

1A Mood food

1 VOCABULARY food and cooking

a Circle the word that is different. Explain why.

1 beans grapes peach raspberry

The others are all fruit.

2 chicken duck lamb salmon

The others are all _____.

3 beetroot cabbage pear pepper

The others are all _____.

4 aubergine lemon mango melon

The others are all _____.

5 crab mussels beef prawns

The others are all _____.

6 cabbage cherry courgette cucumber

The others are all _____.

c Complete the sentences with the words in the box.

fresh frozen low-fat raw spicy takeaway tinned

1 Tinned tomatoes usually last for about two years.

2 I don't feel like cooking. Let's get a _____ for dinner.

3 Are there any _____ peas in the freezer?

4 I'm not very keen on _____ fish, so I never eat sushi.

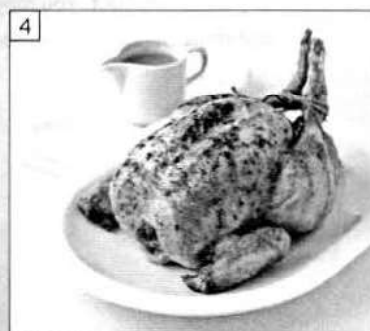
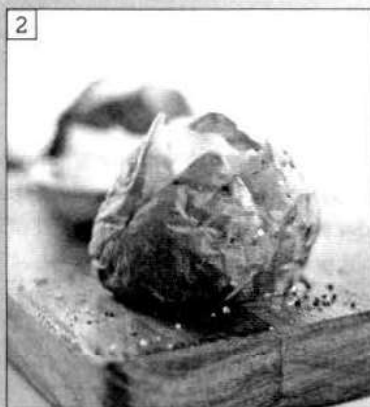
5 Hannah's on a diet, so she's bought some _____ yoghurt to have for dessert.

6 They eat a lot of _____ food in Mexico.

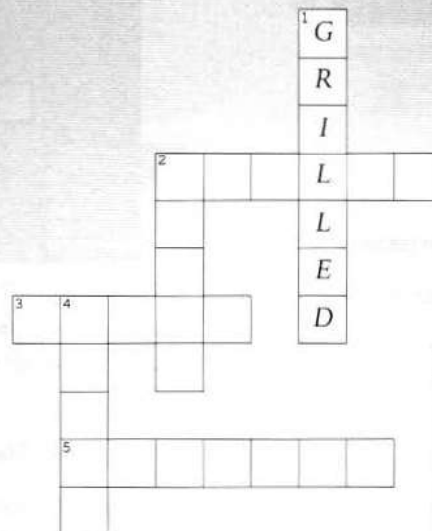
7 We buy _____ bread from the baker's every morning.

b Complete the crossword.

Clues down ↓











Clues across →



2 PRONUNCIATION short and long vowel sounds

a Write the words in the chart.

beef carton chicken chocolate cook crab
cucumber jar mango peach fork prawns
sausage squid sugar tuna

1  fish	2  tree	3  cat	4  car
_____	_____	_____	_____
5  clock	6  horse	7  bull	8  boot
_____	_____	_____	_____

b **iChecker** Listen and check. Then listen again and repeat the words.

Pronouncing difficult words

c Write the words.

- 1 /'bɔɪld/ boiled
- 2 /'kæbɪdʒ/ _____
- 3 /'spɑːsi/ _____
- 4 /rəʊst/ _____
- 5 /greɪps/ _____
- 6 /fru:t/ _____
- 7 /beɪkt/ _____
- 8 /'melən/ _____
- 9 /'əʊbæʒi:n/ _____

d **iChecker** Listen and check. Then listen again and repeat the words.

3 GRAMMAR present simple / continuous, action and non-action verbs

a Are the **highlighted** phrases right (✓) or wrong (✗)? Correct the wrong phrases.

1 **Does your girlfriend like** seafood?

2 Lucy's in the kitchen. **She makes** a cup of tea.
She's making

3 **Are you eating out** every weekend?

4 **I don't know** what to cook for dinner.

5 **Are you thinking** the fish is cooked now?

6 **We're having** lunch with my parents every Sunday.

7 My mother's in the garden. **She's cutting** the grass.

8 **I'm not wanting** any potatoes with my fish, thanks.

9 **Do you prefer** steamed rice to fried rice?

10 Jack's on the phone. **He orders** some pizzas.

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

- 1 Our neighbours grow all of their own vegetables. (grow)
- 2 My mother _____ usually _____ at the weekend. (not cook)
- 3 Do you want to come for lunch on Sunday?
We _____ roast lamb. (have)
- 4 We _____ tonight because there's a football match on TV. (not go out)
- 5 _____ you usually _____ your birthday with your family? (spend)
- 6 That restaurant _____ delicious mussels at lunchtime. (serve)
- 7 How often _____ you _____ in a typical week? (eat out)
- 8 I _____ a starter because I'm not hungry. (not have)
- 9 We _____ often _____ steak. (not buy)
- 10 My boyfriend's on a diet so he _____ on fried food. (cut down)

4 READING

- a Read the article once and put the headings in the correct place.

- A Can I eat apples?
 B How can I prevent serious illnesses?
 C How should I start the day?
 D Do I really need to eat five a day?



The truth about healthy eating

Food experts are always telling us what we should and shouldn't eat, but they often give us different advice. Our food writer, Teresa Gold, has had a look at all the information to work out what is fact and what is fiction.

1 C

A full-English breakfast will certainly stop you feeling hungry, but it's high in calories which means that you'll put on weight if you have it regularly. A healthier option is to have just the egg. Boil it instead of frying it, and eat it with a piece of toast made with brown bread. Breakfast cereals are very high in sugar, so if you feel like cereal, have muesli – with no added sugar. You can also get your first vitamins of the day by drinking a glass of **freshly-squeezed** orange juice.

2 _____

Fruit and vegetables contain the vitamins and minerals we need to stay healthy. But five is actually a fictional number thought up by an American nutritionist. She looked at what the average person ate and doubled it. According to more recent research, the right number is actually eight. The research shows that people who have eight pieces of fruit and vegetables a day are much less likely to suffer from heart **disease** than those who eat three.

3 _____

This particular fruit has had some bad publicity because dentists say it can **harm** our teeth. While it's true that apples do contain a little sugar, they are also a source of fibre. Nutritionists say that we need about 18g of fibre a day, and a medium apple – **peel** included – contains about 3g. Some varieties contain more fibre than others, so you should choose carefully.

4 _____

The key to good health is a balanced diet which contains fats and carbohydrates as well as proteins, vitamins, and minerals. Fats may be high in calories, but they also contain vitamins. According to the World Cancer Research Fund, you should only have about 500g of red meat per week – a steak is about 100g. One type of food on its own won't kill or **cure** you, but eating the right amount of the right food will stop you getting ill.

- b Read the article again. Mark the sentences T (true) or F (false).

- 1 A full-English breakfast every morning isn't good for you. T
- 2 The best breakfast is any type of cereal. —
- 3 An American nutritionist carefully calculated the amount of fruit and vegetables we should eat. —
- 4 We should eat more than five pieces of fruit and vegetables per day. —
- 5 Apples contain a lot of sugar. —
- 6 All apples have the same amount of fibre. —
- 7 Fats can be good for us. —
- 8 You can eat as much red meat as you want to. —

- c Look at the **highlighted** words and phrases. What do you think they mean? Use your dictionary to look up their meaning and pronunciation.

5 LISTENING

- a **iChecker** Listen to a radio phone-in programme about the article in exercise 4. Tick (✓) the caller(s) who completely agree with it.

- | | | | |
|-----------|--------------------------|---------|--------------------------|
| A William | <input type="checkbox"/> | C Harry | <input type="checkbox"/> |
| B Kate | <input type="checkbox"/> | D Rosie | <input type="checkbox"/> |

- b Listen again and answer the questions.

Which caller...?

- 1 thinks that some fruit and vegetables are unhealthy —
- 2 says that most children prefer fast food —
- 3 eats very little fruit —
- 4 is very healthy because he/she eats a lot of fruit and vegetables —

- c Listen again with the audioscript on p.69.

USEFUL WORDS AND PHRASES

Learn these words and phrases.

carbohydrates /kɑ:bəʊ'haidreɪts/

protein /'prəʊtɪn/

awake /ə'weɪk/

oily /'ɔɪli/

powerful /'paʊəfl/

relaxed /rɪ'læksd/

sleepy /'sli:pi/

stressful /'stresfʊl/

violent /'vaɪələnt/

ready-made food /'redi meɪd 'fu:d/

1B Family life

1 GRAMMAR future forms

a Complete the sentences with the correct form of the verbs or phrases on the right.

- | | |
|--|---|
| 1 My brother hates his job. <i>He's going to look for</i> a new one. | he / look for (an intention) |
| 2 Don't worry about the drinks. _____ for them. | I / pay (an offer) |
| 3 _____ some more coffee? | I / make (an offer) |
| 4 Do you think _____ before you're 30? | you / get married (a prediction) |
| 5 _____ to my cousin's wedding. We'll be on holiday. | we / not go (an arrangement) |
| 6 A Are you ready to order? | |
| B Yes, _____ the steak. | I / have (an instant decision) |
| 7 _____ 21 on my next birthday. | I / be (a fact) |
| 8 _____ your parents for a meal this weekend? | we / invite (a suggestion) |
| 9 I'm going to the shops. _____ long. | I / not be (a promise) |
| 10 _____ a party for my grandmother's 80th birthday tomorrow. | we / have (an arrangement) |

b Complete the dialogues with the correct future form of the verbs in brackets.



1

- 1 **A** *Are you going away* this weekend? (go away)
B No, we _____ here. Why? (stay)
A We _____ a barbecue. Would you like to come? (have)



2

- 2 **A** I'm too tired to cook. _____ we _____ a Chinese takeaway? (order)
B Good idea. I _____ the restaurant. What do you want for your starter? (call)
A I _____ spring rolls, please. (have)



3

- 3 **A** What time _____ you _____ in the morning? (leave)
B I _____ the six o'clock train. (get)
A I _____ you a lift to the station, then. (give)



4

- 4 **A** What _____ you _____ tonight? (do)
B I _____ the new James Bond film. Do you want to come? (see)
A No, thanks. I've seen it. You _____ it! (love)



5

- 5 **A** _____ I _____ you do the washing up? (help)
B OK. I _____ and you can dry. But please be careful with the glasses. (wash)
A Don't worry. I _____ anything! (not break)

2 each other

Rewrite the sentences with *each other*.

- 1 My brother's shouting at my sister and she's shouting at him.
My brother and sister are shouting at each other.
- 2 Rob doesn't know Alex and Alex doesn't know Rob.
Rob and Alex _____.
- 3 I'm not speaking to my sister and she isn't speaking to me.
My sister and I _____.
- 4 I don't understand you and you don't understand me.
We _____.
- 5 The coach respects the players and they respect him.
The coach and the players _____.

3 PRONUNCIATION sentence stress

a **iChecker** Listen and complete the sentences.

- 1 When are you going to book your holiday?
- 2 I'm _____ going to _____ the _____ yet.
- 3 I'm going to _____.
- 4 _____ are you _____?
- 5 I'm _____ some _____.
- 6 I'm _____ my _____.
- 7 _____ will you _____ your exam _____?
- 8 I _____ get them _____.
- 9 I'll _____ them on _____.

b Listen again and repeat. Copy the rhythm.

4 VOCABULARY family, adjectives of personality

a Complete the sentences with a family word.

- 1 Your mother and father are your parents.
- 2 Your grandfather's father is your gr_____ -gr_____.
- 3 A child who has no brothers or sisters is an on_____ ch_____.
- 4 Your brother's daughter is your n_____.
- 5 Your father's sister is your a_____.
- 6 Your partner, your children, your parents, and your brothers and sisters are your im_____ f_____.
- 7 Your father's new wife is your s_____.
- 8 Your wife's or husband's father is your f_____ -i_____ -l_____.
- 9 Your aunts and uncles and your cousins are your ex_____ f_____.
- 10 Your brother's or sister's son is your n_____.

b Match the comments with the personality adjectives in the box.

aggressive ambitious independent
jealous reliable self-confident selfish
sensible spoilt stubborn

- 1 'When I want something, my parents always give it to me.'
spoilt
- 2 'I don't like my boyfriend talking to other women.'

- 3 'I'm always there when my friends need my help.'

- 4 'Those are my pens and you can't borrow them.'

- 5 'I'm going to go to bed early so I can sleep well before my exam tomorrow.'

- 6 'I'll hit you if you do that again!'

- 7 'I feel quite comfortable when I'm speaking in public.'

- 8 'I'd like to be the manager of a big multi-national company.'

- 9 'That's what I think and I'm not going to change my mind.'

- 10 'I'd prefer to do this on my own, thanks.'

c Write the opposite adjectives. Use a negative prefix if necessary.

- | | |
|-------------|-------------|
| 1 generous | <u>mean</u> |
| 2 kind | _____ |
| 3 lazy | _____ |
| 4 mature | _____ |
| 5 organized | _____ |
| 6 sensitive | _____ |
| 7 talkative | _____ |
| 8 tidy | _____ |

5 READING

- a Read the article once. Why do the Bedouins prefer to live together in a big family group?

Extreme family ties

Family can be an important part of a person's life, and for some nationalities being close to your family is more important than it is to others. For example, families in Southern Europe are generally quite close, although in the past they spent even more time together. This is also true of families in the Middle East. But it is the Bedouin people who have the closest ties of all.



Traditional Bedouin families live in large tents about half the size of a basketball court. The tents are divided into two sections: the first is for receiving guests in true Bedouin style – they have the reputation of being the world's most generous **hosts**. Visitors are always served a big meal as soon as they arrive. The second part of the tent is the family's shared kitchen, living room, dining room, and bedroom. They don't have tables and chairs, as the whole family sits on the floor to eat. And instead of beds, everybody sleeps on **mattresses**, which are piled into a corner of the room during the day.

Several generations usually share the tent. The head of the family is the mother, and she is the one who gives the orders. Her husband and her children live with her, even when the children are married and have their own children. The sons and sons-in-law look after the animals, while the daughters and daughters-in-law clean the tent, cook the meals, and look after the younger grandchildren. The older ones are left to run around outside. There may often be as many as 30 people under the same roof.

The few young people who have left the family to live in the city visit their mothers nearly every day. It can be quite a surprise to see a **shiny** new Mercedes **pull up** outside one of the tents and watch a smart young man get out to greet his relatives.

Bedouin people do not like to be separated from their families and there is a very good reason why. If they are poor, sick, old, or unemployed, it is the family that **supports** them. Elderly people are never **left alone**, and problems are always shared. Children who work in the city are often responsible for their families financially. In this way, Bedouin families aren't just close; they are a lifeline.

- b Read the article again. Choose the correct answers according to the information given.

- In the past, most families in Southern Europe and the Middle East were...
a smaller. **(b)** closer. c richer.
- There isn't much ... in a Bedouin tent.
a furniture b light c space
- Bedouin ... spend most of the day inside.
a men b women c children
- Young Bedouins who live in the city...
a hardly ever go home.
b don't earn much money.
c don't lose touch with their families.
- Members of a Bedouin family help each other to...
a survive. b get a job. c choose clothes.

- c Look at the **highlighted** words and phrases. What do you think they mean? Use your dictionary to look up their meaning and pronunciation.

6 LISTENING

- a **iChecker** Listen to a couple, Terry and Jane, talking about going to live with the in-laws. What do they decide at the end of the conversation?
- b Listen again and mark the sentences T (true) or F (false).
- Terry and Jane are both very tired. **T**
 - Terry is more optimistic about the future than Jane. **—**
 - Terry's parents have suggested the family move in with them. **—**
 - Terry says that if they all lived together, his parents would babysit. **—**
 - Jane thinks that the new plan would mean less housework for her. **—**
 - Jane worries that the grandparents would spoil the children. **—**
- c Listen again with the audioscript on p.69.

USEFUL WORDS AND PHRASES

Learn these words and phrases.

boarding school /'bɔ:diŋ sku:l/	sick /sɪk/
childhood /'tʃaɪldhəd/	value /'vælju:/
gang /gæŋ/	fight /faɪt/
gathering /'gæðərɪŋ/	aware of /ə'weə əv/
rivalry /'raɪvlrɪ/	no wonder /nəʊ 'wʌndə/