

1 A

The two biggest bestsellers in any bookshops are cookbooks and diet books. The cookbooks tell you how to prepare food and the diet books tell you how not to eat any of it.

Andy Rooney, US humorist

Food: fuel or pleasure?

1 READING

a Read the text. Mark the sentences T (True) or F (False).

- 1 Americans eat more fruit than any other food. F
- 2 Cocoa drinks are good for your health. —
- 3 People are buying more soy drinks. —
- 4 People are buying less pasta. —
- 5 Nuts are good for you. —



**Taking
our
diet
more
seriously**

Most people **believe** that health is very important and, because of this, many are trying to eat more healthily. For example, people in the UK are eating less salt and more low fat margarine and milk; fruit is now America's second-favourite snack and Japan is **currently** promoting cocoa because it is a healthy **alternative to** soft drinks like Coca Cola. These changes in eating habits are also having an effect on the food market. **Global** sales are increasing for soy drinks and drinkable yoghurts more than any

other food and sales of bread, pasta, and cereals are **growing** much more slowly. People are also becoming more interested in fresh fruit and vegetables and 'farmers' markets' are **getting** more popular throughout Europe. When they can, people often **opt for** 'natural goodness', and they're buying more products that are healthy, like fruit, salads, and nuts. They are also buying products that help to **protect** the environment, like organic vegetables. So it's clear that things in the food world will never be the same again.

b Match the **highlighted** words to a word with a similar meaning below.

- 1 worldwide global
- 2 think —
- 3 now —
- 4 becoming —
- 5 choose —
- 6 a substitute for —
- 7 getting bigger —
- 8 look after, keep from danger —

c Complete the sentences with the **highlighted** words from the text.

- 1 Many vegetarians eat soya as an **alternative to** meat.
- 2 Some people **—** that all ready-cooked meals are unhealthy.
- 3 The number of people buying organic vegetables is **—** in many countries.
- 4 The UK government is **—** studying how to encourage people to change their eating habits.
- 5 In the US and Europe, many children are **—** fatter because of their bad diets.
- 6 Many people **—** a change in diet because it makes them feel better.
- 7 A balanced diet can help to **—** you from illness.
- 8 Unhealthy eating is now a **—** problem: not just in the US and Europe.

2 GRAMMAR present simple and continuous; action and non-action verbs

a Complete the sentences with the present simple or continuous form of the verbs in brackets.

- 1 She goes to the gym three times a week. (go)
- 2 He _____ at home today. (work)
- 3 _____ you usually _____ late? (get up)
- 4 They _____ usually _____ a big meal in the evening. (not have)
- 5 What _____ you _____ tonight? (do)
- 6 I _____ going out to restaurants. (love)
- 7 I can't play tennis this weekend: I _____ to the mountains with my family. (go)
- 8 She _____ low fat products very often. (not buy)
- 9 Could you turn the music down, please?
I _____ to watch TV. (try)
- 10 I _____ guilty when I eat chocolate. (feel)

b Correct any mistakes in the **highlighted** phrases. Tick (✓) the correct sentences.

- 1 **He doesn't have** a car at the moment. _____ ✓
- 2 **I am loving** eating out but it's very expensive.
I love
- 3 **Do you recognize** the man in that photo? It's our old maths teacher. _____
- 4 Nowadays people **don't mind** paying more for healthy food. _____
- 5 Can you answer the phone? **I talk** on my mobile.

- 6 I'm sorry, I don't understand. **What does this word**
meaning? _____
- 7 You look worried. **What are you thinking about?**

- 8 I'm not sure if we're going skiing this weekend.
It's depending on the weather. _____
- 9 **I think** that people today eat too much unhealthy food.

- 10 **She doesn't come** with us tonight because she's tired.

3 VOCABULARY food and restaurants

a Complete the sentences with a word from the list.

home-made meal raw spicy diet chicken
steak takeaway meat frozen

- 1 His diet is terrible: he eats too many sweet things.
- 2 Strict vegetarians don't eat _____ or fish.
- 3 _____ vegetables have more vitamins than when they are cooked.
- 4 I love _____ food but I don't have much time to cook.
- 5 She likes her _____ well done.
- 6 I'm very busy so I often just buy a _____ meal and heat it up in the microwave.
- 7 Our biggest _____ of the day is usually lunch.
- 8 She doesn't like Mexican food because it is too _____.
- 9 Our typical Sunday lunch is roast _____, I especially like the wings.
- 10 We often buy _____ food on Fridays – either Chinese or Indian food.

b Label the pictures.



1 _____

2 _____



3 _____

4 _____



5 _____



6 _____



7 _____



8 _____

Study Link Student's Book p.144 Vocabulary Bank

4 PRONUNCIATION /u:/ or /ʊ/; silent letters

a Circle the word with a different sound.

food	sugar	biscuit	good
spoon	mousse	fruit	lettuce
cook	butcher	juice	would

b Write the words.

- 1 /'vedʒtəblz/ vegetables
- 2 /'sæmən/ _____
- 3 /naɪf/ _____
- 4 /'bɪskɪt/ _____
- 5 /'jʊgət/ _____
- 6 /'tʃɒklət/ _____

c Cross out the silent letters in each word in b.
Use the phonetics to help you.

1 ~~veg~~tables

d Practise saying the words in a and b.

Study Link Student's Book p.157 Sound Bank

More Words to Learn

Write translations and try to remember the words.

Word	Pronunciation	Translation
bowl <i>noun</i>	/bəʊl/	
dish <i>noun</i>	/dɪʃ/	
fat <i>noun</i>	/fæt/	
honey <i>noun</i>	/'hʌni/	
portion <i>noun</i>	/'pɔːʃn/	
soup <i>noun</i>	/suːp/	
stew <i>noun</i>	/stjuː/	
wholemeal <i>adjective</i>	/'həʊlmɪl/	
eat out <i>verb</i>	/iːt aʊt/	
heat up <i>verb</i>	/hiːt ʌp/	

LISTENING

a Listen to a man talking about whether young people eat more or less healthily than ten years ago.
Tick (✓) what the man says.

- 1 Young people today eat healthier food than they did ten years ago. ☐
- 2 Young people today eat less healthy food than they did ten years ago. ☐
- 3 Young people today eat the same food that they did ten years ago. ☐

b Listen again and mark the sentences T (True) or F (False), according to the speaker.

- 1 Young people know more about food now. _____
- 2 People were more worried about their appearance ten years ago. _____
- 3 Young people try not to eat too much fat or too many carbohydrates now. _____
- 4 Young people eat more fruit and vegetables now. _____
- 5 Young people always eat junk food when they go out. _____

c Listen again with the tapescript on p.75 and try to guess the meaning of any words that you don't know.
Then check in your dictionary.

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