

1A

Eating in...and out

Do you eat a lot of red meat?

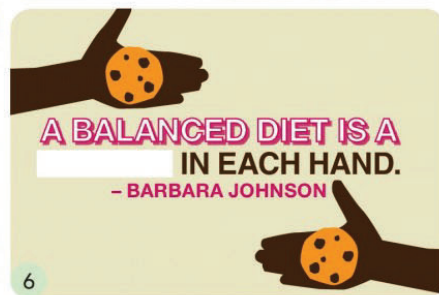
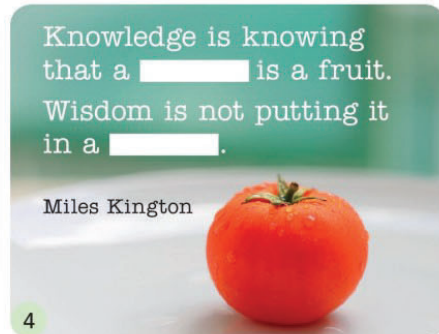
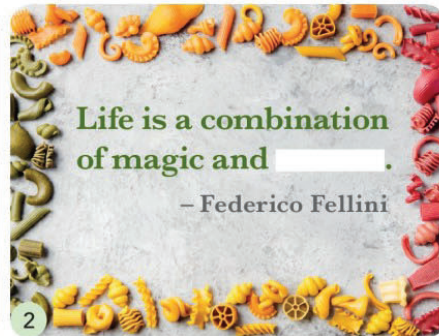
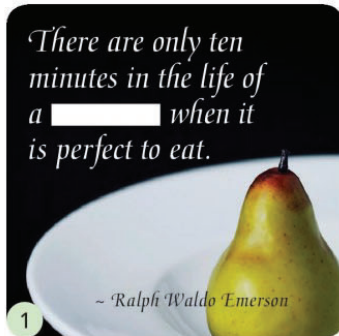
Yes, but I'm trying to cut down.

G present simple and continuous, action and non-action verbs V food and cooking P short and long vowel sounds

1 VOCABULARY food and cooking

- a Look at some quotes about food from Pinterest. Complete the gaps with a word or phrase from the list.

cake cookie fruit salad onions pasta pear tomato



- b Which quote do you like best? Compare with a partner.
- c **V** p.152 **Vocabulary Bank** Food and cooking
- d Look at some common adjectives to describe food. What kind of food do we often use them with?

fresh /frefʃ/ frozen /'frəʊzn/ hot /spɪki/ 'spaisi/
low-fat /ləʊ 'fæt/ raw /rɔː/ tinned /tɪnd/

- e **1.5** Listen to six conversations. Write the food phrase you hear for each adjective in d.

1 raw beetroot

2 PRONUNCIATION

short and long vowel sounds

- a Look at the eight sound pictures. What are the words and sounds? What part of the symbol tells you that a sound is long?



- b **1.6** Match a phrase to each sound. Then listen and check.

- | | |
|---|---|
| <input type="checkbox"/> crab salad | <input type="checkbox"/> a good cook |
| <input type="checkbox"/> grilled squid | <input type="checkbox"/> hot sausages |
| <input type="checkbox"/> a jar of raspberry jam | <input type="checkbox"/> raw pork |
| <input type="checkbox"/> steamed green beans | <input type="checkbox"/> tuna with beetroot |

3 LISTENING & SPEAKING

- a Read the *Your food profile* questionnaire. What do you think the **bold** words and phrases mean?

Your food profile

- What's your favourite...?
a snack b pizza **topping**
c sandwich **filling**
- Do you ever have...?
a **ready-made** food
b **takeaway** food
c very hot / spicy food
Give examples.
- Are you **allergic** or **intolerant** to any food? How long have you had the problem?
- What food do you usually eat...?
a to **cheer yourself up** when you're feeling sad
b when you're tired and don't want to cook
- When you're away from home, is there any food or drink that you really **miss**?
- Is there any food or drink that you couldn't live without? How often do you eat / drink it?

- b **1.7** Listen to six people each answering one question from *Your food profile*. Match each speaker to the question he or she is answering.

5 Emma	Rob
Sarah	James
John	Sean

- c Listen again and write their answers. Compare with a partner.
- d Ask and answer the questions with a partner. What do you have in common?

4 READING

- a Talk to a partner. What time do you usually...?

get up	have lunch
have breakfast	have dinner
do exercise	go to bed
have a coffee	

- b Read the article once. Do you or your partner do any of the things in a at the times the article recommends?
- c Read the article again. Answer the questions with a partner.
- Why is it important to have breakfast every day when you're a teenager?
 - What effect does caffeine have on us if we drink it between 2.00 and 5.00 p.m.?
 - What's the difference between having steak and chips for lunch and having it for dinner?
 - Why should an early evening meal be 'delicious'?
 - What's the best physical activity to do
 - early in the morning,
 - in the afternoon?
 - Why does the body produce melatonin?

- d Search the text and find six parts of the body. Which do we a) have one of, b) two of, c) more than two of?

1 he _____	4 br _____
2 st _____	5 mu _____
3 li _____	6 lu _____

- e Answer the questions with a partner.

- Do you believe all the information in this article? Why (not)? Give examples from your own experience.
- Would you consider changing any of your habits based on this information?

Eat and drink – but at the right time!

In our super-busy 21st-century lives, most of us try to do as much as we can in 24 hours. However, we usually do things whenever it suits us, and experts say that this is disrupting our body's natural cycle, making us feel tired at times when we should feel awake, and vice versa. Science shows that by doing things at the right time, we can be happier and healthier.

Have breakfast at 8.00 a.m.

In a recent study, researchers found having breakfast at this time is good for our blood sugar levels, so the food you eat now will give you the energy you need. It's also important not to skip breakfast. Another research team, from Sweden, suggested that people who ate a regular breakfast as teenagers were 32% less likely to be at risk of heart disease as adults.

Don't drink coffee in the morning. Have one at 3.00 p.m.

Most coffee drinkers make a cup as soon as they wake up. However, researchers have suggested that early morning is the worst time to drink coffee, because it stops the body from producing the stress hormone cortisol, which we need at this time to help us to wake up. The best time to drink coffee – or caffeine in general – is between 2.00 p.m. and 5.00 p.m., when it can make us more mentally alert, according to a study carried out by the University of Sheffield a few years ago.

Have lunch between 12.00 and 2.00

This is when our body digests food best, because this is when the stomach produces most acid. So it's the ideal time to have your main meal of the day. An experiment by nutritionists at the University of Surrey found that blood glucose levels after an evening meal were much higher than when people had the same meal earlier in the day, and high levels of glucose can cause diabetes.

Have dinner at 7.00 p.m.

Have your evening meal early. It should be delicious – our sense of smell and taste are at their best at this time – but light. And if you want a small glass of wine, have it before dinner, as 6.30 is when the liver is most efficient at dealing with alcohol.

More good times for your body

- Ideally, you should get up when the sun rises. When we see daylight, we stop producing the sleep hormone melatonin and start getting ready for the day ahead.
- Do yoga or go for a walk before breakfast.
- Do important tasks at 11.00 a.m., when your brain is working best.
- Weightlifting sessions are best done at midday – that's when your muscles are strongest.
- The best time to run or cycle is 5.00 p.m., when your lung capacity – important for endurance sports – is at its greatest.
- Go to bed between 9.00 p.m. and 11.00 p.m. This is when your body temperature starts to go down and the brain begins producing melatonin.



5 LISTENING

- a Read the text about Marianna. Then look at the five photos and extracts from an interview with her. With a partner, say how you think she finishes each sentence.
- b **1.8** Listen to Part 1 of an interview with Marianna and check your answers to a.
- c Listen again. With a partner, say anything else you can remember about each photo.
- d **1.9** Now listen to Part 2 and answer the questions.
- 1 What three things did Marianna do before becoming a chef in London?
 - 2 What was her first connection with the restaurant Moro? Why did she go back to it later?
 - 3 What happened seven years later?
 - 4 How is her restaurant, Morito, different from Moro?
 - 5 How often does she go back to Crete? What happens when she has lunch with her old friends there?
- e What about you? Answer the questions with a partner.
- 1 What was your favourite food when you were a child?
 - 2 What kind of things did your mother or father cook? Do you still eat them?
 - 3 Do you have a favourite restaurant? What do you like most about it – the food, the atmosphere, the service, or the price?

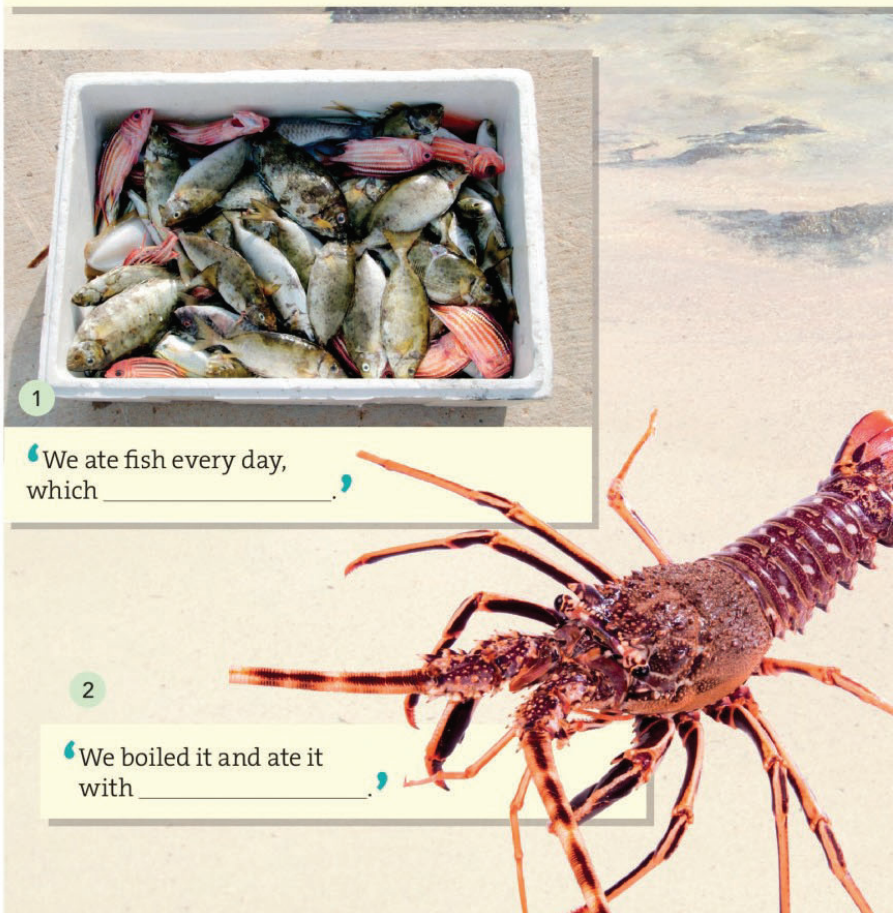
6 GRAMMAR present simple and continuous, action and non-action verbs

- a Look at three sentences from the interview. Circle the correct verb form.
- 1 You *don't need* / *aren't needing* anything except lemon and olive oil when fish and seafood is really fresh.
 - 2 This week, for example, I *make* / *I'm making* 'ntakos', a Cretan salad...
 - 3 I *go* / *I'm going* to Crete maybe four or five times a year.
- b **1.10** Listen and check. With a partner, say why you think she uses each form.
- c **G p.132 Grammar Bank 1A**



Marianna Leivaditaki

is the head chef at Morito, a very popular restaurant on Hackney Road, in London. She was born on the island of Crete, in Greece. Her father was a Cretan fisherman and her mother was Scottish. Together they ran a seafood restaurant, which is where Marianna spent most of her childhood.

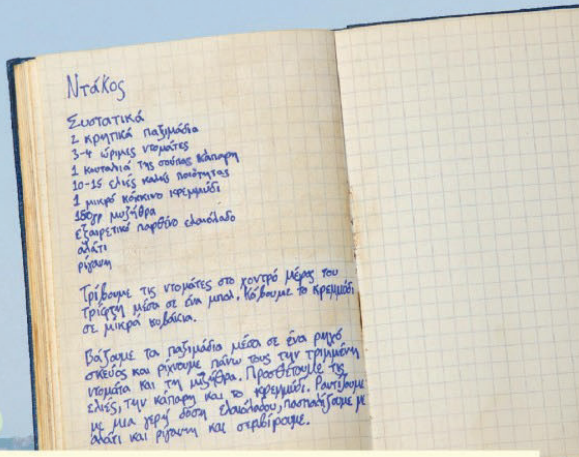


1

‘We ate fish every day, which _____.’

2

‘We boiled it and ate it with _____.’



3

I wrote down recipes which I wanted to cook for the family in _____.



4

My aunt, Thia Koula, had _____.



5

Occasionally, my mum used to buy me and my brother souvlaki for lunch, a sort of _____.

d Make questions to ask your partner with the present simple or continuous. Ask for more information.

On a typical day

- What / usually have for breakfast?
- / drink fizzy drinks, e.g. Coke? How many glasses / drink a day?
- Where / normally have lunch?
- What / usually have for lunch during the week?
- / ever cook? What / make?
- / prefer eating at home or eating out?

At the moment / Nowadays

- / take vitamins or food supplements at the moment?
- / try to cut down on anything at the moment?
- / need to buy any food today?
- / want anything to eat right now?
- / the diet in your country / get better or worse?

7 SPEAKING

a Read statements 1–6 and decide if you agree or disagree. Think of reasons and examples.

Do you agree?



- 1 Good service is more important than good food.
- 2 The best chefs are usually men.
- 3 Everybody should learn to cook at school.
- 4 Cheap restaurants always serve bad food.
- 5 Waiters should earn a good salary and tips should be banned.
- 6 Italian food is the best in the world.

b In pairs or groups, discuss each statement for at least two minutes. Say if you agree with the statements or not, and why. Use the language from the **Agreeing and disagreeing** box.

Agreeing and disagreeing

I agree	with that.
I don't agree	with you.
I disagree	
I think	that's true.
I don't think	you're right.
I think it depends.	

present simple and continuous, action and non-action verbs

present simple: *I live, he works, etc.*

- 1 I **live** in London. She **works** in a restaurant. We **don't eat** meat. Jack **doesn't wear** glasses. Where **do** you **live**? **Does** the supermarket **open** on Sundays? ▶ 1.11
- 2 She usually **has** cereal for breakfast. **I'm** never late for work. We only **eat out** about once a month.

- 1 We use the present simple for things that are always true, or happen regularly.
- Remember the spelling rules for third person singular, e.g. *lives, studies, watches*.
 - Use **ASI** (Auxiliary, Subject, Infinitive) or **QuASI** (Question word, Auxiliary, Subject, Infinitive) to help you with word order in questions. *Do you know David? What time does the film start?*
- 2 We often use the present simple with adverbs of frequency, e.g. *usually, never*, or expressions of frequency, e.g. *every day, once a week*.
- Adverbs of frequency go **before** the main verb and **after** *be*.
 - Expressions of frequency usually go at the end of the sentence or verb phrase.

present continuous: *be + verb + -ing*

- A **Is** your sister still **going out** with Adam? B No, they broke up. She **isn't going out** with anyone now. The phone's **ringing**. Can you answer it? House prices **are going up** very fast at the moment. ▶ 1.12

- We use the present continuous (**NOT** the present simple) for actions in progress at the time of speaking, e.g. things that are happening now or around now. These are normally temporary, not habitual, actions.
- Remember the spelling rules, e.g. *living, studying, getting*.
- We also use the present continuous for future arrangements (see **1B**).

action and non-action verbs

- A What **are** you **looking for**? B My car keys. A I'll help you in a moment. B But I **need** them now! A What **are** you **cooking**? It **smells** delicious. B I'm **making** pasta. A Great! I **love** pasta. ▶ 1.13

- Verbs which describe **actions**, e.g. *cook, make*, can be used in the present simple or continuous. *I'm making lunch. I usually make lunch at the weekend.*
- Verbs which describe **states or feelings (NOT actions)**, e.g. *be, need, love*, are **non-action verbs**. They are not usually used in the present continuous, even if we mean 'now'.
- Common non-action verbs are *agree, be, believe, belong, depend, forget, hate, hear, know, like, love, matter, mean, need, prefer, realize, recognize, remember, seem, suppose, want*.
- Verbs of the senses are normally also non-action, e.g. *look, smell, taste, and sound*.

Verbs that can be both action and non-action

A few verbs have an action and a non-action meaning, e.g. *have* and *think*.

I can't talk now. I'm having lunch. = action (*have lunch*)

I have a cat now. = non-action (possession)

What are you thinking about? = action (*think about sth*)

I think this music's great. = non-action (opinion)

a Circle the correct form, present simple or continuous.

- I don't believe* / *I'm not believing* that you cooked this meal yourself.
- Come on, let's order. The waiter *comes* / *is coming*.
 - Kate *doesn't want* / *isn't wanting* to have dinner now. She isn't hungry.
 - The head chef is ill, so he *doesn't work* / *isn't working* today.
 - The bill *seems* / *is seeming* very expensive to me.
 - We've had an argument and now we *don't speak* / *aren't speaking* to each other.
 - My mum *thinks* / *is thinking* my diet is awful these days.
 - Do we need* / *Are we needing* to go shopping today?
 - Can I call you back? *I have* / *I'm having* lunch right now.
 - I didn't use to like oily fish, but now *I love* / *I'm loving* it!
 - Your cake is wonderful! It *tastes* / *is tasting* like one my mother used to make.

b Complete with the present simple or present continuous forms of the verbs in brackets.

- We don't go to Chinese restaurants very often. (not go)
- I _____ high cholesterol so I never _____ fried food. (have, eat)
 - _____ you _____ any vitamins at the moment? (take)
 - Don't eat the spinach if you _____ it. (not like)
 - _____ your boyfriend _____ how to cook fish? (know)
 - We _____ takeaway pizzas once a week. (order)
 - What _____ your mother _____? It _____ delicious! (make, smell)
 - You look sad. What _____ you _____ about? (think)
 - I _____ the diet in my country _____ worse. (think, get)
 - How often _____ you _____ seafood? (have)
 - I _____ usually _____ red meat. (not cook)

Food and cooking

VOCABULARY BANK

1 FOOD

a Match the words and photos.

Fish and seafood

- 1 crab /kræb/
- lobster /'lɒbstə/
- mussels /'mʌslz/
- prawns /prɔ:nz/
- salmon /'sæmən/
- squid /skwɪd/
- tuna /'tju:nə/

Meat

- beef /bi:f/
- chicken /'tʃɪkɪn/
- duck /dʌk/
- lamb /læm/
- pork /pɔ:k/

Fruit and vegetables

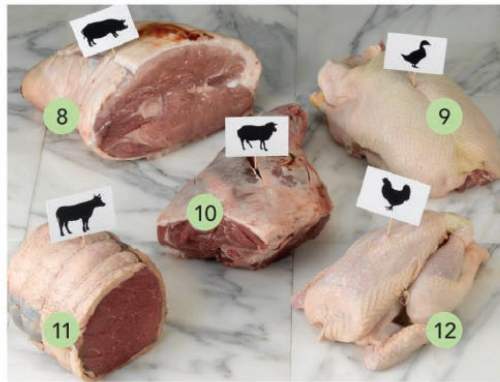
- aubergine /'əʊbədʒi:n/ (AmE eggplant)
- avocado /,ævə'kɑ:dəʊ/
- beetroot /'bi:tru:t/
- cabbage /'kæbɪdʒ/
- cherries /'tʃerɪz/
- courgette /kɔ:'ʒet/ (AmE zucchini)
- cucumber /'kju:kʌmbə/
- grapes /greɪps/
- green beans /gri:n 'bi:nz/
- lemon /'lemən/
- mango /'mæŋgəʊ/
- melon /'melən/
- peach /pi:tʃ/
- pear /peə/
- raspberries /'ræzberɪz/
- red pepper /red 'pepə/

b 1.2 Listen and check.

ACTIVATION Talk to a partner. Are there any things in the list that you...?

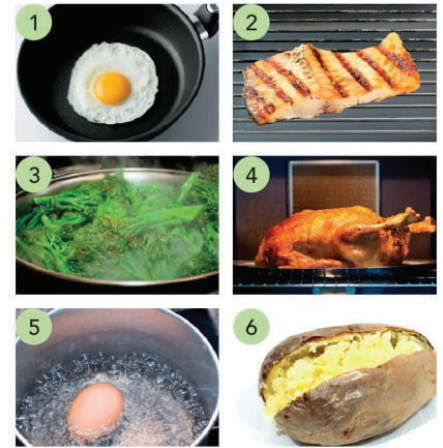
- a love
- b hate
- c have never eaten

Are there any other kinds of fish, meat, fruit, or vegetables that are very common in your country?



2 COOKING

a Match the words and photos.



- baked /beɪkt/
- boiled /bɔɪld/
- 1 fried /fraɪd/
- grilled /grɪld/
- roast /rəʊst/
- steamed /sti:mɪd/

b 1.3 Listen and check.

ACTIVATION Talk to a partner. How do you prefer these things to be cooked?

chicken eggs fish potatoes

3 PHRASAL VERBS

a Complete the phrasal verbs with a word from the list.

down on out (x2)

- 1 I **eat** _____ a lot because I often don't have time to cook. Luckily, there are lots of good restaurants near where I live.
- 2 I'm trying to **cut** _____ coffee at the moment. I'm only having one cup at breakfast.
- 3 The doctor told me that I should completely **cut** _____ all cheese and dairy products from my diet.

b 1.4 Listen and check.

p.6