

7

Food for thought!

VOCABULARY food items • describing food

1) Work in pairs and answer the questions.

- 1 What's your favourite meal?
- 2 What's the healthiest thing you've eaten today?
- 3 What's the least healthy thing you've eaten today?
- 4 What can you cook well?

2) Look at the two shopping baskets below. What is the difference between the food in each basket? Which would you choose? Why?



3) Match the items in the baskets with the words below. Write the answers in your notebook.

crisps strawberries butter lemon potatoes
eggs beefburgers cake sweets carrots tomatoes
roll cucumbers fizzy drink grapes broccoli salmon
sausages chicken cheese olive oil brown bread
ice cream strawberry jam

4) CD 2.01 Listen and repeat the words in exercise 3.

5) Copy and complete the table with the food items from exercise 2 and the words below. Which food items do not fit any category?

tuna chips plums yoghurt pork biscuits
pasta mushrooms

meat	beef, <input type="checkbox"/>
fish/seafood	prawns, <input type="checkbox"/>
fruit	orange, <input type="checkbox"/>
vegetables	onion, <input type="checkbox"/>
dairy products	cream, <input type="checkbox"/>
sweets and snacks	pancakes, <input type="checkbox"/>
cereal products	cereal, <input type="checkbox"/>

6) Choose the odd one out. Give reasons for your answers and write them in your notebooks.

- 1 orange lemon onion grapes
- 2 tomato broccoli carrots strawberries
- 3 jam yoghurt milk cream
- 4 ice cream biscuits cake crisps
- 5 chicken chips sausages pork

7) Match the quantity expressions 1-6 with items a-f in your notebook.

- | | |
|---------------|--------------|
| 1 a bar of | a chocolates |
| 2 a packet of | b bread |
| 3 a jar of | c honey |
| 4 a box of | d crisps |
| 5 a bottle of | e chocolate |
| 6 a slice of | f juice |

8) Cover the quantity expressions in exercise 7. Choose a word from the second column and ask your partner to give the correct expression from the first column.

9) CD 2.02 Listen to Val talking about a camping trip. In your notebook, write down the food that she wants to take on the trip.

10) Work in pairs. What food would you take with you on a camping trip? Why?

Vocabulary challenge!

11) In your notebook, complete the sentences with the adjectives below.

delicious filling disgusting fattening juicy
crunchy sour

- 1 Do you like the taste of fruit like lemons or grapefruit?
- 2 I shouldn't eat apple pie because it's and I'm on a diet.
- 3 This chocolate bar is very . I think there's biscuit inside it.
- 4 I love the chips but they're very . I can't eat any more.
- 5 My birthday meal was . I loved everything on the plate.
- 6 I don't know what's in this soup, but it's . I can't eat it.
- 7 This orange is really dry. It isn't at all.

12) Work in pairs. Tell your partner about the best or the worst meal you have ever had. Use the prompts below to help you.

The best/worst food I've ever tried was ...
I've eaten ... once/twice/several times.
I tried ... when I was in ...
It was/They were ... delicious/disgusting.
It/They tasted ...

7

Food for thought

VOCABULARY food items • describing food

1) Write the names of the food products. Then write the name of the food category they belong to.

- | | | |
|------------------|----------------|-------------------|
| 1 marchewki | <u>carrots</u> | <u>vegetables</u> |
| 2 kielbaski | _____ | _____ |
| 3 ser | _____ | _____ |
| 4 bułka | _____ | _____ |
| 5 burgery wolowe | _____ | _____ |
| 6 czipsy | _____ | _____ |
| 7 truskawki | _____ | _____ |
| 8 krewetki | _____ | _____ |

2) Choose the correct answers.

- Which of these is a green vegetable?
a cucumber b onion c grapes
- Which of these is fish?
a pork b beef c salmon
- Which of these is NOT made with milk?
a cream b pancakes c sausages
- Which of these isn't fruit?
a lemon b broccoli c grape
- Which of these isn't sweet?
a tomato b honey c cake

3) Complete the sentences with the missing words.

- Is it healthy to always eat **c** _____ for breakfast?
- She's allergic to dairy products – she can't even put a tiny bit of **b** _____ in a sandwich.
- You can mix fresh fruit and dairy products, like strawberries and **y** _____, to make a healthy dessert.
- When I want something sweet, I have a few **b** _____ with my tea.
- If you want a healthy diet, start eating more fish, for example **n** _____.
- Try to eliminate **z** _____ drinks from your diet, such as cola.

4) Choose the correct words to complete the text.

The beginning of spring is a perfect moment to start eating more healthily. Why don't you change one thing in each of the meals you eat?

For a start, have a bowl of ¹cream / cereal with milk or yoghurt for breakfast. Then, when you are preparing your dinner, replace ²crisps / chips with brown rice – it's a lot healthier! And make sure there are some vegetables on your plate too, like ³peppers / plums or broccoli.

Finally, have some ⁴seafood / dairy for supper, but not just a tuna sandwich – try grilled salmon instead.

And remember to avoid too many ⁵sweets / chips, as the sugar they contain can make you fat.

5) The words in bold do not match the sentences. Replace them with the appropriate words.

- If I feel like eating something sweet, I sometimes eat a whole **slice** of chocolate. _____
- I used almost the whole **bottle** of honey for the cake, but it still wasn't very sweet. _____
- It's no wonder you've got stomach ache – you ate a **box** of crisps for breakfast. _____
- When you are at the supermarket, get me a **jar** of mineral water, please. _____
- The scrambled eggs will be tastier if you add a **packet** of bacon. _____
- Why don't you buy her some flowers and a **bar** of chocolates? _____



Vocabulary challenge!

6) Write appropriate adjectives to answer the questions. Then add examples of the food products that these adjectives could describe.

How do you describe

- food that makes you put on weight? fattening, chips
- food that makes you feel full?

- products which taste extremely good?

- something that makes a cracking sound when you bite it?

- fruit that contains a lot of juice?

- the taste of a lemon? _____
- food which tastes awful? _____

7) Write 2–3 sentences to answer the questions.

- What did you have for breakfast this morning?

- What kind of food do you hate most?

- What was the most unhealthy meal you had last week?

Articles: a/an, the, zero article

Rzeczowniki policzalne to nazwy przedmiotów i osób, które można policzyć. Mogą one występować w liczbie pojedynczej lub mnogiej: *a chair – chairs, an apple – apples, a person – people.*

Rzeczowniki niepoliczalne to nazwy cieczy, mas, uczuć lub pojęć abstrakcyjnych, których nie można policzyć. Rzeczowniki niepoliczalne występują tylko w liczbie pojedynczej i używamy ich bez rodzajnika *a/an*: *water, butter, love, time.*

A / an

Przedimka nieokreślonego **a** używamy z rzeczownikami policzalnymi w liczbie pojedynczej, gdy:

- mówimy o kimś lub o czymś po raz pierwszy:
She cooked a meal.
- mówimy, że coś lub ktoś ma jakąś cechę lub należy do pewnego typu czy klasy osób bądź przedmiotów:
'Eat Locals' is a new restaurant in the city centre.
Julia is a cook.

Przedimka nieokreślonego **an** używamy przed wyrazami zaczynającymi się od samogłoski:

an orange, an apple

The

Przedimka określonego **the** używamy:

- gdy mówimy o czymś lub o kimś po raz kolejny:
Chris cooked a meal. The meal was healthy and tasty.
- przed przymiotnikami w stopniu najwyższym:
'La Strada' is the best Italian restaurant in town.
- gdy chcemy zaznaczyć, że istnieje tylko jedna rzecz określonego typu lub gdy jest mowa o osobie pełniącej określoną funkcję:
the centre of London, the President, the sun

Przedimek zerowy

Przedimków nie stosujemy przed:

- rzeczownikami niepoliczalnymi, gdy mówimy o czymś w sposób ogólny:
I think English food is not very good.
- rzeczownikami w liczbie mnogiej, jeśli mówimy o kimś lub o czymś po raz pierwszy lub wspominamy kogoś lub coś w sposób ogólny:
Vegetables are very healthy.
I often buy carrots and apples here.
- nazwami posiłków:
He had breakfast at 7 o'clock.
- imionami, nazwami ulic, miast i większości państw:
Lucas, Kensington Street, Warsaw, England

Grammar challenge!

W wielu utartych zwrotach z czasownikami **be** i **go**, przed rzeczownikami oznaczającymi miejsca i instytucje (*bed, school, hospital, university*) oraz gdy w tych zwrotach występują rzeczowniki – nazwy różnych przedmiotów zastosowanych zgodnie z ich przeznaczeniem lub funkcją, nie stosujemy przedimka **the**. W tych zwrotach rzeczowniki nabierają znaczenia abstrakcyjnego.

- It's late. I'm going to bed.*
(Jest późno. Idę do łóżka spać.)
- Look! There's a cat under the bed.*
(Popatrz! Kot jest pod łóżkiem. – niezgodnie z jego funkcją.)
- He was sick and had to go to hospital.*
(Był chory i musiał pójść do szpitala. – żeby się leczyć.)
- He went to the hospital to visit his grandpa.*
(Poszedł do szpitala (budynku), aby odwiedzić dziadka.)

1) Divide the nouns below into countable and uncountable.

water biscuit pancake rice pork roll bread
pineapple ice cream plum orange ham onion cheese

COUNTABLE	UNCOUNTABLE

2) Write the plural form where possible.

- burger _____
- milk _____
- country _____
- potato _____
- butter _____
- time _____
- orange _____

3) Complete the sentences with a or an.

- Can I have _____ sandwich, please?
- You need _____ onion and two carrots.
- Look! There is _____ old banana in your bag!
- I had _____ big orange for breakfast.
- She cooked _____ delicious meal on Sunday.

4) Complete the sentences with a/an or put [-] for no article.

- He's _____ vegetarian – he won't prepare _____ meat for dinner.
- I had _____ salad for _____ lunch.
- _____ Tom Jenkins is _____ old friend of mine.
- 'I'm hungry.' 'Why don't you have _____ biscuit?'
- Do you take _____ sugar in your coffee?
- I've found _____ old recipe and I'd like to try it out.
- My mum is _____ teacher and my dad is _____ army officer.

5) Complete the sentences with the or write [-] when no article is necessary.

- _____ best café in the neighbourhood serves both _____ coffee and _____ tea.
- On _____ Sundays we always visit my _____ grandparents.
- Do you know any interesting _____ facts about _____ Earth?
- There are about 38 million people living in _____ Poland.
- While we were having _____ dinner, he told us _____ stories about his childhood.
- When I cut _____ onions, I always cry like a baby.
- Have you ever been to _____ Paris? It's _____ most romantic city in _____ world.

Articles a/an, the, zero article

- 1) Would you like to be a chef? Why? / Why not?
- 2) LANGUAGE IN CONTEXT Read the job blog and answer the questions below.
- 1 What's Ellie's job? Where does she work?
 - 2 Who owns the restaurant?
 - 3 What dish has she recently learned to cook?



Ellie's blog

- stories
- recipes

<previous

next>

I'm Ellie and I'm a chef. I studied at college for two years and now I work at a restaurant in the centre of Westford. I love it! The restaurant is quite small but it's very good and a lot of people come here to have dinner. The restaurant's called Lebrun's because it's owned by a French man, Marcel Lebrun. He's from Paris, in France. He's the best chef I've ever met and I've learned a lot from him. Yesterday he taught me how to cook sausages in a special French sauce with rice. Amazing! French food is just brilliant!

Like • Share



- 3) ANALYSE Choose the correct option to complete the rules. Write the answers in your notebook.

- 1 **Countable nouns** are nouns which you *can / cannot* count. They *have / don't have* a singular and plural form.
- 2 **Uncountable nouns** are nouns that you *can / cannot* count. They *have / don't have* a plural form.

- 4) Copy and complete the table with the words below. Then add three more examples of your own to each column.

chef restaurant man food ham bread potato
sausage rice milk

Countable nouns	Uncountable nouns
<u>a</u>	<u>a</u>

- 5) Read the rules about using a/an, the or [-] below. In your notebook, match the underlined sentences in the blog in exercise 2 with the rules.

- 1 We use the indefinite article **a/an**:
 - a with singular, countable nouns when we mention something for the first time.
 - b to say what job someone does or who someone is.
- 2 We use the definite article **the**:
 - a when something has been mentioned before.
 - b when there is only one of something.
 - c before a superlative adjective.

- 3 We don't use articles:

- a with uncountable nouns when we talk about them generally.
- b with plural countable nouns when we talk about them generally.
- c with names of people, cities, roads, most countries.
- d with names of meals.

- 6) PRACTISE In your notebook, complete the sentences with a/an, the or put [-].

- 1 I had a breakfast late today.
- 2 That's a first book I have ever read in English.
- 3 We took a taxi last night. Unfortunately a taxi went the wrong way!
- 4 The sun is very bright today. It's lovely for sunbathing.
- 5 My sister is a doctor and she works very hard.
- 6 We often have a bread and cheese for a snack.
- 7 Jack got a best grades in the class.
- 8 My young brother is afraid of a dogs.
- 9 Have you ever visited a Madrid?

- 7) Choose the correct option to complete the email. Write the answers in your notebook.

Hi Jim,

I'm having ¹a / - party on Saturday to celebrate ²the / an end of term! It's at my house in ³the / - Grenville Road. Come at 8.30 and bring ⁴the / a friend if you like. There will be ⁵the / - snacks and music and lots of dancing and laughing I think! My brother's ⁶a / - DJ so he'll probably play at ⁷a / the party too. It will be ⁸a / the first party of the holidays - so don't miss it!

Send me ⁹the / an email if you can't make it.

Brad

Grammar challenge!

We leave out *the* in some phrases with words like *bed, hospital, university, church* when we want to say that someone is using them for their main purpose.

He's **in bed**. (He's sleeping.) but

There's a spider **in the bed**. (Bed is a piece of furniture.)

- 8) Complete each pair of sentences with *the* or *put [-]* for no article in your notebook.

- 1 a I had to go to a hospital when I broke my leg.
b I went to a hospital to visit my friend who was ill.
- 2 a My mum went to a school in a small village.
b My mum went to a school to talk to my sister's teacher.
- 3 a Helena is in a church. She's arranging the flowers for a wedding this afternoon.
b Helena's in a church now but the service will finish soon.
- 4 a They're building a new library at a university.
b Pippa's studying law at a university.