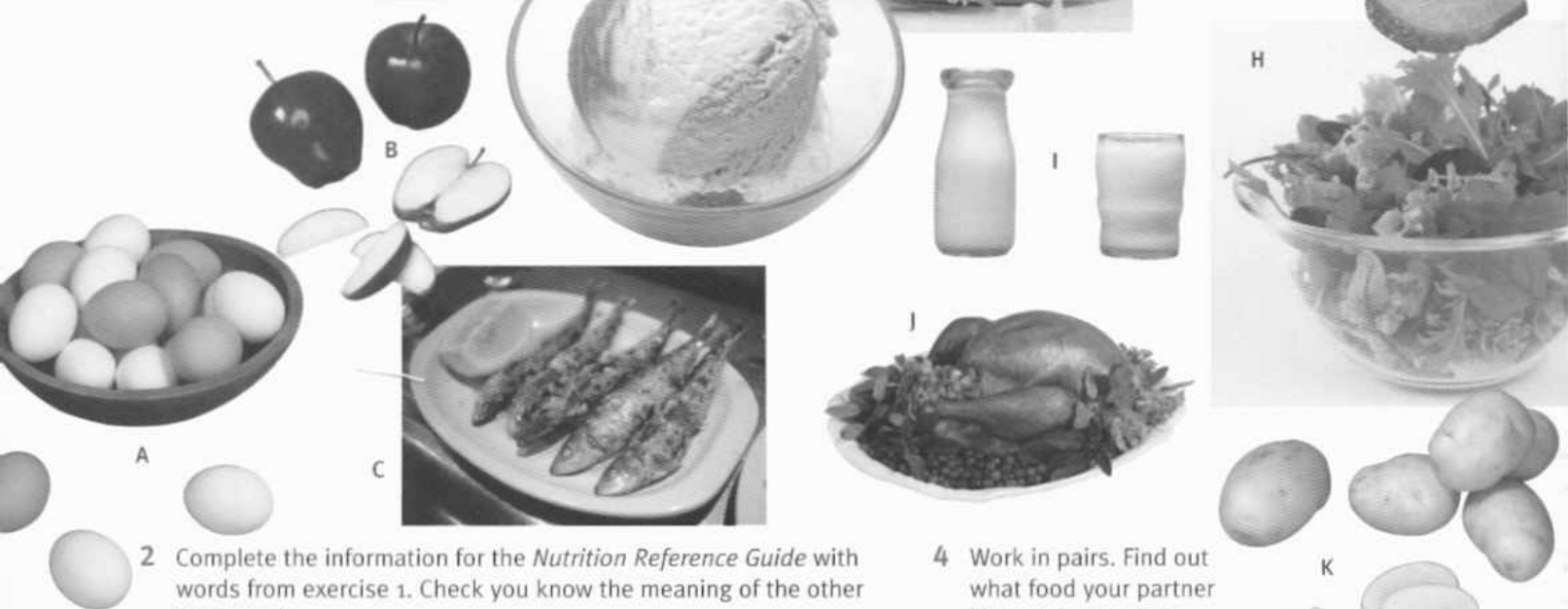


7A | Miracle diets?

VOCABULARY: food 1

1 Match the words to the pictures.

fish chicken potatoes lettuce
ice cream bananas bread
apples milk eggs cake



2 Complete the information for the *Nutrition Reference Guide* with words from exercise 1. Check you know the meaning of the other food words.

Nutrition Reference Guide

1 _____
pasta

steak

2 _____
3 _____

carrots

4 _____
tomatoes

5 _____

6 _____
oranges

7 _____
lemons

8 _____
cheese
milk

chocolate

9 _____
10 _____



4 Work in pairs. Find out what food your partner likes. Ask questions.

Do you like pasta?

Yes, I do.

Do you like eggs?

No, I don't.

LISTENING

1 Read the extract from a TV magazine. What is the show about?

EXPOSED!

Film stars talk about them, doctors don't always believe them, and people pay a lot of money for them. Reporter Daniel Barber investigates the world of **Miracle Diets**. Do they work? Find out tonight at 9:15 pm on Channel 5.

2 2.11 Listen to part of the programme. What three diets does Daniel talk about? Underline the correct name.

Diet 1: *The Two Fs diet / The Two Ss diet*

Diet 2: *The High C diet / The Low C diet*

Diet 3: *The Soup diet / The Fish diet*

3 2.10 Listen to the recording to check your answers. Say the words.

7B | Rice

SPEAKING

- 1 Work in pairs. Discuss these questions.
 - Do you like rice?
 - Did you eat any rice this week?
 - What do you eat rice with?

READING

- 1 Read a magazine article about rice. Match the paragraphs 1–3 to the headings a–d below. There is one extra heading.
 - a Rice in danger
 - b Rice – an important food
 - c Why I like rice
 - d Why is rice so popular?
- 2 Read the article again and answer the questions.
 - 1 How much rice do Europeans eat every year?
 - 2 How much rice does a person in Myanmar eat every day?
 - 3 How much rice does the world produce every year?
 - 4 Where can you grow rice?
 - 5 How many different types of rice are there?
 - 6 What can you make with rice?
 - 7 Why is rice important for poor people?
- 3 Look at the article and underline two facts you didn't know before. Compare with a partner.



1

Rice is life for millions of people around the world. It is the most important food for 50% of the world's population. Almost every country has rice in their diet. Europeans don't eat much rice, perhaps three kilograms per year. But in Myanmar, for example, each person eats half a kilogram of rice every day. Rice and fish is a popular combination in many Asian countries; rice and vegetables are important dishes in the Middle East and Southern Europe; and rice and beans is very popular in Latin America (in Colombia it is the national food).

2

Every year the world produces more than 500 million tonnes of rice. Rice is a popular food because it grows almost everywhere. You can grow rice on wet land and dry land, in tropical rainforests and in deserts. Scientists think that there are more than 140,000 different types of rice in the world. Rice also has lots of uses. You can make paper, wine, bread, beer, sweets, cosmetics and even toothpaste with rice.

3

Rice is in danger in many parts of the world, because of wars, environmental problems and pollution. Many of the poorest people in the world need rice to survive. For these reasons, the United Nations declared 2004 the International Year of Rice and started many development projects connected to rice production and distribution. These programmes continue today.

GRAMMAR: how much/how many

Use *How much* and *How many* to ask about quantities.

How much + uncountable nouns

How much rice do people eat?

How many + countable nouns

How many countries grow rice?

To talk about quantities, we use

a lot (of) / lots (of)

some

(not) much

(not) many

Rice is in **a lot of** national dishes.

People don't eat **much** rice in Europe.

➤ SEE LANGUAGE REFERENCE PAGE 80

1 Make questions using the words in the table.

How much	people	do you buy every week?
How many	water	do you drink every day?
	coffee	are there in your English class?
	rice	did you sleep last night?
	hours	did you eat yesterday?
	eggs	
	bread	

2 Work in pairs. Ask the questions from exercise 1. Answer a lot, not much, not many or none.

How much coffee do you drink every day? A lot!

VOCABULARY: food 2

1 2.13 Read and listen to descriptions of two rice dishes. Underline all the food and drink words. What are they in your language?

This is a dish I learnt in Mexico. It's called rice and beans. It's simple – it has rice, beans and corn. I like it for breakfast, with eggs and a large cup of coffee with lots of sugar. Delicious!



There are lots of different kinds of paella in Spain. For this paella you need rice, different kinds of shellfish, Spanish sausages, an onion, some garlic, tomatoes, salt, pepper and a lemon. It's wonderful with red wine on a hot summer day.

2 Which words are countable and which are uncountable? Write C or U. Say the words.

PRONUNCIATION: word stress 3

1 2.14 Listen and read the three shopping lists. How many syllables do the words have in each list?

Will's shopping list

cheese
bread
milk

Jenny's shopping list

sugar
sausage
onion

Samantha's shopping list

banana
oranges
tomatoes

2 Who buys what? Put the words below into the correct shopping lists in exercise 1.

rice potatoes ice cream lettuce cake
sausages

3 2.15 Listen to the recording to check your answers. Add more words to each list.

4 Work in pairs. Read your lists to your partner.

SPEAKING

1 Work in pairs, A and B. Find six differences in the pictures.

A: Turn to page 133.

B: Turn to page 134.

7c | Fussy eaters

SPEAKING & VOCABULARY: describing food

1 Work in pairs. What do you think of these dishes?

What do you think of sushi?

I like it / I hate it / I think it's ... I don't know it.

spinach



sushi



curry



chips



brownies à la mode

LISTENING

1 Read the definition of fussy eater.
Do you know a fussy eater? Who is it? Why?

A fussy eater is a person who eats only some types of food. They don't like trying new food.

My brother is a fussy eater. He doesn't eat onions, vegetables or fruit.

2 2.17 Listen to four conversations. Put the food and drink words in the order you hear them. There are three extra words.

hamburgers rice pasta fish wine
beer cake

2 2.16 Listen and match the adjectives to the dishes in exercise 1. Say the words. What are these words in your language?

salty spicy sweet raw cooked hot cold

3 Work in groups. Find someone who ...

- likes spicy food.
- likes cold soups.
- doesn't like raw vegetables.
- always eats cooked vegetables.
- likes sweet coffee.
- doesn't eat salty food.

Do you like spicy food? Yes, I do. No, I don't.

3 2.17 Listen again and decide if the sentences are true (T) or false (F).

- The woman's brother is a fussy eater.
- The man likes the wine.
- The woman doesn't want the cake.
- The boyfriend can only eat salty food.

4 Work in pairs. Discuss these questions.

- What foods don't you like?
- Are you a fussy eater?

GRAMMAR: too

Too + adjective means 'more than we want'
It's **too spicy**.

Too + adjective and very + adjective are different.
The tea was **too hot**. I couldn't drink it.
The tea was **very hot**, but I could drink it.


SEE LANGUAGE REFERENCE PAGE 80

- 1 Match the sentences in column A to the sentences in column B.


- | | |
|--|--------------------|
| A | B |
| 1 There's a lot of sugar in this coffee. | a You're too late. |
| 2 I can't eat Mexican food. | b He's too short. |
| 3 We can't move in this kitchen. | c It's too small. |
| 4 Our baby needs to eat more. | d It's too spicy. |
| 5 He can't reach the shelf. | e It's too sweet. |
| 6 The film started ten minutes ago. | f He's too thin. |

- 2 Rearrange the words to make sentences.

- 1 in too it's here hot.
- 2 tired very not I'm.
- 3 easy too this is class.
- 4 very food is expensive in country my.
- 5 too for me chocolate is sweet.
- 6 cloudy it's today very.

- 3  2.18 Listen to the recording to check your answers. Repeat if it's true for you.

SPEAKING

- 1  2.19 Read and listen to the dialogue.

Man: Excuse me, waiter?
Waiter: Yes sir.
Man: I can't eat this soup. It's too cold.
Waiter: I'm sorry, sir.
Man: I hate cold soup!

- 2 Match the dialogue to one of the pictures.
- 3 Work in pairs. Choose one of the other pictures. Write a similar dialogue.
- 4 Present your dialogue to another pair.

A



B



C



7D | Eat out



SPEAKING & READING

- 1 Read the sentences below in the 'Eating Out' survey. For each sentence, write a number 1 to 3 (1=usually; 2=sometimes; 3=hardly ever).

...EATING OUT SURVEY...

- ☐ I have breakfast in a café or restaurant.
- ☐ I go to restaurants with my family.
- ☐ I go to restaurants with friends.
- ☐ I go to restaurants alone.
- ☐ I eat at a cafeteria at work or school.
- ☐ I go to fast food restaurants.

- 2 Work in pairs. Compare your results. Then calculate your points. Who has more points? Who eats out more?

VOCABULARY: eating out

- 1 Match the words in column A to the words in column B to make sentences.

- | | |
|---------------------------------|---------------------------------------|
| A | B |
| 1 We asked for a table | a what we wanted to eat. |
| 2 We looked | b for two in the non-smoking section. |
| 3 The waiter/waitress* asked us | c for the waiter/waitress. |
| 4 We had fish | d for the main course. |
| 5 We ate some chocolate cake | e at the menu. |
| 6 When we finished the meal | f for dessert. |
| 7 We left a tip | g we asked for the bill. |

* waiter = man waitress = woman

- 2 2.20 Listen to the recording to check your answers. Say the sentences.

LISTENING

- 1 2.21 Herb and Hannah go to the Bella Pizza restaurant. Tick (✓) the food they order on the menu.

MENU for BELLA PIZZA

Salads

Tomato and onion salad
Lettuce, tomato, onion and corn salad

Pasta

Spaghetti with tomato sauce
Four cheese pasta
Vegetarian lasagne

Risottos

Seafood risotto
Mushroom risotto
Vegetable risotto

Pizzas

Marguerita
(tomato sauce and cheese)
Vegetarian (tomato sauce, onion, green pepper, mushroom)
Mexican spicy (tomato sauce, beef, corn, beans)

Drinks

Cola
Mineral water
(sparkling or still)
House wine (red or white)
Beer



2 2.21 Listen again. Complete the dialogues with a word or words.

- 1 Herb: Table for ____, please.
Waiter: Smoking or non smoking?
Herb: ____, please.
- 2 Waiter: Anything to ____?
Herb: Yes. A beer, please.
- 3 Herb: Could we have the ____ too, please?
Waiter: Of course.
- 4 Waiter: Are you ____ to order?
Herb: Yes, we are.
- 5 Hannah: No coffee for me, thank you. Just the ____.
Waiter: Of course. Here you are.

3 2.22 Listen to the end of the meal. What happens?

FUNCTIONAL LANGUAGE: in a restaurant

Customer

Can I have fish/the menu/the bill,
Could I/we have a table for two
Can I pay by credit card/by cheque please?

Waiter/waitress

Can I help you? Are you ready to order?
Here you are. That's X pounds, please.

SEE LANGUAGE REFERENCE PAGE 80

1 Correct the mistakes in the sentences.

- 1 I can help you? Can I help you?
- 2 Here are you.
- 3 That are £15 please.
- 4 Could I has the fish, please?
- 5 Can I pay by the credit card?
- 6 Anything for drink?
- 7 Can we have a bill, please?

PRONUNCIATION: word linking 1

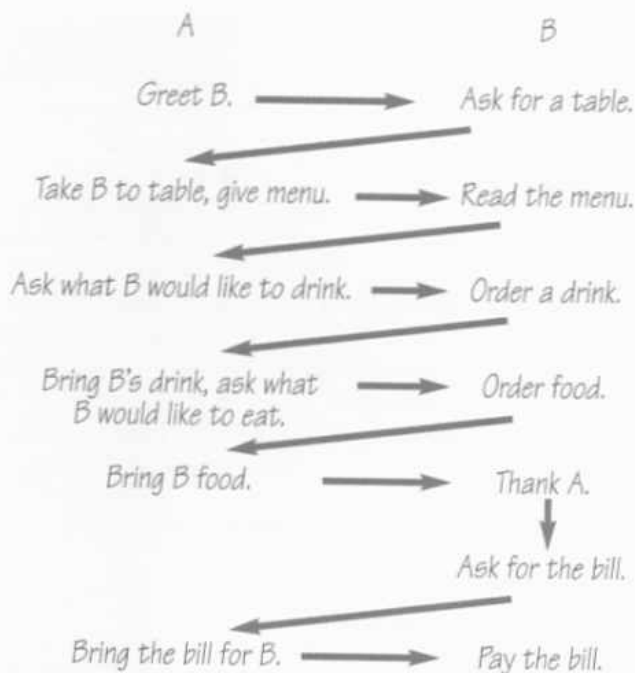
- 1 2.23 Listen to six sentences. How many words do you hear in each sentence? (contractions=2 words)
- 2 Look at tapescript 2.23 on page 144 to check your answers.
- 3 2.23 Listen to the sentences again and repeat.

SPEAKING

1 Work in pairs, A and B.

A: You are the waiter at Bella Pizza.
B: You are a customer at Bella Pizza.

Follow the directions below.



2 Change roles and repeat.

DID YOU KNOW?

1 Read the text about eating out in America.

Eating out in America

Eating out in America is a lot more common now than in the past. Eight out of ten American families eat out once a month, and fifty per cent of families eat out once a week. August is the most popular month to eat out, and Saturday is the most popular day of the week.

The top five reasons that families eat in restaurants are:

1. Because they like doing it
2. Birthdays
3. Special occasions
4. Good work at school or school achievements
5. Parents don't want to or are too busy to cook

2 Work in pairs. Discuss these questions.

- Are these facts similar for your country?
- When do you eat out?
- Why do you eat out?

7 | Language reference

GRAMMAR

Countable & uncountable nouns

Nouns can be countable or uncountable.

Countable nouns	Uncountable nouns
<ul style="list-style-type: none"> have a plural form <i>This dish has five eggs.</i> use <i>a/an</i> or <i>the</i> for the singular <i>Can I have an orange?</i> use <i>some</i> with plural nouns and affirmative sentences <i>I'd like some carrots.</i> use <i>any</i> with plural nouns in negatives/questions <i>Does it have any chocolate in it?</i> in the dictionary, countable nouns are marked with a C <i>pen (n/C)</i> 	<ul style="list-style-type: none"> do not have a plural form, they are always singular <i>I love fruit.</i> do not use <i>a/an</i> use <i>some</i> with uncountable nouns in affirmative sentences <i>She drank some water.</i> use <i>any</i> with uncountable nouns in negatives/questions <i>Don't eat any bread.</i> in the dictionary, uncountable nouns are marked with a U <i>salt (n/U)</i>

Some nouns can be countable or uncountable, but they mean different things.

beer (U) = the drink

a beer (C) = a glass or bottle of beer

Other nouns like this are *coffee*, *juice*.

How much / how many

Use *how much* and *how many* to ask about quantities.

How much + uncountable nouns

How much rice do people eat?

How many + plural countable nouns

How many countries make rice?

Use words like *lots*, *much*, *some* to talk about quantities.

These words go before the noun.

	<i>a lot (of) / lots (of)</i>
	<i>some</i>
	<i>not much (with uncountable nouns)</i>
	<i>not many (with countable nouns)</i>

*He has **lots of** friends.*

*They don't make **much** money.*

Too

Too + adjective means 'more than we want'.

*It's **too** spicy.*

Too + adjective and *very* + adjective are different.

*The tea was **too** hot. I couldn't drink it.*

*The tea was **very** hot, but I could drink it.*

FUNCTIONAL LANGUAGE

In a restaurant

Can I have + noun, please?

Could I/we have + noun?

Can I pay by credit card/by cheque?

Can I help you?

Are you ready to order?

Here you are.

You're welcome.

That's X pounds, please.

WORD LIST

Food

apple <i>n</i> C/U ***	/æpl/
banana <i>n</i> C/U	/bə'nɑ:nə/
bean <i>n</i> C	/bi:n/
bread <i>n</i> U ***	/bred/
butter <i>n</i> U **	/bʌtə/
cake <i>n</i> C/U **	/keɪk/
carrot <i>n</i> C/U	/kærət/
cheese <i>n</i> C/U **	/tʃi:z/
chicken <i>n</i> C/U **	/tʃɪkɪn/
chips <i>n</i> U ***	/tɪps/
chocolate <i>n</i> C/U **	/tʃɒk(ə)lət/
corn <i>n</i> U	/kɔ:n/
curry <i>n</i> C/U	/kʌrɪ/
diet <i>n</i> C **	/daɪət/
egg <i>n</i> C/U ***	/eg/
fish <i>n</i> U ***	/fɪʃ/
fruit <i>n</i> C/U ***	/fru:t/
garlic <i>n</i> U	/gɑ:lk/
ice cream <i>n</i> U	/aɪs 'kri:m/
lemon <i>n</i> C/U	/lemən/
lettuce <i>n</i> C/U	/letɪs/
milk <i>n</i> U ***	/mɪlk/
nutrition <i>n</i> U	/nju:trɪʃn/
onion <i>n</i> C	/ʌnjən/
orange <i>n</i> C **	/ɒrɪndʒ/
pasta <i>n</i> C/U	/pæstə/
pepper <i>n</i> U	/pepə/
potato <i>n</i> C/U **	/pə'tetəʊ/
rice <i>n</i> U *	/raɪs/
salt <i>n</i> U *	/sɒlt/
sausage <i>n</i> C/U	/sɔ:sɪdʒ/
shellfish <i>n</i> C/U	/ʃelfɪʃ/
soup <i>n</i> C/U *	/spɪnɪdʒ/
spinach <i>n</i> U	/su:p/
steak <i>n</i> C/U	/steɪk/
sugar <i>n</i> U **	/ʃʊgə/
tomato <i>n</i> C	/tə'mə:təʊ/
vegetable <i>n</i> C ***	/vedʒə'teɪbl/
water <i>n</i> U ***	/wɔ:tə/
wine <i>n</i> C/U ***	/waɪn/

Describing food

cold <i>adj</i> ***	/kəʊld/
cooked <i>adj</i> ***	/kʊkt/
delicious <i>adj</i> *	/dɪ'lɪʃəs/
hot <i>adj</i> ***	/hɒt/
raw <i>adj</i> *	/rɔ:/
salty <i>adj</i>	/sɒlti/
spicy <i>adj</i>	/speɪsi/
sweet <i>adj</i> **	/swi:t/

Eating out

bill <i>n</i> C ***	/bɪl/
dessert <i>n</i> C *	/dɪ'zɜ:t/
main course <i>n</i> C	/meɪn 'kɔ:s/
meal <i>n</i> C ***	/mi:l/
menu <i>n</i> C *	/menju:/
tip <i>n</i> C *	/tɪp/
waiter <i>n</i> C	/weɪtə/
waitress <i>n</i> C	/weɪtrəs/