

## UNIT 4 – FOOD



### A. QUICK DISCUSSION

1. What food is your country most famous for?
2. Is there any food from other countries that is popular in your own country?
3. What's the hottest (spiciest) food you've ever eaten?
4. What's your favorite food in Turkish cuisine?

# Slices of History



## BEFORE YOU READ

**A. PREVIEW** Look at the picture. Then answer the questions.

1. Which kinds of food are healthy? Which food can be unhealthy?
2. What kind of fast food is popular in your country? Do you know anything about their history?

**B. PREDICT:** Read the title on the next page and the first sentence in each paragraph.

1. Who made the first pizza?
2. When were tomatoes first used on pizza?
3. How many pizzas are eaten every year?



## Reading I- Where is Pizza from?



Pizza is certainly one of the world's favorite food, but where does pizza come from? Who made the first one?

In fact, people have been making pizza for a very long time. People in the *Stone Age* <sup>1</sup>cooked *grains* <sup>2</sup>on hot rocks to make dough- the basic ingredient of pizza. Over time, people used the dough as a plate, covering it with various other foods, herbs, and spices. They had developed the world's first pizza.

In the early 16th century, European explorers brought back the first tomatoes from the Americas. Tomatoes are a standard ingredient in many pizzas today. At first, however, most Europeans thought they were *poisonous* <sup>3</sup> (in fact, only the leaves and *roots* <sup>4</sup> are). For about 200 years, few people ate them.

Slowly, people learned that tomatoes were safe to eat, as well as tasty. In the early 19th century, cooks in Naples, Italy, started the tradition of putting tomatoes on baking dough. The flat bread soon became popular with poor people all over Naples. In 1830, cooks in Naples took another big step in pizza history: they opened the world's first pizza restaurant.

Today, up to five billion pizzas are served every year around the world. In the U.S alone, about 350 *slices* <sup>5</sup>are eaten every second! People may not know it, but every piece is a slice of history.

- 1. The Stone Age is a very early period of human history, when people used tools and weapons made of Stones, not metal.**
- 2. Grains are the small, hard seeds of plants such as wheat or corn.**
- 3. If something is poisonous, it will harm or kill you if you swallow it.**
- 4. The roots of a plant are the parts of it that grow under the ground.**
- 5. A slice of something is a small or thin piece that has been cut out from a larger piece.**

## WORK WITH THE READING

### A. IDENTIFY: Choose the best answer for each question.

1. What is the **main idea** of the passage?
  - a. The first pizza was made by Stone Age people.
  - b. In the past, some pizza ingredients were poisonous.
  - c. Naples, Italy, is an important place in pizza's history.
  - d. Pizza has a long history and has changed over time.
  
2. For Stone Age people, why was pizza similar to a plate?
  - a. They put other foods on top of pizza dough.
  - b. Pizza could be cooked on hot rocks.
  - c. They used pizza dough again and again.
  - d. Pizza dough got hard when it is cooked.
  
3. The phrase "**safe to eat, as well as tasty**" means \_\_\_\_\_.
  - a. only safe when they taste good
  - b. safe to eat and they taste good
  - c. not safe to eat but they taste good
  - d. taste good if they are cooked well.
  
4. "**19th century**" is \_\_\_\_\_.
  - a. 1700s
  - b. 1800s
  - c. 1900s
  - d. 2000s
  
5. Which statement is probably **true**?
  - a. Stone Age people liked tomatoes on pizza.
  - b. The first pizza was made almost 200 years ago.
  - c. The first pizzas in Naples didn't cost much money.
  - d. Tomatoes were popular in Europe in the 16th century.

## B.VOCABULARY:

1. Complete the information using words from the box. Two words are extra.

covered	ingredient	serving	traditional
developed	learned	step	various

### Who made the first hamburger?



The hamburger is one of the best-loved foods in the world. In the US alone, people eat more than 14 billion (14,000,000,000) burgers every year! Who made the first one? No one knows for certain, but there are 1. \_\_\_\_\_ stories about where this favorite food comes from.

In the 1200s, Mongolian soldiers 2. \_\_\_\_\_ to soften meat by placing it under the saddle of their horses while riding. Then they ate the meat- without cooking it. It was the first kind of “meat patty”. Hundreds of years later, people in the town of Hamburg, Germany, developed “Hamburg steak”- a dish of salty meat on round bread. They brought this 3. \_\_\_\_\_ German food with them when they came to live in America in the 1900s.

The “*hamburger*” that we know today really started in the USA. In 1885, a man from Wisconsin named Charles Nagreen had the idea of 4. \_\_\_\_\_ meatballs between pieces of bread. That way, people could eat them while walking. In the same year, a man in Hamburg, New York, sold sandwiches using pork as the main 5. \_\_\_\_\_. One day, he did not have enough pork and decided to use beef. Without knowing it, he had 6. \_\_\_\_\_ a new type of food- one that is now eaten by millions around the world.

## 2. Complete each sentence with the best answer.

1. If you are **poor**, you have \_\_\_\_\_ money.  
a. a lot of                                      b. only a little
2. If something is **standard**, it is \_\_\_\_\_.  
a. usual    b. not usual
3. A **tradition** is \_\_\_\_\_ way to do something.  
a. a new    b. an old
4. If you **cover** something, you put another thing \_\_\_\_\_ it.  
a. under    b. over
5. When something **develops**, it \_\_\_\_\_.  
a. changes                                      b. stays the same

## WRITING I

### PUNCTUATION

#### USING COMMAS

We use commas for different reasons.

- to separate three or more items:  
Greg sells dishes like tacos, burritos, and enchiladas.
- after an introductory phrase:  
As a food tester, Paul eats ice cream every day.
- To set off a quotation:  
"I have worked on over a hundred cookbooks," says Maggie.

NOTE: British English often doesn't use a comma before "and."

#### A. Add a comma to each sentence.

1. That restaurant's service location, and prices are great.
2. If you ask me a recipe tester's job sounds boring.
3. "I 'd like some water, a salad, and some bread," said William.
4. For a blogger you don't know much about food.
5. "I love my job" says Alice.
6. As a food taster I taste juice, coffee tea, and soda.

## B. Add “ten commas” to this paragraph.

Look for Teddy’s Kitchen restaurants in Shanghai Guangzhou Wuhan and other cities in China. The restaurants are unusual because you never eat alone there. A teddy bear sits next to you during your meal. There are small medium and large teddy bears. “I come here to feel happy” says one customer. “I love it here. My favorite meal here is steak rice and a dessert” says another. On your next visit to China stop by Teddy’s.

### USING TRANSITION WORDS TO ADD IDEAS

Transition words connect words or sentences. Using them correctly helps your writing flow more smoothly. One common type of transition word is for adding information. Pay attention to the position of the transition words **and**, **too**, **also**, and **in addition**, as well as the punctuation.

#### AND

- We use **and** to connect words or sentences. It should never start a sentence.

#### Examples:

Henry is very athletic, **and** he does regular exercise to stay fit.

Travelling, swimming **and** cooking are my favorite free time activities.

- When two sentences have the same subject, you can combine the predicates with the word **and**.

#### Examples:

Alice wrote the letter **and** posted it.

- When two sentences have the same predicate, you can combine the subjects with the word **and**.

#### Examples:

My friend Sara **and** I went to the theatre.

Henry is very athletic **and** he does exercise to stay fit.

**Note:** Commas are added when there is subject +verb, subject verb combination.

Henry is very athletic, and .... (S+V, S+ V)

Henry is very athletic and does.... (S+V, V)

#### ALSO

- "Also" is used in positive sentences to add an agreeing thought.

- Examples:

I **also** sing.

He **also** helped us.

My friend speaks Korean and English. She **also** speaks Chinese.

- "**Also**" comes after "to be."

**Examples:**

I was **also** there.

I don't really feel like going out tonight, and I am **also** really tired. Let's just stay at home tonight.

- It's possible to use "**also**" at the beginning of a sentence, with a comma, but this isn't very common.

**Examples:**

My sister uses her computer a lot and she also has a smart phone.

My sister uses her computer a lot. Also, she has a smart phone.

**TOO**

- "**Too**" is used in positive sentences to add an agreeing thought. It has the same meaning as "also," but its placement within the sentence is different.

**Examples:**

Jane speaks French. Sam speaks French, too.

I love chocolate. I love pizza, too.

- "**Too**" usually comes at the end of a clause and after a comma.

**Examples:**

I am Canadian, too.

I can speak French, too.

If he wants to go too, he should meet us at 8:00.

Jim is an amazing swimmer, and he loves surfing, **too**.

**IN ADDITION**

- We use "**In addition**" between two sentences. It starts the second sentence and is followed by a comma.

**Examples:**

Our new director can speak three languages. **In addition**, he has six years of experience.

Our new house is close to the city center. **In addition**, it has four large bedrooms. Players in Milan are all good footballers. **In addition**, many of them have years of experience playing together.

- We use "**In addition to**" followed by a noun / pronoun or V ing.

**Examples:**

**In addition to** basketball, I'm good at volleyball.

Fernando can speak English and French **in addition to** Spanish.



**A. Circle the correct words.**

1. Anne and Alex act and sing. **And/ In addition**, they dance.
2. Kim is very smart, talented **too /and** creative.
3. We are too busy to go for a walk. **In addition, / Too**, the weather is horrible today.
4. Cooking is a very relaxing activity and you can **also/ too** try new recipes.
5. She is a good nurse, she is **and/ also** a mother of three children.
6. **In addition / In addition to** studying English regularly, I read books and watch movies to learn English.
7. I can play the piano. I can play the violin, **also/ too**.
8. Yoga is a very good way to exercise mind and body. **And/ In addition**, it is very relaxing.
9. She is intelligent and she is **also/ too** beautiful.
10. I want to visit London. I want to visit Paris, **and / too**.
11. You need a passport **and/in addition** a visa to go abroad.
12. **In addition to/ In addition** short stories, Kate writes articles for a newspaper.

**B. Rewrite these sentences. Use the transition words in parentheses and add necessary punctuation.**

1. Peter works very hard to help his parents. He's also a good student. **( in addition)**  
\_\_\_\_\_
2. I like ice cream. I love chocolate. **(also)**  
\_\_\_\_\_
3. The service at this restaurant is excellent. The food is delicious. **(and)**  
\_\_\_\_\_
4. Rome is a great place to visit, and it hasn't got traffic problems. **(in addition)**  
\_\_\_\_\_
5. Cristina loves doing sport and she is good at it. **(too)**  
\_\_\_\_\_
6. Our music teacher is a talented musician. She can play the guitar, the violin and also a saxophone.  
**(in addition to)**  
\_\_\_\_\_

### C. Fill in the blanks with the transition words “and, also, too, In addition (to)”

Farmers’ markets are popular places to shop and they have lots of advantages but <sup>1</sup> \_\_\_\_\_ some disadvantages. One advantage is the fresh food. <sup>2</sup> \_\_\_\_\_, some people like farmers’ markets because they can talk directly to farmers. <sup>3</sup> \_\_\_\_\_ fresh fruits, farmers usually sell many kinds of vegetables. One disadvantage of farmers’ markets is the cost. The food is often more expensive, <sup>4</sup> \_\_\_\_\_ some people do not think it is worth the high price. People can’t buy packaged foods from farmers’ markets, so people still need to go to the store to find these items. <sup>5</sup> \_\_\_\_\_, most farmers’ markets are open only one day a week.

## READING II: ORGANIC FOOD

### A. QUICK DISCUSSION:

1. Do you buy organic food? What organic food do you buy?
2. Do you think organic food is too expensive?
3. What are the main benefits of organic food?
4. Is it important to eat organic food for good health?



1 Organic food is very popular these days. It can also be very expensive. Some organic food costs twice as much as non-organic food. Parents of young children, and even some pet owners, will pay high prices for organic food if they think it's healthier. But many others think organic food is just a waste of money.

2 There is one main difference between organic and non-organic food. Organic farms do not use **agricultural** chemicals such as **pesticides** that stop insects from damaging crops. In many countries, foods that claim to be organic must have special **labels** that guarantee they're grown organically.

3 Some people think organic also means "locally grown", and originally this was true. But over time, organic farming has become big business, with many organic foods now being grown by large agricultural companies that sell their products far from where they're grown. **Processed** food made with organic ingredients has also become more popular. At first, only small companies produced these products. But as demand overtook **supply**, big food companies that had been selling non-organic products for many years also began selling organic products. Small organic food companies found it difficult to compete with these big companies, and many didn't stay in business much longer.

4 Is organic food safer and more **nutritious**? This is an important part of the debate. Many farmers and consumers believe it is. They think agricultural chemicals can cause serious illnesses like cancer, but there isn't much **evidence** proving this is true. However, recent studies have shown that eating organically-grown **product** reduces your chances of developing heart disease. Many doctors think it's more important to stop dangerous bacteria from **contaminating** foods. These bacteria can contaminate both organic and non-organic fruit and vegetables, and doctors recommend washing produce carefully before eating it. Meat, fish and chicken can also become contaminated, so

washing your hands before handling these foods is also very important. Many doctors also believe we should reduce the amount of sugar in our diets, and there is a lot of evidence to support this idea. They recommend carefully checking the list of ingredients on processed food and drinks for all the words that really mean sugar, like glucose, sucrose and fructose. And they remind us that the aim of most big food companies is to make lots of money, even if they damage our health while doing so. This means processed foods that are called "organic" can also be very unhealthy if they contain lots of sugar.

5 Most people agree that naturally grown food tastes better. Is tastier food worth the extra money? That's a matter of opinion. Whether organic food is healthier or not is still not clear, so more research is needed. However, consumers of organic food often say "**better safe than sorry**" when it comes to what we eat.

**B. VOCABULARY:** Match the words written in bold and underlined in the article with their meanings.

- |                                 |  |
|---------------------------------|--|
| _____ 1. product                | a. related to farming  |
| _____ 2. nutritious             | b. a chemical that stops insects from destroying crops           |
| _____ 3. process                | c. the sticker with information about a product                  |
| _____ 4. contaminate            | d. good for your health ( of food and drinks only)               |
| _____ 5. pesticide              | e. being careful is better than taking risks                     |
| _____ 6. agricultural           | f. facts that show something is true                             |
| _____ 7. supply                 | g. food that comes from a farm, like fruits, vegetables, eggs... |
| _____ 8. better safe than sorry | h. to make something a carrier of disease                        |
| _____ 9. label                  | i. to make something with technology and machines in a factory   |
| _____ 10. evidence              | j. the amount or number of products ready to be sold             |

**C. IDENTIFY:** Circle the best answer according to READING II.

1. What is the main difference between organic and non-organic food?
  - a. use of pesticides
  - b. size of the company
  - c. location of the farm



2. Which is usually more expensive?

- a. pet food
- b. organic food
- c. non-organic food

3. Many small organic food companies found it difficult to \_\_\_\_\_ .

- a. waste money
- b. stay in business
- c. find cheap pesticides

4. Recent studies show that eating organic produce can \_\_\_\_\_ your chances of having heart disease.

- a. develop
- b. increase
- c. reduce

5. Dangerous bacteria can contaminate \_\_\_\_\_

- a. organic food only
- b. non-organic food only
- c. organic and non-organic food

6. All processed foods should have a label listing the product's \_\_\_\_\_

- a. ingredients
- b. pesticides
- c. organics

7. Many doctors now believe eating too much \_\_\_\_\_ food is bad for our health.

- a. fresh
- b. sweet
- c. organic

8. Processed organic foods can also be unhealthy if they contain lots of \_\_\_\_\_.

- a. nutritious ingredients
- b. organic produce
- c. glucose

9. The aim of most big food companies is to make the healthiest \_\_\_\_\_ they can.

- a. profits
- b. products
- c. customers

10. Most people agree that naturally grown food tastes \_\_\_\_\_.

- a. safer
- b. better
- c. worse

#### SENTENCE PRACTICE 4

##### **THERE IS / THERE ARE**

##### **There is (not) + a / an (singular countable noun)**

There is a book on the table.

There is an elephant in the zoo.

There isn't a key in my bag.

##### **There is + (some) + uncountable nouns**

There is some milk in the fridge.

**\*\*\*Use "some" in affirmative (positive) statements.**

There isn't any uncountable nouns.

There isn't any juice in the bottle.

##### **There are + (some) + plural countable nouns.**

There are some books on the shelf.

There are three children in the garden.

**There aren't+ any+ plural countable nouns.**

There aren't any cars in the street today.

**There was / There were: past form.**

There was a cinema in our town ten years ago.

There were villagers in the field yesterday.

**A. Write sentences. Use a / an / some / any.**

**Example:** hotel (+) restaurants (-)

There is a hotel. There aren't any restaurants.

1. supermarket (+) cafe (-) \_\_\_\_\_.
2. cinema (+) theatres (-) \_\_\_\_\_.
3. post office (+) banks (-) \_\_\_\_\_.
4. museums (+) clubs (-) \_\_\_\_\_.
5. libraries (+) university (-) \_\_\_\_\_.

**B. Put the words in order to make sentences.**

1. some / is / in / there / bottle / milk / the \_\_\_\_\_.
2. people / in / are / India / there/ a lot of \_\_\_\_\_.
3. there / any / in / aren't / this / trains / town \_\_\_\_\_.
4. some / there / ticket / center / are / in / offices / the \_\_\_\_\_.
5. any / students / in / there / classroom / the / aren't \_\_\_\_\_.

**C. Make sentences using the phrases. Use There is / There are (not).**

1. (a lot of flowers) \_\_\_\_\_.
2. (some cheese) \_\_\_\_\_.
3. (a big city) \_\_\_\_\_.
4. (any bikes) \_\_\_\_\_.
5. (any fish fingers) \_\_\_\_\_.

## BE GOING TO

Subject + am/ is / are (not) going to + verb

I am going to fly to Rome tomorrow.

We are going to throw a party next week.

Gill isn't going to live in her hometown next year.

Are you going to apply for that job?

## D. Put the words into the correct order to make sentences.

1. by / plane / going / is / travel / she / to \_\_\_\_\_.
2. next / sleeping bags / Tara / going / is / buy / to / week \_\_\_\_\_.
3. for / meet / coffee / is / Brad / going / 3 o'clock / friends / at \_\_\_\_\_.
4. house / they / going / the / to / tomorrow / clean / are \_\_\_\_\_.
5. Kate / going / on / to / are / watch / Dan / are / film / TV / a / tonight \_\_\_\_\_.

## Comparative and Superlative Forms of Adjectives

The North Pole is colder than the South Pole.

Everest is higher than any other mountain in the world.

Jane is prettier than the other girls I know.

Swiss watches are more reliable than other watches in the world.

Asia is the biggest continent in the world.

Today is the busiest day of my life.

Nathalie Cardone is the most charming singer in the world.

## E. Make sentences using the comparative or superlative forms of the adjectives in the brackets.

1. Topkapı Palace was built in 1462. Dolmabahçe Palace was built in 1853. Ayasofya was built in 537. Hilton Hotel was built in 1954. (**old / new / building**)

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_



2. Mrs. Hopkins is 38 years old. Ms. Smith is 45 years old. Miss Jenkins is 24 years old.

**(old / young / lady)**

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_

3. Earth is 149 million km from the sun. Mars is 228 million km from the sun. Jupiter is 778 million km from the sun. **( far from / near to / planet)**

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_

4. Bob ran 4 kilometers in 30 minutes. Jack ran 4 kilometers in 25 minutes. Allan ran 4 kilometers in 20 minutes. **(fast / slow / boy)**

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_

### **SAMPLE STUDENT PARAGRAPH**

#### **A HUGE BURGER and ME**

My favorite food is definitely a burger, especially chicken burger. Burgers are the easiest foods to eat when we're in a hurry. We can have a burger at any time of day. Many restaurants are well-known for making their specialty burgers. To me, McDonald's serves the best chicken burgers. As soon as I take a huge mouthful of it, I forget about my problems or troubles I also love eating is cheese or vegetables burgers. I always eat my burger with ketchup. Most importantly, the thing I love about eating burgers is that I get to eat French fries along with them. Even though I like eating a burger from a famous fast food joint, my mother makes at home and it is the best. She prepares everything from scratch, even the burger. Thus, it is extremely fresh and healthy too. I am very happy with my choice.

## The red ones: CORRECTION!!!!!!

### MY FAVORITE FOOD

I love eat (~~eat~~ **eating**) so ~~many~~ (**much**) and pizza are (~~is~~ **are**) one of my favorite foods because it tastes and ~~smell~~ (**smells**) fantastic. I love cheese pizza a lot of (~~omit~~ **of**). Cheese pizza is healthy (**spelling: healthy**) and ~~make~~ (**makes**) me strong. My father brings pizza for me from the restaurant. In addition, my mother makes pizza at home. It is (**missing : the**) best pizza in the world. The ~~ingredient~~ (**plural: ingredients**) are flour, eggs, salt, cheese, tomato etc... When I go out with my friends, we eat pizza at Rosie's. The Italian cook makes perfect pizzas there. I give it five ~~star~~ (**plural: stars**) and you should try it. Pizza is ~~delicious~~ (**spelling: delicious**) and you can make or have it everywhere.



### WRITING TASK 7

Write a paragraph about “**your favourite food**” and include the answers to the following questions.

- What is its name?
- What are the ingredients?
- What's the food like?
- What do you like about it?
- Where do you eat it? Why?
- When do you eat it?
- Who cooks it best?
- How many stars do you give it? (from 1 to 5)