

Vocabulary

▪ Food & Drinks

A Circle the odd word out.

- 1 **meat, poultry, fish & seafood:** lamb – chicken – cod – beef – egg
- 2 **drinks:** tea – coffee – lemonade – orange juice – bread
- 3 **fruit & vegetables:** peppers – salmon – cabbage – cherries – pears
- 4 **other:** butter – eggs – rice – pasta – cereal
- 5 **dairy products:** cheese – yogurt – milk – cauliflower – butter

B Fill in: *picturesque, resort, citrus, floats, fireworks, theme, statues.*

- | | |
|---|---|
| <ol style="list-style-type: none">1 Lemons and oranges are types of fruit.2 The festival ends with a huge display.3 The artists use lemons and oranges to create huge4 Menton is a seaside | <ol style="list-style-type: none">5 Artists design the statues according to a different each year.6 Menton is a town in the south of France.7 There is a parade with carrying huge statues. |
|---|---|

▪ Containers/Partitives

C Underline the correct word.

Shopping list

- a 1) **bunch/tub** of bananas
- a 2) **bottle/jar** of jam
- two 3) **boxes/cartons** of apple juice
- a 4) **loaf/bar** of bread
- a 5) **kilo/tin** of minced beef
- a 6) **tub/box** of cereal
- three 7) **pots/tins** of soup
- two 8) **bars/loaves** of chocolate

Module

2

D Match the words to form collocations.

1		Dairy	a food
2		Drinks	b drinks
3		bakery	c products
4		junk	d aisle
5		fizzy	e section

Places to eat in the UK

E Complete the sentences with the following phrases.

• baked • sour • chipped • society • fried • mushy • side • ethnic

- 1 I think I'll have a order of salad to go with my main meal.
- 2 Britain is a multi-cultural with lots of people from different ethnic backgrounds living there.
- 3 I try not to eat any food that is deep because it is often greasy and unhealthy.
- 4 I like biscuits, bread, cakes and all sorts of other goods.
- 5 Chips are potatoes that are fried and seasoned with salt and vinegar.
- 6 In the UK, a popular dish is fish 'n' chips served with peas.
- 7 My two favourite types of cuisine are Chinese food and Mexican food.
- 8 My favourite Cantonese dish is sweet and chicken.

Eating out

F Fill in: sip, landmarks, staff, freezing, intervals, thick, variety, main.

- 1 The leave the restaurant at regular to warm up and then come back in again.
- 2 Most people choose a hot dish when they eat in the ice restaurant.
- 3 It's great to stay indoors and hot chocolate when it's cold outside.
- 4 The menu includes a wide of salads.
- 5 There are ice sculptures of the city's famous
- 6 The customers wear coats and gloves because it is cold.

Module

2

▪ Healthy eating

G Match the words to form collocations. Then complete the sentences.

1		red	a fat
2		poached	b dressing
3		chocolate	c food
4		low-	d meat
5		salad	e bar
6		healthy	f egg

- 1 Helen only lets her children have one a week so they don't eat too many sweets.
- 2 Fresh fruit and vegetables are, but crisps and snacks are junk food.
- 3 I don't use on my salads because it can contain a lot of calories.
- 4 I only eat once a week, the other days I eat chicken and fish.
- 5 Is this cheese because I'm trying to watch my weight?
- 6 Jim always has a for breakfast, whereas I like mine boiled.

H Circle the odd word out.

- 1 scrambled – boiled – fried – chipped egg
- 2 hot – soft – freezing – fizzy drinks
- 3 boiled – main – side – traditional dish
- 4 mixed – cooked – healthy – tasty salad
- 5 fried – chipped – poached – jacket potatoes

Module 2

Food preparation

I Label the pictures.

- boil • stir • chop • peel • fry • slice • grill • pour • beat • melt



1



2



3



4



5



6



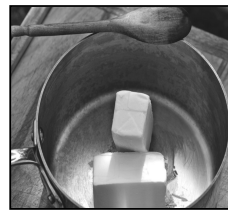
7



8



9



10

J Underline the correct word.

- | | |
|---|--|
| <p>1 We have a special set of muscles whose job is to digest/pump food.</p> <p>2 The skin contains nerves which give us our feeling/sense of touch.</p> <p>3 The brain commands/supports the nervous system.</p> | <p>4 We are able to move thanks to over 600 muscles/bones in our body.</p> <p>5 The nervous system commands/controls our behaviour.</p> <p>6 The skeleton builds/supports the body.</p> |
|---|--|

Prepositions

K Choose the correct item.

- | | |
|---|---|
| <p>1 There is a wide range meals to choose from at the restaurant.
A from B of C in</p> <p>2 I prefer to serve chicken rice rather than potatoes.
A of B on C with</p> <p>3 <i>Chillout</i> in Dubai is a restaurant where almost everything is made ice.
A with B from C of</p> <p>4 Customers cannot stay for too long the freezing cold temperatures.
A at B in C with</p> <p>5 They just stay 30 minutes at a time.
A for B in C at</p> | <p>6 There is a wide variety of dishes to choose
A from B of C with</p> <p>7 This dessert is lovely. It's made oranges.
A of B from C on</p> <p>8 A healthy diet can have a positive effect your mood.
A on B for C in</p> <p>9 Tina avoids foods that are high fat.
A in B with C of</p> <p>10 If you have to fry food, it's healthier to fry it olive oil.
A of B with C in</p> |
|---|---|

▪ Verbs

L Fill in the correct verb: *attract, celebrate, design, cool, measure, pump, grab, suit, lower, run* **in the correct form.**

- | | |
|---|--|
| <p>1 The heart blood around the body.</p> <p>2 The best way to down in Dubai is to visit <i>Chillout</i> where everything is made of ice.</p> <p>3 When I don't have time for a proper meal, I often just a snack.</p> <p>4 There is a wide range of dishes to every taste.</p> <p>5 Many people these days are cutting down on fat in an attempt to their cholesterol.</p> | <p>6 The artists who make the statues for the festival let their imaginations wild.</p> <p>7 The festival thousands of visitors every year.</p> <p>8 Some of the statues over ten metres in height.</p> <p>9 The people of Menton their lemons and oranges with a festival.</p> <p>10 The artists the statues according to a different theme every year.</p> |
|---|--|

Grammar

▪ Countable/Uncountable nouns

A Fill in *a/an* or *some*. Then write *C* (for countable) and *U* (for uncountable).

- | | | | |
|---|----------------------|--------------|----------------------|
| 1 | <input type="text"/> | tomato | <input type="text"/> |
| 2 | <input type="text"/> | onion | <input type="text"/> |
| 3 | <input type="text"/> | rice | <input type="text"/> |
| 4 | <input type="text"/> | strawberries | <input type="text"/> |
| 5 | <input type="text"/> | water | <input type="text"/> |

- | | | | |
|----|----------------------|----------|----------------------|
| 6 | <input type="text"/> | banana | <input type="text"/> |
| 7 | <input type="text"/> | carrots | <input type="text"/> |
| 8 | <input type="text"/> | orange | <input type="text"/> |
| 9 | <input type="text"/> | bread | <input type="text"/> |
| 10 | <input type="text"/> | cherries | <input type="text"/> |

B Fill in: *a/an*, *some* or *any*.

- | | |
|---|--|
| <p>1 A: Can I have lemonade, please?
B: I'm sorry, but there isn't</p> <p>2 A: Would you like orange juice?
B: Yes, please.</p> <p>3 A: Are you going to buy eggs for the cake?
B: No, there are in the fridge.</p> | <p>4 A: What are you eating for lunch?
B: tuna sandwich and apple.</p> <p>5 A: Are there biscuits left?
B: I'm afraid not.</p> <p>6 A: I want to make lemon pie, but I haven't got sugar.
B: I can go to the supermarket and get</p> |
|---|--|

▪ Quantifiers

C Underline the correct word.

- | | |
|--|---|
| <p>1 A: How much/many peppers have we got?
B: Very little/few. Get some more.</p> <p>2 A: Do we need any/some cheese?
B: Yes, there's only a little/a few left.</p> <p>3 A: How is your tea?
B: It's too sweet. There's too many/ too much sugar in it.</p> <p>4 A: How much/many cheese do you need for the cheese pie?
B: A lot/Much, one kilo.</p> | <p>5 A: Have we got any/some apples?
B: Not a lot/many. Just three.</p> <p>6 A: The soup needs a few/a little more salt.
B: Really? It tastes fine to me.</p> <p>7 A: There is any/no bread left.
B: Let's buy a loaf, then and some/any bananas.</p> <p>8 A: Is there some/any milk in the fridge?
B: Not much/many. We need to buy a bottle.</p> |
|--|---|

▪ **Too/Enough**

D Complete the sentences with *too* or *enough* and the adjectives/nouns in brackets:

- | | |
|--|---|
| 1 I can't drink this tea. It's
(hot). | 4 Is the soup (warm)
for you? |
| 2 I don't like Mexican food. It's
..... (spicy). | 5 Are there (chairs)
for everyone? |
| 3 Oh dear! I haven't got
(money) to pay the bill! | 6 The new restaurant has got great dishes
and is really (cheap). |

▪ **-ing/to - infinitive**

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

Healthy Eating Tips

In order **1)** **(be)** fit and healthy you need
2) **(follow)** a well-balanced diet. The best way
3) **(do)** this is **4)** **(include)** lots
of fresh fruit and vegetables in your diet. **5)** **(have)** red meat
only once or twice a week will help you **6)** **(reduce)** your
cholesterol. **7)** **(choose)** fish or chicken instead will make sure
you still get enough protein. It's also a good idea **8)** **(stay away)**
from processed foods. Many people like **9)** **(eat)** white bread,
pasta and rice, but it is best **10)** **(avoid)** them and instead
11) **(have)** the wholegrain versions. Finally,
12) **(cut down)** on the amount of sugar you eat is very
important.

Module 2

F Choose the correct item.

- 1 sweets is bad for your teeth.
A Eat B Eating C To eat
- 2 She's busy for the party.
A cooking B to cook C cook
- 3 Oh no! I forgot some milk for the cake.
A buy B buying C to buy
- 4 Let's out for dinner tonight.
A go B to go C going
- 5 I'd like the chicken casserole, please.
A have B to have C having
- 6 Good quality dark chocolate can someone's cholesterol.
A lowering B lower C to lower
- 7 I don't like junk food.
A eating B eat C to eat
- 8 They decided a pizza.
A order B ordering C to order
- 9 I'll never forget goulash. I really liked it.
A try B trying C to try
- 10 Let me you with the cooking.
A help B to help C helping
- 11 She went out some bread.
A buy B buying C to buy
- 12 I forgot oil in the salad.
A put B putting C to put

Reading

Read the text and then complete sentences 1-6.

The Charm of the Farmers' Market

'Eating vegetables is good for you.' 'An apple a day keeps the doctor away.' 'Try to eat five portions a day.' All these sayings are very well known. However, fruit and vegetables that travel hundreds of miles before they reach the supermarket shelves lose many of their valuable vitamins and minerals.

That's the main reason farmers' markets are now so popular, with around 750 of them operating in the UK alone. After the farmer picks his produce, he drives with it to the market to set up his stall. There's no produce that travels more than 30 miles. That means the fruit and vegetables you buy are fresh from the ground that morning. How many supermarkets can beat that?

If you enjoy eating a few strawberries in the middle of winter, or you'd like to buy a pineapple for dessert, maybe you should think again. Produce that is not grown in season contains fewer nutrients and doesn't have much flavour either! And it's the same with fruit coming from overseas. They have less nutritional value because the farmers harvest them before they are ripe; otherwise they would become too soft to travel.

At a farmers' market, on the other hand, only seasonal produce is on sale, grown by local farmers. Don't expect to find exotic produce or a full range of fruit and vegetables all year round. Do expect to buy quality, fresh and tasty food that is second to none!

- 1 The fruit and vegetables you buy in the supermarket may be short of
- 2 There are in the UK.
- 3 The produce that arrives at a farmers' market is fresh because it never
- 4 Fruit that you buy out of season
- 5 Farmers overseas pick their fruit unripe because they don't want it to
- 6 You cannot buy at farmers' markets all year.

Listening

Listen to Fran and Mary having a conversation in a restaurant and for questions 1 to 5 tick (✓) the correct box, *Yes* or *No*.

- 1 Mary arrives at the restaurant first.
- 2 Fran isn't very hungry.
- 3 Mary is trying to lose weight for a family celebration.
- 4 Mary can only eat vegetables on her diet.
- 5 Fran thinks Mary's diet is a good idea.

Yes	No
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>