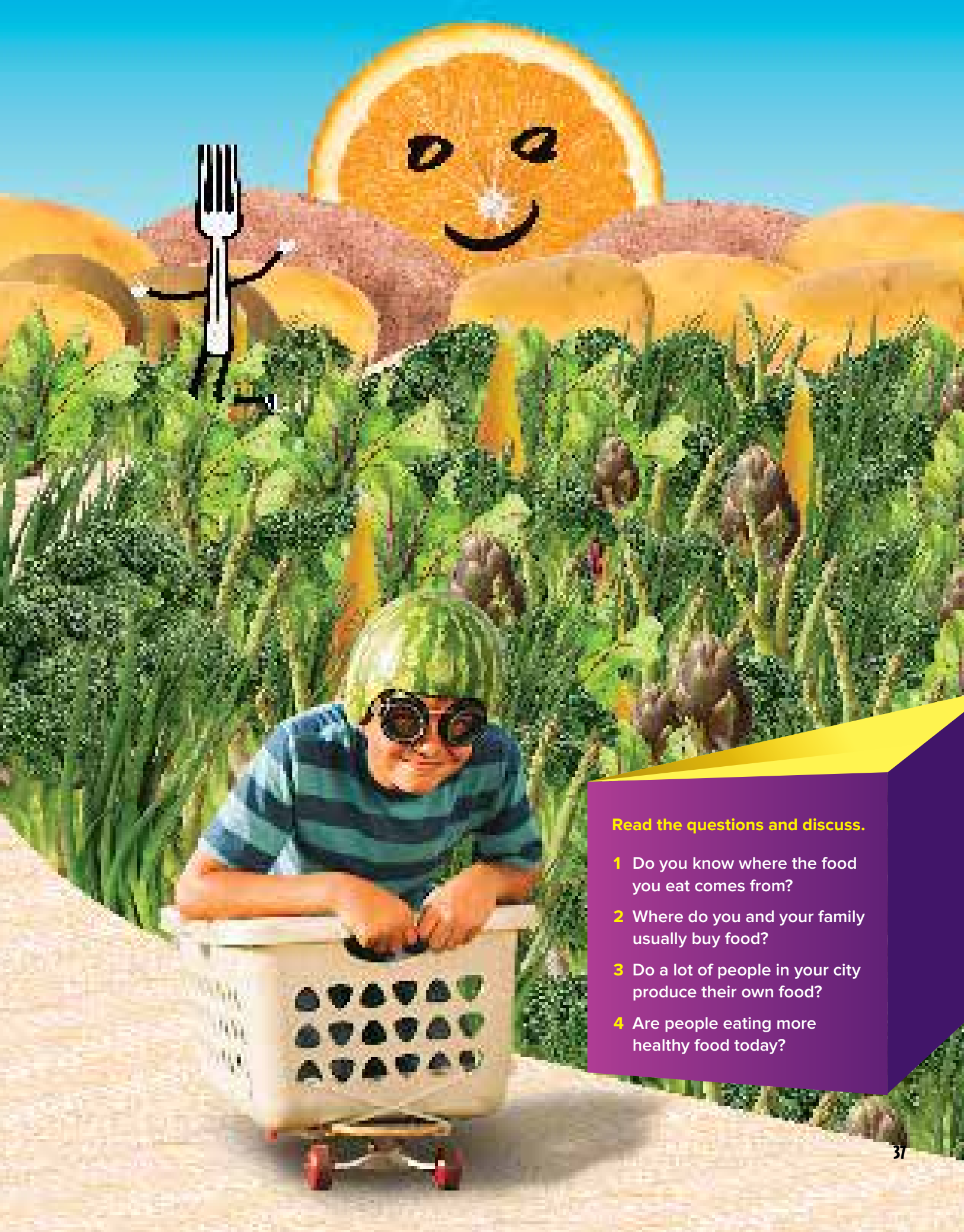


3

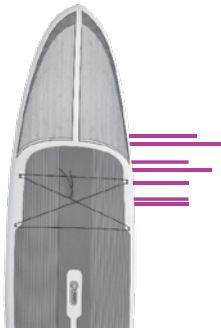
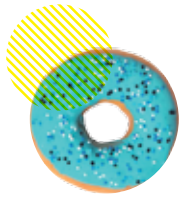
HOW HEALTHY IS YOUR DIET?





Read the questions and discuss.

- 1** Do you know where the food you eat comes from?
- 2** Where do you and your family usually buy food?
- 3** Do a lot of people in your city produce their own food?
- 4** Are people eating more healthy food today?



HAVE A GO!

1



convenience store

2



street market

3



supermarket



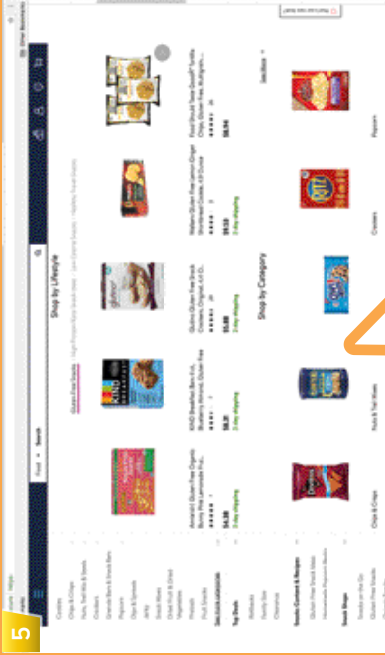
4



vending machine



5



internet

6



app




- 1 Where do you and your family usually buy food? Look at the images and captions on page 38 to complete the sentences.
 - 1 My family and I usually go to _____ to buy food.
 - 2 My family and I sometimes go to _____ to buy food.
 - 3 My family and I never go to _____ to buy food.
- 2 Listen to a tourist talking about her latest experience buying food. Where did she go? Tick the best option.
 - 1 She went to a convenience store.
 - 2 She went to a street market.
 - 3 She went to a vending machine.
 - 4 She went to a supermarket.
- 3 Listen again and tick the sections she visited.
 - 1 meat
 - 2 frozen food
 - 3 fruit and vegetables
 - 4 tinned food
 - 5 bakery
 - 6 dairy
- 4 What question was she trying to answer when she went food shopping?

- 5 Talk to a classmate.
 - 1 Which supermarket section do you like most? Why?
 - 2 In which of the places on page 38 can you find better prices for food? Why?
 - 3 Considering all the variables (price, quality, variety, easy access, etc.), which of these places do you consider the best to buy food? Why?


React!

6 Read some posts about the audio and leave a comment.




@johnyfoodie Frozen sliced potatoes??? Talk about convenience! What happened to REAL food?

15 min




@Chen_yung I just love one-euro deals! Every supermarket should have them!

18 min



@johansen Yep, dairy products are crazy expensive in Norway!

45 min



@marisa She should come to my country to try this out! She would be able to buy A LOT of things with one euro.

57 min



I Wonder

7 Write a question about supermarkets in other countries. Then look for the answer.

LANGUAGE 1

1 Match the food items to the corresponding containers.

- | | | | |
|----------------------------|-------------|-----------------------------|-----------|
| 1 <input type="checkbox"/> | baked beans | 7 <input type="checkbox"/> | jam |
| 2 <input type="checkbox"/> | cereals | 8 <input type="checkbox"/> | milk |
| 3 <input type="checkbox"/> | crisps | 9 <input type="checkbox"/> | olive oil |
| 4 <input type="checkbox"/> | chocolates | 10 <input type="checkbox"/> | popcorn |
| 5 <input type="checkbox"/> | eggs | 11 <input type="checkbox"/> | tuna |
| 6 <input type="checkbox"/> | honey | 12 <input type="checkbox"/> | water |



2 Use the captions from activity 1 to complete the grocery list below.

Grocery list

▶ _____ of ketchup	▶ _____ of rice
▶ _____ of sweetcorn	▶ _____ of peanut butter
▶ _____ of doughnuts	▶ _____ of orange juice

3 Use the quantities in the box to describe the pictures.

a cup of a head of a slice of a spoonful of



- My mum bought _____ lettuce in the supermarket yesterday.
- You just need to add _____ sugar to finish this recipe.
- I will have _____ pizza, please.
- Joan drinks _____ tea every morning.

Snack Learning

- 100 – a/one hundred
- 200 – two hundred
- 300 – three hundred
- 405 – four hundred five
- 513 – five hundred thirteen
- 1000 – a/one thousand

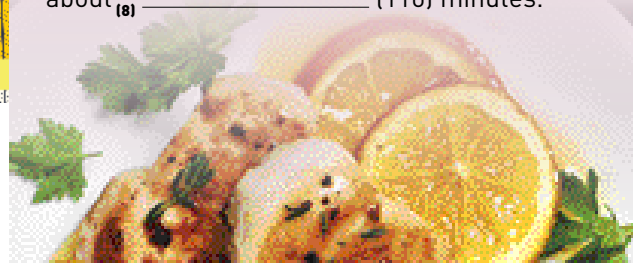
4 Write the numbers in full.

- 166 _____
- 235 _____
- 333 _____
- 687 _____
- 972 _____

5 Write the numbers in full to complete the recipe.

ORANGE SOY SAUCE MARINATED CHICKEN

In a bowl, mix together ⁽¹⁾ _____ (830) millilitres of fresh orange juice, ⁽²⁾ _____ (720) millilitres of soy sauce, ⁽³⁾ _____ (370) millilitres of olive oil, ⁽⁴⁾ _____ (128) grams of ground ginger and two cloves of minced garlic. Place ⁽⁵⁾ _____ (1000) grams of boneless chicken breast fillets in the bowl. Cover and refrigerate for at least ⁽⁶⁾ _____ (240) minutes. Meanwhile, preheat the oven to ⁽⁷⁾ _____ (255) degrees Celsius. Place the chicken on a baking dish and take it to the oven, turning it from time to time, for about ⁽⁸⁾ _____ (110) minutes.




6 Discuss the questions with a classmate.

- Can you cook?
- What would you like to learn how to cook?
- What food do you prefer to eat at home?
- What food do you prefer to eat in a restaurant?

LISTENING AND SPEAKING

1 What food and drinks do you usually have at parties you go to? And when you are the host?

2  Listen to Josh and Kristen organising a party and tick the food items from their menu.



3  Listen again and answer the questions.

- How many people are going to be at the party?

- What is the relationship between Josh and Kristen and the other guests?

- How much juice did Kristen buy?

- What food is Maya going to prepare?

- What time are Frank and Lindsay going to arrive?

- Does Josh like cheesecake?

Buzzwords


*"I am **beat** after all this work."*

What does "beat" mean? Look it up!

4 Discuss with a classmate.

- Do Josh and Kristen plan to offer what you usually offer when you throw parties?
- Do you think Josh and Kristen are good party organisers? Why?
- In your opinion, did they prepare an interesting menu? What would you change?

Pronunciation

5  How do you pronounce "of" and "off" in English? Listen and practise.

"We have already got a jar **of** olives, some cheese and a lot **of** pickles for the appetisers."

"Maya said she is going to take **off** after class."

6 Think of what you have learned and circle the correct options.

- In "a jar **of** olives", the *f* sound in "of" sounds like /f/ /v/.
- In "a lot **of** pickles", the *f* sound in "of" is /isn't pronounced.
- It is possible to link the *f* sound in "of" to the next word if it starts with a **vowel** / **consonant**.
- In "take **off**", the *f* sound in "off" sounds like /f/ /v/.
- The words "of" and "off" are pronounced **the same** / **differently**.

7 Discuss with a classmate: what is the difference in the pronunciation of "of" and "off"?

8 Organise a party with your classmates. Decide on:

- ▶ the guests;
- ▶ the date;
- ▶ the menu;
- ▶ the amount of food and drinks;
- ▶ who is responsible for what.

9 Read your party plans to the rest of the class. You can also record them and share them on a social network or your class/school blog.

Before Reading

1 Look at the text and answer.

- 1 Where do you find this type of text? _____
- 2 Do you use formal or informal language in this type of communication? _____

The screenshot shows a Twitter feed with the following tweets:

- Zach Friederich** (@zach_fri) • 13 min: Not sure why she decided to add so much curry to that dish! She'll never make it to the next episode. #superchef2019
- Patsy Climber** (@ClimberPatsy) • 18 min: No one can beat Ray in this show. He cooks so many amazing dishes! And he uses very few ingredients. Less is more! #teamray #superchef2019
- Gregory Chambers** (@Gregory35433615) • 20 min: Four tomatoes, some pasta, a slice of cheese, some chicken, some olives, honey and a little salt. These are the only ingredients today? No chef can create an incredible recipe with only these items! #superchef2019
- Lucinda Hays** (@LucindaHays19) • 25 min: The best part of the show? I learned a new way to open a jar of olives and a box of pasta. The chefs are not very inspired today. #disappointed #superchef2019
- Amy Collins** (@amy_cc01) • 28 min: What's going on? Why are the judges giving each one of the chefs a spoonful of honey? What are they going to do with it? #curious #superchef2019
- Simon Foster** (@fostersimon01) • 31 min: I'm in love with this pasta they are cooking today! Look at the box it comes in. Gorgeous! Where can I buy it? #superchef2019
- Larissa Delgado** (@lari_cook) • 49 min: Too much salt, my friends! Jennifer shouldn't add so much salt to her chicken. I think she needs to add a little brown sugar to balance the saltiness. #toosalty #superchef2019
- Will Meyers** (@will_meyers) • 53 min: They are going to open the boxes!!! What are today's ingredients? My bet: lobster or shrimps, aubergine and curry!!!! I wanna see a real challenge in this show!!!! #superchef2019

2 Scan the tweets. What information can you find?

- | | |
|--|--|
| 1 <input type="checkbox"/> who wrote them | 4 <input type="checkbox"/> the authors' e-mail address |
| 2 <input type="checkbox"/> where they were written | 5 <input type="checkbox"/> the authors' usernames |
| 3 <input type="checkbox"/> when they were written | |

While Reading

3 Read the tweets on page 42 and correct the statements below.

- The tweets are about a rehearsed TV show.

- Everyone has got the same opinion about the participants.

- The pasta comes in a beautiful jar.

- The participants are preparing a dish with rice.

4 What do the tweets say about the ingredients below?





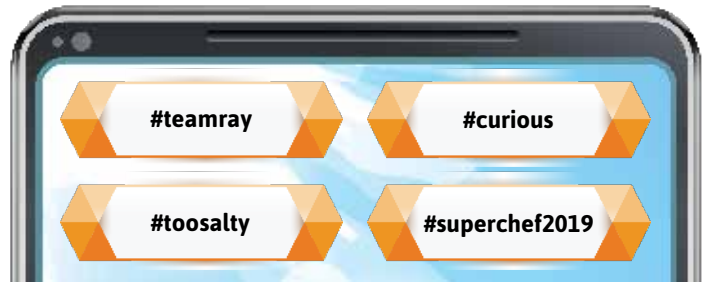




5 Read the tweets again to complete the sentences.

- _____ doesn't understand why the participants received _____ as an ingredient.
- _____ tries to guess the _____ ingredients of today's show.
- _____ is very disappointed and makes a sarcastic _____ about the show.
- _____ makes a suggestion of what to do if the food is _____.
- _____ doesn't really like it when people use many _____.
- _____ thinks that it is very difficult to cook a _____ dish with today's ingredients.

6 Why do you think they used the hashtags below?



7 How would you describe each person's feelings based on their tweets? Use the adjectives in the box and justify your choice. Follow the example.

confused curious disappointed excited
intrigued irritated surprised worried

- Zach is confused because he doesn't understand the chef's decision.
- Patsy is _____.
- Gregory is _____.
- Lucinda is _____.
- Amy is _____.
- Simon is _____.
- Larissa is _____.
- Will is _____.

8 Suggest hashtags for these people's tweets.

- Zach _____
- Gregory _____
- Simon _____
- Will _____

9 Work with a classmate and explain the hashtags you wrote in activity 8.

After Reading

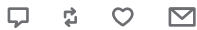
- Do you think this is a good episode of the show? Would you like to watch it?
- Are there any similar shows in your country? Do you usually watch them?
- In your opinion, is watching cooking shows a good way to learn how to cook? Why?

1 Read the tweet and circle the correct options.



Gregory Chambers @Gregory35433615 • 20 min

Four **tomatoes**, some **pasta**, a slice of **cheese**, some **chicken**, some **olives**, honey and a little **salt**. These are the only ingredients today? No chef can create an incredible recipe with only these items! #superchef2019



- a It is possible to count the exact amount of **tomatoes / pasta**.
- b It is not possible to count the exact amount of **chicken / salt**.

Countable and Uncountable Nouns

Nouns can be classified as countable or uncountable. Countable nouns can be counted using numbers. They have also got a singular and a plural form and can be preceded by *a* or *an*. Examples: a banana, an apple, five eggs, ten competitors.

Uncountable nouns are things referred to as a whole or a mass, which means that they haven't got a plural form and cannot be separated or counted individually. Examples: rice, salt, sugar, tea.

2 Write the items from the box in the correct column.

beans ~~bread~~ brown sugar carrot coffee egg aubergine flour honey peanut butter sandwich

countable	uncountable
	bread

3 Read the extracts from the tweets and answer the questions.

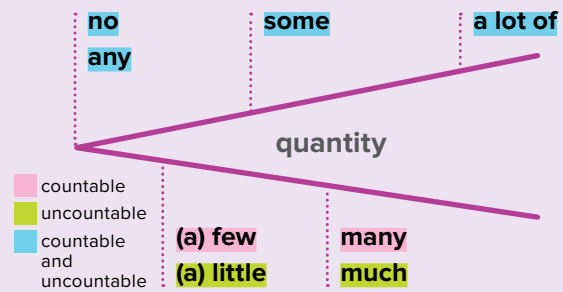
"He cooks so **many** amazing dishes! And he uses very **few** ingredients."

"Jennifer shouldn't add so **much** salt to her chicken."

"Four tomatoes, **some** pasta, a slice of cheese, **some** chicken, **some** olives, honey and **a little** salt."

- 1 Which quantifiers do you use with nouns that you can count? _____
- 2 Which quantifiers do you use with nouns that you cannot count? _____
- 3 Which of these quantifiers express a large quantity? _____

Quantifiers



I had **many** biscuits and **much** ice cream last Friday. You can choose: eat **some** bananas or **some** bread. Kathy didn't want **any** peanut butter or **any** apples. Add **a few** drops of vanilla essence and **a little** milk too.

4 Use quantifiers to complete the post about yesterday's cooking competition.



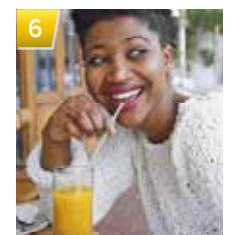
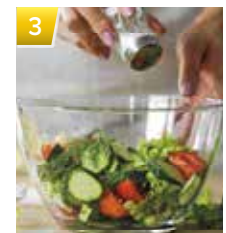
Johnny_Q Yesterday I was watching SuperChef and following ⁽¹⁾ _____ opinions on Twitter. It was so ⁽²⁾ _____ fun! The participants had only a ⁽³⁾ _____ ingredients this time, including ⁽⁴⁾ _____ pasta and just a ⁽⁵⁾ _____ salt. They didn't have ⁽⁶⁾ _____ seafood. Also, ⁽⁷⁾ _____ of them made serious mistakes! One of them added too ⁽⁸⁾ _____ curry, the other one forgot that she could add a ⁽⁹⁾ _____ brown sugar to make her dish less salty. Anyway, I love this show and don't want to miss ⁽¹⁰⁾ _____ episodes!



5 Read the example. Then describe, in your notebook, the images below using the expressions in the box.

She's buying **many** apples.

(a) few (a) little many much some



Snack Learning

Questions with uncountable nouns:

How much sugar do you like in your coffee?

Questions with countable nouns:

How many teaspoons of sugar do you want?

6 Complete the questions using *how many* or *how much*. Then, in your notebook, answer with true information about yourself.

- _____ water do you drink a day?
- _____ times a day do you usually eat?
- _____ eggs do you eat a week?
- _____ salt do you add to your food?
- _____ slices of cake do you usually eat at a party?

7 Read the dialogue and analyse the underlined expressions. Then answer the questions.

Sue: Do you know anything about the macrobiotic diet?

Clayton: I guess so. You can't eat anything derived from animals. I think you can eat some fruits and vegetables.

Sue: So, no processed food?

Clayton: No, nothing!

Sue: Do you know anyone that is on this diet?

Clayton: I haven't got any friends who want to follow something so strict.

- Do the underlined expressions refer to a specific idea? _____
- Which ones are used in questions? _____
- How about negative statements? _____
- Which one has got a negative meaning? _____

Indefinite Pronouns

Indefinite pronouns are used to refer to people or things without saying exactly who or what they are. The pronouns ending in **-body** (as in "anybody") and **-one** (as in "anyone") are used for people, and the ones finished in **-thing** (as in "anything") refer to objects.

Somebody is going to be the finalist of SuperChef. **Anyone** can cook that pasta! Come on! I guess they must use **everything** in the recipe. There's **nothing** else to do. The recipe is ruined.

8 Circle the correct option. Then react to the sentences.

- It was really dark. I couldn't see **nothing** / **anything**.
- Did **anybody** / **nobody** help you study for the tests?
- Some** / **Any** people were standing in front of my house last night.
- I didn't see **someone** / **anyone** at the party.

9 Read and compare the sentences. What is the difference in meaning?

- a** You can talk to someone here.
b You can talk to anyone here.
c You can talk to no one here.
- a** She is going to buy some dessert.
b She is going to buy any dessert.
c She isn't going to buy any dessert.
- a** I ate something before I practised sports.
b I ate anything before I practised sports.
c I ate nothing before I practised sports.

10 Choose a sentence from each item in activity 9 to complete the ideas below.

- _____ So please be quiet.
- _____ She is receiving some friends at her place this evening.
- _____ and that's why I felt so weak. Next time I will certainly eat something.

11 Find and underline five mistakes in the conversation.

Sharon: Hey, Tim! Would you like nothing to eat?

Tim: Thanks, Sharon, but I can only eat something kinds of foods. I'm on a diet.

Sharon: Really? I had no idea. But you already look so fit.

Tim: Well, I am changing some of my habits. I used to eat nothing junk food every afternoon and now I'm trying to eat more fruits, for example.

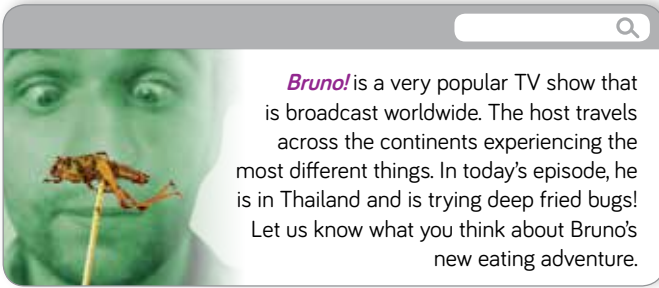
Sharon: That's a good decision! Do you drink anything water during the day?

Tim: Around 1 litre. I think it's enough, right?

Sharon: I think you need to drink something more.

Tim: OK, I'll try that. I also need to eat an apple a day. They say it keeps the doctor away!

Tweeting About Gastronomic Experiences



Before Writing

1 Plan your tweet.

- 1 How many characters can a tweet have?
- 2 What message do you want to send to the world with your tweet?
- 3 Do you want to sound serious? Sarcastic? Controversial?
- 4 What hashtags can you use to emphasise your message?

Drafting

2 Write a draft of your tweet.

3 Share your tweet with your classmates and ask for his/her opinion. Make adjustments, if necessary.

Final Writing

4 Write the final version of your tweet. You can also publish it on a social network or your class/school blog.

There **is** / **isn't** a healthier option for some industrialised food.

Research

- ▶ Think of three examples of snacks or dishes that are highly processed.
- ▶ Find out where these snacks and dishes come from.
- ▶ Discover which are the necessary ingredients to prepare them.
- ▶ Talk to friends and relatives who know how to cook and check if they have got more natural or healthier recipes for these dishes.
- ▶ If no one can help you with healthier recipes for the dishes, look for alternatives online.

Think

- ▶ Are the ingredients related to the country of origin of these snacks and dishes?
- ▶ Which of the ingredients are not very good for your health?
- ▶ Why are these ingredients important in the recipe (to give a specific taste, to make it thicker, to make it salty or sweet)?
- ▶ Can they be replaced?
- ▶ What alternatives can be used?
- ▶ What will change in the final result?

Discuss

There **is** / **isn't** a healthier option for some industrialised food.

1 Reflect on your conclusion and discuss.

- 1 Why do some people prefer the industrialised alternative?
- 2 What are the possible disadvantages of healthier recipes?
- 3 Do people know there are healthier ways to cook?
- 4 If people knew healthier ways to cook, do you think they would eat less industrialised food?

2 Share your ideas with your classmates. You can also post them on a social network or your class/school blog.

GO AROUND!

1 Look at the dishes below. Then discuss with a classmate.




- 1 Where do these dishes come from?
- 2 Have you ever tried them?





2 Research and take notes of your findings.

- 1 Can you find any of the dishes in activity 1 in your country?
- 2 Are the recipes adapted in your country or are these dishes exactly the same as in their country of origin?
- 3 If they change, what is different?
- 4 Why do you think some typical dishes change when they are offered in a different country?

3 Choose a dish from another country and try it. You can try to prepare it yourself.

4 Write a tweet to give your impression about the dish in activity 3 and draw or glue a picture of it. Remember to include hashtags.



 1  2  14 

5 Why is it important to try different types of food? How can it positively impact your life?

Can you imagine eating only food that you yourself have cooked?



1 Research into the concept. Bring your research to be discussed in class.

2 Read the text. Then discuss with a classmate.

- 1 Are the advantages of cooking at home convincing?
- 2 Do you think it is possible to eat only homemade food during your life?
- 3 How can families grow their own vegetables and fruits in a big city?



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SEARCH

BENEFITS OF EATING HOMEMADE FOOD

Did you know that eating homemade food is usually much cheaper than eating at restaurants? That's right: one of the greatest benefits of preparing your own meals is that you can save a lot of money! But there is more: if you plan well, it can be faster to prepare something at home than to go somewhere. And the ingredients are usually healthier and more natural—especially if you grow your own vegetables and fruits! Many families grow their vegetables and fruits and have got animals that provide milk and eggs. You can also have this lifestyle

and experiment with a very healthy diet. Produce your own 100% homemade food—from the ingredients to the actual cooking—and contribute to the environment and to your own health. But the best benefit of cooking and eating at home is the fact that families spend more time together. It is a fantastic way to bring everyone closer—around the cooker and the table. So, have you ever considered this alternative? Would you move to a place where you could not buy anything to eat and had to produce your own food?

REVIEW 3

1  Listen to the conversation and write the words from the box in the correct column. Not all words will be used.

broccoli brown sugar cheese crisps
honey lettuce milk nuts peanut butter
scrambled eggs strawberries white sugar
whole wheat bread

	always	sometimes	never
BERNARD			
DON			

2 Answer the questions according to the conversation.

- 1 What is Don's interview about?

- 2 What kinds of sugar does Bernard mention?

- 3 What does Bernard eat when he wants crisps?

- 4 What does Don prefer to eat with his bread?

3 Classify the food items from the box in activity 1 in the chart below. Then write them next to the appropriate containers.

countable many, (a) few	uncountable much, (a) little

- 1 a carton of: _____
- 2 a bag of: _____
- 3 a head of: _____
- 4 a jar of: _____
- 5 a slice of: _____

4 Complete the sentences with the correct quantifiers from the box.

a few a little any many much some

- 1 I haven't bought _____ white sugar.
- 2 Can you add _____ honey, please?
But not much.
- 3 David would like to have just _____
strawberries with chocolate.
- 4 How _____ milk do you drink a day?
- 5 How _____ bags of crisps do I need to buy
for three people?

5 Match the two halves to form sentences.

- 1 I don't usually drink much
 - 2 My aunt always adds too many
 - 3 If the food is too salty, add a spoonful of
 - 4 I never know how much
 - 5 This is delicious! There are so many
 - 6 There were two slices of
- a olives to her dishes.
b curry I should add to my chicken.
c chocolate milk for breakfast.
d shrimps here that I just can't stop eating.
e cake on the kitchen table.
f sugar to your dish.

6 Circle the correct option to complete each sentence.

- 1 I'm sure I left my shopping bags **somewhere** / **nowhere** around here.
- 2 Please relax! There is absolutely **something** / **nothing** to worry about.
- 3 I don't think **no one** / **anyone** knows where Patty is.
- 4 Can we meet tomorrow? I have got **something** / **anything** important to tell you.
- 5 They didn't play **any** / **no** good songs at the concert.
- 6 Dad already bought **no** / **some** cheese at the shop.