't **some/many** oranges.
- A: How **much/many** eggs do we need for the omelette?
B: Not **a lot/many**. Just three or four.
- A: There isn't **some/much** flour left in the cupboard. Only half a bag.
B: OK. Get **some/few** more then.
- A: Do we need **some/any** tomatoes?
B: Yes, there are only **a little/a few** left.
- A: There's very **few/little** cheese left.
B: I'll get some. How **many/much** do you want?
- A: There's **many/no** bread left.
B: Let's buy a loaf, then, and **some/any** biscuits.
- A: There's **too much/too many** sugar in my coffee. I can't drink it.
B: Really? I always put **a lot of/much** sugar in my coffee.

Study skills

Learning grammar

Make a note of your grammar mistakes and their corrections. This will help you to avoid making similar mistakes.

Listening


- 5 a)   Julie is making a shopping list for a dinner party. Listen and put a tick (✓) next to the things she needs and a cross (X) next to the things she doesn't need.

Shopping List	
2 kilos of chicken ✓	2 bottles of cola
6 eggs X	1 carton of apple juice
1 kilo of cheese	1 bag of rice
3 bags of crisps	20 sausages

- b) Ask and answer questions, as in the example.

- A: How much chicken does she need?
B: She needs a lot – two kilos!
How many eggs does she need?
A: She doesn't need any eggs.

Speaking & Writing

- 6  Use the words below to ask and answer questions about your eating habits.

EAT
• junk food • fruit • eggs • meat • chocolate • bread • vegetables
DRINK
• fizzy drinks • milk • water • lemonade • tea • orange juice • coffee

- a lot of/lots • too much/many
- a few/a little • some
- very few/little

- A: How much junk food do you eat each week?/Do you eat much junk food?
B: I eat a little, but not too much.

- 7 Use your answers in Ex. 6 to write a few sentences about your eating habits. Read your sentences to the class.

EATING OUT IN THE UK

There are many interesting places to eat a meal or grab a snack in the UK. Eating out in the UK offers much more than fast food restaurants. There's something to suit every taste!

CHIPPIES



Fish'n'chips is a popular and internationally famous English dish. It is deep fried fish in batter and fried, chipped potatoes with salt and vinegar. The restaurants and takeaway shops that sell it are traditionally called 'chippies'. You can also get a range of pies, sauces and side dishes with chips so you can choose your favourite combinations such as fish, chips and mushy peas or cheese and onion pie, chips and gravy.

ETHNIC RESTAURANTS

Britain is a multi-cultural society and the cuisine shows this. The three most popular ethnic cuisines are Indian, Chinese and Italian. Indian restaurants serve chicken, prawns or meat with rice and a variety of curry sauces, such as chicken tikka masala. Chinese food is Cantonese with dishes like sweet and sour pork, chicken with cashew nuts and beef in black bean sauce. The most popular Italian dishes are pizza, spaghetti bolognese, and lasagne.

Did you know?

British people spend £42 billion per year on eating out.

TRADITIONAL CAFÉS



Many Britons have lunch or a snack at a café. They serve delicious sandwiches, salads and hot snacks such as soup or jacket potatoes. There is also a wide range of cooked meals to choose from. You can also get tea, coffee and cold drinks as well as baked goods like cakes and biscuits.



Check these words

grab a snack, suit every taste, dish, deep fried, batter, chipped, vinegar, pie, sauce, side dish, mushy peas, gravy, ethnic cuisine, jacket potato, baked goods

- 1 How often do you eat out? Where do you usually go?
- 2 a) Look at the pictures and the headings in the text. What kind of food do you think you can get at each of these places?
🔊 Listen and read to find out.
b) ✎ Read again and replace the words in bold with words from the text.
 - 1 It is England's most famous dish.
 - 2 They are Italian dishes most people like.
 - 3 The British often have a snack **there**.
 - 4 You can buy fish 'n' chips **there**.
 - 5 They serve **these** at cafés.
 - 6 You can usually eat **them** in an Indian restaurant.
- 3 ✎ Use words from the **Check these words** box to complete the sentences in your notebook.
 - 1 Fish 'n' chips is a traditional British
 - 2 The restaurant serves a variety of dishes to
 - 3 The British often such as a sandwich for lunch.
 - 4 Indian is one of the most popular in the UK.
- 4 🗣️ Tell your partner one thing you remember about each type of place to eat out.
- 5 What kinds of places to eat out are there in your country? What kinds of food and drinks can you get there? Write short texts. Tell the class.

Everyday English 2d

Speaking

- 1** What do you usually have for breakfast/lunch/dinner? Are any of these foods/drinks on Ruby's menu?
- 2** a) Listen and say.
- Are you ready to order or do you need a few more minutes?
 - I think we're ready.
 - Would you like any side orders?
 - And what would you like to drink?
 - I'd like a glass of orange juice, please.
- b) Boris and his mum are visiting London. They are at a café. The sentences above are from their dialogue at the café. Who says each: *Boris/the waiter*?
- Listen, read and check.

Waiter: Hello. Are you ready to order or do you need a few more minutes?

Boris: I think we're ready ... erm, can I have scrambled eggs on toast, please? And a cheese omelette for my mum.

Waiter: OK. Would you like any side orders?

Boris: Erm ... yes, chips, please.

Waiter: And what would you like to drink?

Boris: I'd like a glass of orange juice, please. And a cup of coffee for my mum.

Waiter: OK. So that's scrambled eggs on toast, chips, a cheese omelette, a glass of orange juice and a cup of coffee.

Boris: That's right. Thank you.

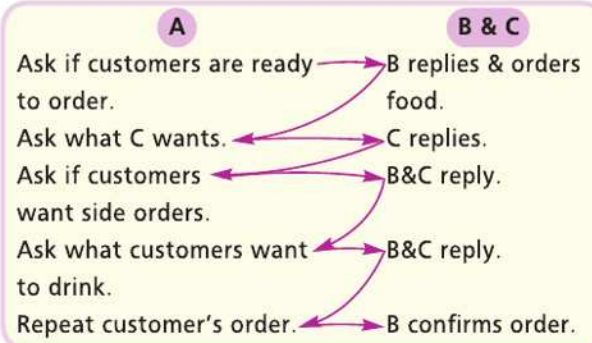
- c) What does Boris order for him and his mum?
- 3** Find sentences in the dialogue which mean: *Do you want more time? – We can order now. – That's correct.*

Pronunciation: /n/, /ŋ/

- 4** Copy the table in your notebook.
- Listen and check (✓) the correct boxes. Listen again and say.

	/n/	/ŋ/		/n/	/ŋ/
thin			tin		
thing			tongue		
king			ton		

- 5** Work in groups of three. Take roles and act out a dialogue at Ruby's ordering lunch. Use the menu and the plan.



Ruby's DINER MENU

All-day Breakfast	
Scrambled or fried eggs on toast	£2.75
Full English breakfast	£3.75
Omelette (cheese or mushroom)	£2.50
Side orders *	
Chips	£1.25
Mixed salad	£1.50
Coleslaw* or baked beans	£0.75
Lunch/Dinner *	
Burger & Chips	£6.25
Jacket potato (choice of fillings)	£2.75
Sandwiches (cheese, tuna, chicken)	£2.95
Desserts *	
Pancakes or waffles with fruit & ice cream	£4.50
Apple or cherry pie	£2.75
Chocolate brownie	£2.25
Drinks *	
Tea	£1.30
Coffee	£1.50
Orange juice	£1.80
Soft drinks (cola, lemonade)	£1.30
Hot chocolate	£1.50

* salad of chopped raw cabbage, carrots & onions with mayonnaise

2^e Real food

Jamie's Food Revolution

Did you know?

Chocolate milk has the same amount of sugar as a soft drink.

When it comes to good food, English celebrity chef Jamie Oliver is the man to talk to. **1** He stars in several TV shows and travels around the world to discover the best food recipes there are. With his experience, he can cook just about anything and he knows what's good and what's bad for you.


Jamie believes that too many people in the UK and in the USA are eating too much fat, too much sugar and not enough healthy food. He is campaigning to change the way British and American childreneat both at school and at home. **2**



Check these words

celebrity, chef, recipe, campaign, healthy, meal, habit, kitchen, popular, reduce, disease

Reading

- 1 What is your favourite type of food? How often do you eat it? Do you think it is good for you?
- 2 Look at the picture and the title of the text. Who is Jamie Oliver? Read to find out.
- 3  Read the text again. Four sentences are missing. Match each sentence (A-E) to a gap (1-4). There is one extra sentence. Compare your answers with your partner.

Jamie tours schools in the US and teaches school children about food and shows them how he cooks healthy meals using fresh produce. The TV show, *Jamie's American Food Revolution*, follows him around as he tries to change the school lunch system and kids' eating habits. **3** It has got eight cooking stations, TV plasma screens for demonstrations, and can hold up to 40 students at a time. He also opened Huntington's Kitchen in the town of Huntington, which offers free cooking lessons to people of the community.

Jamie's food revolution is becoming very popular. **4** He hopes that his work will help reduce diseases like obesity and help people live longer healthier lives. Good job, Jamie!



- A** He calls it his 'Food Revolution' and he hopes to do it one school meal at a time.
- B** Many celebrities including Jennifer Aniston and Justin Bieber now support it.
- C** Jamie is one of the best chefs in the world.
- D** A lot of people don't know how to cook fresh food.
- E** He has also got a huge 'food revolution truck' in which he visits different communities and gives free cooking lessons.

- 4** Use the words from the **Check these words** box to complete the sentences.

- Do you know the for Chicken Kiev?
- It's very important to eat food.
- He is a chef. Everyone knows him.
- What is the most traditional dish in Russia?
- You should the amount of sugar you eat.

- 5** Match the words.

Listen and check. Use the phrases to write sentences of your own.

- | | |
|-------------|-----------|
| 1 healthy | a lesson |
| 2 fresh | b chef |
| 3 cooking | c disease |
| 4 celebrity | d meal |
| 5 reduce | e produce |

see p. GR4
Grammar
Too - enough

- 6** a) Read the theory box. Find examples in the text.

- too + adjective/adverb** (more than someone needs or wants) *His steak is too salty.* (He can't eat it.) *The waiter speaks too quickly for me to understand.* (I can't understand him.)
- adjective/adverb + enough/enough + noun** (as much as someone wants or needs) *Is your soup hot enough?* (Is it OK?) *Don't worry. We've got enough money to pay the bill!* (We can pay it.)

- b) Complete with *too* or *enough* in your notebook.

- The service is slow in this restaurant.
- Is your coffee sweet
- That new restaurant is expensive for us to afford to eat there.
- This chicken is spicy. I don't like it.
- There isn't oil in the salad.

Speaking & Writing

- 7** a) **THINK!** Listen to and read the text in Ex. 2 again. Would you like to attend one of Jamie's cooking classes? Why/ Why not? Write a few sentences. Tell the class.
- b) Think of a healthy meal. What do you need to make it? Write a few sentences describing the meal. Present to the class.

2f Healthy eating

Can unhealthy be healthy?



red meat 1



2

fruit juice



poached egg 3



8

mayonnaise



7

fried egg



6

cola



chocolate bar 4



5

salad

People often say 'You are what you eat' and we all know that to be healthy we need to eat healthy food. What is really healthy, though?

1 All fruit juices contain high amounts of sugar. Some juices have only very low amounts of fruit in them – and as much sugar as a glass of cola or a chocolate bar.

2 It's true that salads are full of vitamins and minerals. Creamy mayonnaise-based salad dressings, however, can contain a lot of fat, sugar and salt. To enjoy a healthy, tasty salad at home, make a dressing by adding lemon juice or vinegar to a small amount of olive oil instead of using heavy mayonnaise.

3 Food companies like using the words 'fat-free' or 'low-fat' on their labels. Unfortunately they often replace

the fat in these 'healthier' products with salt and sugar to give them flavour. It's a good idea to read the whole label.

3 People think chocolate is bad for them, but it has some benefits. Good quality dark chocolate helps protect your heart by lowering your cholesterol. Eating chocolate also has a positive effect on how we feel. All chocolate is high in fat, though, so you shouldn't eat it after every meal.

5 Eggs are a good source of protein and vitamins. Frying an egg though, is less healthy than boiling them. A fried egg contains around 30% more fat than a boiled or poached egg. If you prefer fried eggs, try frying them in olive oil instead of butter.

6 Red meat such as beef can be part of a healthy diet. Including red meat in a meal a couple of times a week helps your body to get enough iron and protein. Just make sure you trim off the fat and buy only lean meat.

Check these words

contain, vitamin, mineral, creamy, salad dressing, vinegar, olive oil, fat-free, low-fat, label, flavour, benefit, lower, cholesterol, source, iron, protein, lean

Vocabulary Food/drinks

- 1** Which of the foods/drinks (1-8) contain the following? Decide in pairs.
- sugar • fat • minerals • iron
 - protein • vitamins • salt
- 👂 Listen and read to find out.

2 Read the text and match headings A-G to paragraphs 1-6. There is one extra heading.

- A CHOOSE THE LIGHTER OPTION B REMOVE THE BAD BITS
 C ASK YOURSELF WHAT'S IN YOUR GLASS
 D ENJOY A SWEET SENSATION E SOME FAT IS GOOD FOR YOU
 F COOK WITH A HEALTHIER FAT
 G ALWAYS CHECK THE INGREDIENTS

Grammar

see
p. GR4**-ing/to-infinitive****3** Read the theory. Are there similar structures in your language?We use the **-ing form**:

- as the subject of a sentence.
Eating vegetables is good for you.
- after **like, have, enjoy, don't mind, dislike, hate**.
I like drinking milk.
- after **avoid, appreciate, be used to, consider, continue, deny, fancy, go (+ activity), imagine, miss, save, suggest, practise, prevent, spend/waste (time/money) on**.
Do you fancy eating out?
- after prepositions.
How about making a cake?
- with the phrases **it's worth, can't stand, have difficulty, look forward to, can't help**.
I can't stand eating spicy foods.

We use the **to-infinitive**:

- to express purpose.
He went out to buy some milk.
- after **would like, would prefer, would love**.
I'd like to have a steak, please.
- after **too/enough**.
It was too difficult for her to learn how to cook.
- after **ask, decide, explain, want, hope, expect, promise, refuse, etc.** *He decided to order a takeaway.*

BUT **make, let** and **modal verbs** take infinitive without **to**.*I can't go to the supermarket today.*Certain verbs take **to-infinitive** or **-ing** form with a difference in meaning. Compare:*Oh, no! I forgot to buy some tea.* (not remember)
I'll never forget trying sushi. *I really liked it.* (recall)**4** Choose the correct item.

- A: What will we **have/have** for dinner tonight?
B: I may **cook/cook** some pasta.
- A: Would you like **to order/order** a takeaway?
B: No. Let's **to make/make** some sandwiches.
- A: You promised **to help/help** me with the household chores.
B: I know, but I was very busy **to prepare/preparing** the food.
- A: You mustn't **to eat/eat** so much junk food.
B: I guess you are right.
- A: There's nothing **to eat/eat**.
B: Let's **to go/go** to the market **to buy/buying** some food.
- A: The doctor advised me **going/to go** on a diet.
B: That's a good idea. You should also **join/to join** a gym.
- A: I promised **to take/taking** her shopping, but I can't.
B: There's no point **to worry/worrying** about it. I'll go.
- A: Have you seen Dina? I want **to ask/asking** her if she fancies **to help/helping** me with the cooking.
B: No, sorry. I haven't.

5 Put the verbs in brackets into the (to) infinitive or -ing form.

- I tried (**bake**) a cake, but I burnt it.
- Try (**add**) some salt. It'll taste better.
- Oh no! I forgot (**go**) to the market.
- I'll never forget (**shop**) at the floating market in Thailand.
- Let's stop (**eat**) here. This café looks nice.
- Olga stopped (**eat**) meat five years ago.
- Did you remember (**turn**) the oven off?
- I remember (**meet**) Boris at Dina's party.
- I'm sorry (**tell**) you this, but this cake is awful.
- Ivan was sorry for (**tell**) her that she was an awful cook.

Speaking & Writing**6** Complete the sentences about you in your notebook. Tell the class.

- I like *eating out with my family*.
- I don't mind
- I'm tired of
- I can't stand
- I can
- I'd rather not

7 **THINK!** How much of the information in the text did you know? What did you learn from the text? In three minutes write a few sentences. Tell the class or your partner.

2g Skills

Vocabulary Food preparation

- 1 Listen and say. What are these verbs in your language?



- 2 Complete the gaps in the recipe with verbs from Ex. 1.

Listen and check.

Note:

tbs = tablespoon tsp = teaspoon

Apple-Cinnamon Blini

1 large apple	1/2 tsp baking soda
1 tbs sugar	1/2 tsp salt
1 tsp cinnamon	1 egg
2 tbs butter	3/4 cup sour cream
1 cup flour	1/4 cup milk

- 1) the apple, then 2) it.
- 3) the butter in a frying pan, then cook the apple slices in the butter for 4 minutes.
- 4) the flour, salt, baking soda, sugar and cinnamon together in a large bowl.
- 5) the egg with 1/2 cup of the sour cream and the milk, then 6) it to the flour mixture.
- 7) in the cooked apple.
- Put spoonfuls of the mixture into a hot frying pan. 8) for a few minutes on each side.
- Serve warm with a teaspoonful of sour cream on top.

Listening

- 3 Listen to Maria and Frank talking about a TV programme and for questions 1 to 5 say if the sentences are T (true) or F (false).

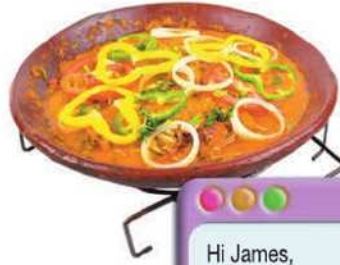
- 1 Frank really enjoyed watching *Chef Jeff* last night.
- 2 Chef Jeff went to a restaurant that only serves steak.
- 3 Maria never eats meat.
- 4 Chef Jeff closed down the restaurant so they could clean it.
- 5 Once, Chef Jeff showed a Spanish chef how to cook paella.

Speaking

Giving instructions

- 4 Tell your partner how to make apple-cinnamon blinis. Use *First*, *Next*, *Then*, *Finally*.

First, peel and slice the apple. Then, melt Next, Finally,





An email about a favourite dish

- 1 Read the writing tip. Find examples of informal style in Maria's email.

Writing Tip

Using informal style

When we write emails to friends or relatives, we use informal style. This includes informal greetings/ closing remarks (*How are you? That's all for now!*), short forms (*It's delicious!* NOT: *It is*) and everyday vocabulary and expressions (*How are things? How about you?*). We may also omit pronouns (*Hope you are well!*).

- 2  Read again and match the paragraphs to the headings.
 - A closing remarks
 - B opening remarks & reason for writing
 - C description of how to make the dish
- 3  Complete the sentences with the words in the list.



- 1 It's a very dish with a lot of chili peppers in it.
- 2 This dish is usually quite It has a lot of salt in it.
- 3 You can add yogurt and milk to the sauce to make it
- 4 You must try this. It's absolutely
- 5 There's a lot of sugar in this dessert so it's very

Hi James,

1 Great to hear from you! So, you want to know about my favourite dish from my country. Well, it's a traditional dish called Moqueca and it's very popular here in Brazil.

2 Moqueca is a spicy seafood dish with fish, onions, tomatoes, peppers, chillies, garlic and herbs. It's very easy to make. First, we chop the vegetables and fry them with the garlic and herbs. Then, we add the fish and boil everything slowly for about five minutes. We usually serve this stew with rice. This is a very tasty dish! Hope you can try it one day!

3 How about you? Do you have a favourite dish from your country? Write soon,
Maria

Study skills

Understanding rubrics

Always read rubrics carefully. They give you important information e.g. *who you are writing to, what you have to write, what you should write about, how many words you should write*. Make sure you include everything in the rubric in your piece of writing.

- 4 Read the rubric and look at the underlined words. Then answer the questions.

This is part of an email from your English pen friend, Georgia. Write an email in reply (80-100 words).
I'm doing a school project about food around the world. What's your favourite dish from your country? What are the ingredients? How do you make it? What does it taste like?

- | | |
|---------------------------|------------------------------------|
| 1 What are you writing? | 4 How many words should you write? |
| 2 Who are you writing to? | |
| 3 What must you include? | |

Writing

(an email about a favourite dish)

- 5 Write your reply to Georgia's email. Follow the plan below.

Plan

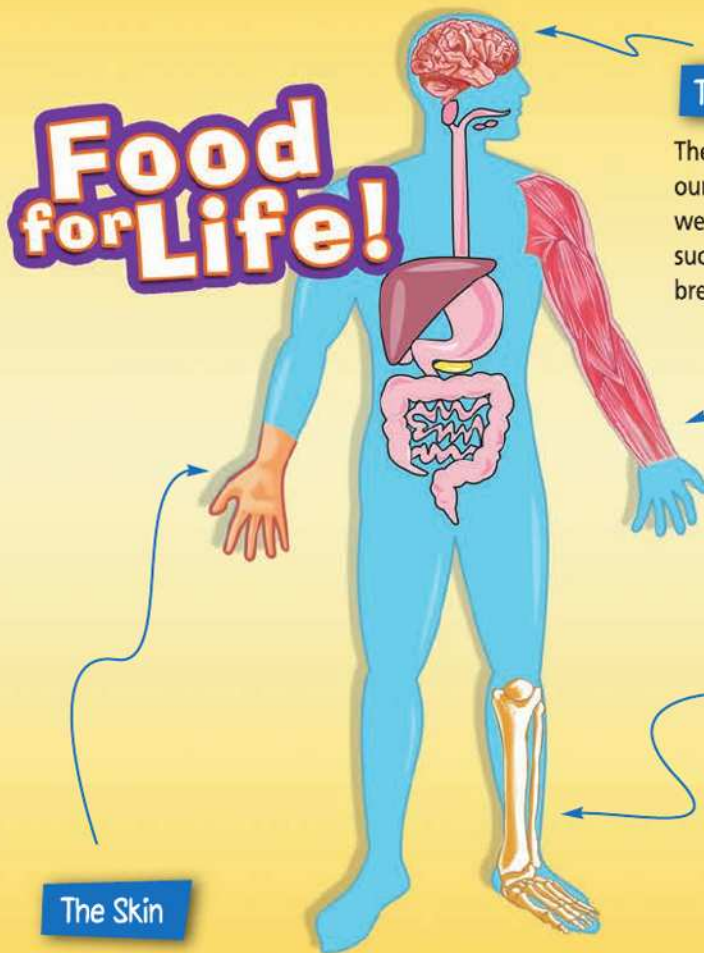
Hi

Para 1: opening remarks, reason for writing, name of dish (*How are you? So, you want to know ... Well, it's a dish called ...*)

Para 2: type of dish, ingredients, how to make it, how you serve it (*It's a ... dish. It's got ... First, we ... Then, ... We usually serve it ...*)

Para 3: closing remarks (*How about you? ...*)

Food for Life!



The Brain

The brain commands our nervous system and controls our behaviour. It uses 20% of the energy from the food we eat! The brain needs green vegetables, healthy fats, such as those in oily fish, and carbohydrates like cereals, bread and pasta.

Muscles

The human body has over 600 muscles! Without them, we couldn't move, breathe, pump blood around our body or digest our food. To build and repair muscles, we need protein. We can find this in foods like meat, fish and eggs.

Bones

The human skeleton has over 200 bones which support and protect our body. Calcium in dairy products like milk, cheese and yogurt keeps our bones healthy.

The Skin

Our skin is the natural covering of our body. It protects us and gives us our sense of touch. Foods that are very good for our skin include fruit and vegetables, nuts, cereals and oily fish.

Check these words

command, nervous system, control, behaviour, energy, fat, oily, carbohydrate, breathe, pump blood, digest, repair, muscle, protein, bone, support, protect, calcium, sense of touch

- 1 In a minute write as many parts of the body as possible. Compare your list with your partner.
- 2 Look at the headings in the text. Which foods are important for keeping these organs/parts of the body healthy?
👂 Listen and read to find out.


- 3 Copy the table in your notebook. Read again and make notes under the headings. Use your notes to tell your partner about each organ/body part.

Organ/Body part	What to eat to keep it healthy
brain	green vegetables, healthy fats, oily fish, cereals, bread, pasta

Our brain commands To keep it healthy we should eat


- 4 Do some Internet research about other organs/parts of the body and the food we should eat to keep them healthy e.g. *the heart, the eyes, liver, etc.* Write a few sentences about it, then tell the class.

Language Review 2


1  Copy the table in your notebook. Put the words into the correct categories. Add one more word to each category.

- broccoli • beef • apple pie • lamb • milk
- banana • coffee • cabbage • chicken
- chocolate brownie • strawberries • cola
- tea • salmon • ice cream • waffles


2  Choose the correct words.

The drive-through restaurant is one of the USA's great traditions. It's unusual because the 1) waiters/customers don't usually go inside! They drive up to a speaker outside the restaurant, 2) grab/order their food from a worker and get it from a window. Customers can go inside and eat at a 3) table/booth, but taking your food to go is more 4) famous/popular. Drive-throughs are very popular in the USA and sell a wide 5) range/type of 6) extra/fast food, like burgers and fries.

3  Choose the odd word out.


- 1 tub – carton – jar – jam
- 2 protein – bones – muscles – skin
- 3 boil – fry – order – grill
- 4 pepper – onion – prawn – celery
- 5 salty – fried – sweet – creamy

Collocations

4  Complete with: *side, fast, top, jacket, scrambled, cherry, frying, reduce, bunch, cold.*

- | | |
|----------------|---------------------|
| 1 drinks | 6 potato |
| 2 chef | 7 food |
| 3 eggs | 8 pie |
| 4 order | 9 diseases |
| 5 pan | 10 of bananas |

Prepositions

5  Choose the correct preposition.


- 1 Visitors buy local products made **of/from** oranges.
- 2 There's a great choice **of/from** snacks to choose **of/from**.
- 3 Ann's is famous **for/of** its delicious cherry pie.
- 4 Chocolate contains a high amount **of/with** fat.
- 5 Serve the stew **by/with** rice.

GAME

In teams, make sentences. Use words/phrases from the list below. Each correct sentence gets one point. The team with the most points wins.

- resort • boiled egg • dessert • poultry • creamy
- drinks aisle • dairy products • frozen food • grill
- salty • tub of ice cream • loaf of bread • protein
- deep fried • baked goods • serve • dish
- scrambled eggs • customers • menu • chop
- low-fat • spicy • breathe

Quiz

 Read through Module 2 and answer the questions. Now write a quiz of your own. Give it to your partner. Check his/her answers.

- | | |
|--|---|
| <ol style="list-style-type: none"> 1 How many tons of fruit do they use in the Menton Lemon Festival? 2 In which section can you find yogurt in a supermarket? 3 What is a chippy? 4 What can you eat in an ethnic restaurant? | <ol style="list-style-type: none"> 5 How much energy does our brain use? 6 What can you do at Huntington's Kitchen? 7 What does red meat contain? 8 How many bones are there in the human body? 9 What does our skin do? 10 What foods have a lot of calcium in them? |
|--|---|

Pelmeni



Pelmeni is a popular main course dish in Russian cuisine that comes from Siberia. It is similar to the Italian dish ravioli because it is a little parcel of meat, but instead of a pasta parcel it is made with dough. Its name means 'ear' (pel) and 'bread' (nan), but no one knows how the native Siberians came up with the dish or when they started to cook it. Some people believe that, originally, the dish was brought from China to Siberia by the Mongols because it includes black pepper which is not found in Russia. Whatever is true, the Siberians found that pelmeni can be kept frozen for a long time without losing any flavour and so it was the perfect way to make their meat last through the long Siberian winter. The local people would freeze the pelmeni outdoors and cook them as, and when, they needed them. They were the perfect food for hunters because they could be sure that they wouldn't go off.

To cook them, you simply boil them in salted water for a few minutes. They are usually served with sour cream and vinegar. In different parts of the country, pelmeni is made with any kind of meat including beef, pork, lamb and even fish. In some places they are filled with mushrooms, onions, turnips or sauerkraut instead of meat and sometimes they are served in a light soup. In Siberia they are only made with pork and the water is drained before they are served.

Over the years, a number of similar dishes have appeared in the cuisine of neighbouring countries. For example, in Ukraine there is a dish called varenyky which has a thicker dough and is pre-cooked. Also, in Poland there is a dish called pierogi which is very similar to pelmeni but it often has a sweet filling.


Today, pelmeni is available in the frozen food section of the supermarket and is very popular with students.



Reading (True/false)

- 1 a) Read the rubric, then read the text quickly. What is the text about?

You are going to read a text about a dish. Read the text and decide if the sentences (1-6) are *T* (true) or *F* (false).

- b)  Do the reading task.


- 1 Pelmeni is the same as ravioli.
- 2 Some people believe it is a Mongolian dish.
- 3 Pelmeni can last a long time if people freeze it.
- 4 It's easy to cook pelmeni.
- 5 Only beef is used in pelmeni.
- 6 Nowadays, you can find pelmeni in supermarkets.

Listening (Multiple choice)

Study skills

Multiple choice

Remember: the A, B, C choices may all contain words which you hear in the recording. However, only ONE choice is correct.

- 2 a)  Read the rubric, then the questions and find the key words.

Read the statements below. You will hear a contestant on a radio quiz. For each question choose the right answer, A, B or C.

- In the radio quiz,
 - three people have been invited to take part.
 - contestants must each get one answer correct.
 - you get two chances to answer a question.
- Sharon says that the tomato is a fruit because she
 - remembered how to cook it.
 - learnt about it at school.
 - thought the question was a trick.
- The presenter advises Sharon not to answer too quickly because
 - he thinks that she is going to guess.
 - the rules say how much time she can take.
 - she only has one chance to answer.
- The final question in the quiz is about
 - a supermarket.
 - a man.
 - a king.
- The presenter asks Sharon
 - to tell him where she lives.
 - to speak to another person.
 - to send in her contact details.

- b) Read an extract from the recording and look at question 1. Which is the correct choice? Which words in the three choices are in the recording?

Hello and welcome, everyone! In our quiz today we have a panel of three contestants. They will each answer five questions on the topic of shopping. Each correct answer scores one point. If a contestant answers incorrectly, the other two contestants get a chance to answer the question. ...


- c)  Do the listening task.

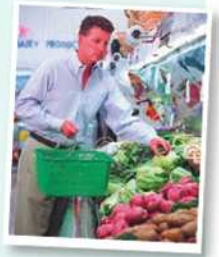
Speaking

- 3 a) Give a talk about your eating habits.


Remember to say:

- if you often eat out or at home with your family
- what kind of food you usually eat
- if you think you have a healthy diet and why

- b)  Listen to someone doing the task. How similar is your diet?



Writing (notices) (Writing Bank p. WB3)

- 4  Read the rubric and say if the sentences are T (true) or F (false). Write your notice.

You are studying in England. Your school is organising an international food night. Write a notice. In your notice:

- write where and when the event will be held
- ask people to bring a typical dish from their country
- explain what else there will be
- write how long the event will last

- The notice should be long and detailed.
- You need to use a lot of adjectives.
- You need to give contact details.
- You must write using formal style.



2





FOOD OF THE TSARS

Reading & Listening

- 1 What is caviar? Why is it called "food of the Tsars"?
🔊 Listen to and read the text. Does it answer your questions?
- 2 Read the text again and answer the questions.
 - 1 Where does caviar come from?
 - 2 Why didn't the Russians like it originally?
 - 3 When did caviar become a delicacy?
 - 4 When do people eat caviar nowadays?

Speaking & Writing

- 3 Use the words below to make sentences about caviar. Tell your partner.
 - sturgeon • Catherine the Great
 - Russian Tsars • Nicholas II • expensive
 - holiday feasts

- 4   Find out how caviar is made. Make notes. Present your findings to the class.

Caviar is one of the most famous foods in history. It is the salted eggs of sturgeon, a fish which lives in the Black and Caspian Seas. Russia, more than any other country, is known for its high quality caviar.

The Russians didn't eat it because they didn't like its taste until Catherine the Great served it at a dinner in 1778. From then on, it was the favourite food of various Russian Tsars and they often call it 'food of the Tsars'. They were the main consumers of caviar and fishermen sent them the best of their produce. Each year, Nicholas II (1868-1918) received around 11 tons of caviar from his fishermen.

Nowadays, although quite expensive, people all over the world serve it at holiday feasts and special occasions.

Check these words

salted eggs, sturgeon, high quality, main consumers, ton, produce, although, holiday feast, special occasion

Did you know?

Only three species of sturgeon produce caviar: beluga, common sturgeon and starred sturgeon.