

Eat your heart out!

5

Vocabulary

food and diet

1 Complete sentences 1–5 with the words in the box.

high-fat well-balanced vegetarian salt-free vitamins

- 1 I never eat meat – I follow a strict diet.
- 2 People who are overweight are rarely told to follow a diet.
- 3 It's good to give children a diet, including meat, fruit and sugar.
- 4 I love fruit, vegetables and so on; I know I'm getting a diet rich in
- 5 Older people may be advised to follow a diet for health reasons.

Grammar

countable and uncountable nouns and expressions of quantity ▶ CB page 47

1 Underline the correct alternatives to complete the sentences.

- 1 Would you like *some/a few* rice with your chicken?
- 2 I mustn't eat too *many/much* chocolate – it's bad for me!
- 3 People who eat too *much/many* salt can suffer from high blood pressure.
- 4 I drink *hardly any/a few* coffee; if I drink too *many/much* I can't sleep.
- 5 I buy very *few/little* eggs as I keep chickens, so I have new-laid eggs.
- 6 I eat *hardly any/a few* meat – I prefer vegetables!
- 7 There is always *many/a lot of* news about food scares these days.
- 8 There are *lots of/much* fantastic desserts at that new restaurant!
- 9 I try to eat *some/many* fruit every day.
- 10 There is a myth that if you eat *a few/a little* cheese in the evening you will have vivid dreams!
- 11 There are *no/any* sweets in my house!
- 12 I often eat *a bit of/a few* cake in the evening.

2 Complete sentences 1–8 with *few, a few, little or a little*.

- 1 I knew very people at the party, so I didn't stay long.
- 2 of us are going to have a barbecue in the garden tonight. Do you fancy coming?
- 3 Please could I have sugar – this coffee is rather strong.
- 4 I've got free time this week so I can do the work if you like.
- 5 I've eaten so many already that there are only chocolates left!
- 6 I knew very about Thai food so I bought a cookery book to learn more.
- 7 I know people who enjoy very spicy food, but not many.
- 8 People say that knowledge goes a long way!



Use of English

Open cloze (Part 2) ▶ CB page 48

- 1** Read the text below and think of the word which best fits each gap. Use only one word in each gap. There is an example at the beginning (0).

Food, glorious food

These days it's very hard to get people to agree (0) *on* anything. But there's one thing we can all accept – people like food! However, what makes good food is (1) a universal concept – something considered repulsive in one part of the world is a delicious lunch in another. For example, many of us (2) been brought up to believe that insects are for swatting rather (3) eating, but in fact (4) are an important part of the diet in many places and provide a valuable source of protein. Perhaps the problem really is that we have become too unadventurous – we are now so (5) to vacuum-packed, tasteless ready-made meals that we are unwilling (6) try anything unusual. Yet many less obvious combinations of food can change our tastes – simple touches (7) combining carrots with sugar enhances their flavour – and how about trying strawberries with a bit (8) pepper? There's food out there for everyone and if you look hard enough you are sure to find something you love.

- 2** Read the text again and underline an example of

- 1 a comparative.
- 2 a verb + preposition.
- 3 a quantifier.
- 4 a pronoun.
- 5 an auxiliary.
- 6 an uncountable noun.

Listening

Sentence completion (Part 2)

▶ CB page 49

- 1** Look at the text below and match the type of missing information, A–D, with sentences 1–5

- A adjective
- B number
- C noun (x2)
- D noun – name of a subject

- 2** ▶ 09 You will hear a woman called Terri Preston talking about her unusual job. For questions 1–10, complete the sentences.

The horse nutritionist

Terri studied (1) at university.

Terri takes part in (2) to monitor the health of horses.

Terri was surprised to find that horses eat (3) kilos of grass every day.

One day Terri monitored very (4) horses which she found physically difficult.

Terri does not like doing (5) very much.

Terri uses the word (6) to describe how she feels about answering questions on the phone.

Terri is annoyed about the way (7) is provided for her work.

Terri describes human nutrition as (8) nowadays.

Terri says that the best approach for people to take to a diet is (9) rather than reducing what they eat.

Terri uses the example of (10) as something people should eat less of if they eat chocolate.



Think teenagers, think couch potatoes eating pizzas out of the box or munching 99p burgers? Think again because there's a new teenager in town and he's on a chocolate-coated mission! Louis Barnett runs a rapidly-growing chocolate empire which counts among its customers the British supermarket chains Waitrose and Sainsbury's, as well as upmarket department stores in London, New York and as far away as Moscow. All this and Louis is still only eighteen.

But things weren't always that easy. Despite an IQ of 132, Louis dropped out of school when he was only eleven, frustrated and disheartened. 'It was terribly difficult for him,' his mother Mary explains. 'His handwriting was really bad and he struggled with spelling.' The problem was that Louis was, in his own words, 'dyslexic, dyspraxic and dyscalculic'. Nothing the school system had to offer made any sense to him.

So, with the help of his parents and a specialised tutor, Louis set about a vocational-based, home-study programme concentrating on the thing that he loved most: chocolate. 'I'd always been intrigued by it,' says Louis, who bought his first Belgian chocolates with his own pocket money when he was only nine. By the time he was thirteen he had already created his own line of specialist chocolates, a sample of which he sent to Waitrose head office.

'It was slightly bizarre,' admits Waitrose chocolate buyer, Greg Sehringer. 'One day a package arrived in reception addressed to the confectionary buyer. It spent a day or so in the post room before finding its way to me but as soon as I saw the product, I thought it was great. So we arranged to meet Louis and he arrived here a few days

later – with his parents. We didn't expect that.' But don't

Reading

Multiple choice (Part 5) ► CB page 50

1 You are going to read an article about a teenager who runs his own chocolate-making business. Read the text once quickly and choose the best title.

- 1 With a little help from my friends
- 2 A talent for chocolate but no head for figures
- 3 Chocolate millionaire turns eighteen

2 Read the text again. For questions 1–6, choose the answer (A, B, C or D) which you think fits best according to the text.

think this is a case of pushy parents, Sehringer says. Louis did the talking.

The product Louis sent to Waitrose was a box made of chocolate. 'One Christmas I decided to make some chocolates for my family and friends to send as presents but when I looked into packaging I found that it was more expensive than the chocolate inside. So I thought, 'Why not make a chocolate box to put the chocolates in?'

He then gained a qualification in chocolate making from the prestigious Zurich-based Callebaut Academy, the youngest person ever to do so. They in fact sponsored the rest of his chocolate-making education. His grandparents also helped out, lending him the money for a special chocolate temperature-regulating machine. Once he had that, Louis was off and running. By the age of sixteen he was selling chocolates to luxury department stores in both the UK and the USA. His company, called Chokolit because this is how Louis as a dyslexic spells chocolate, was very much on the map. line 48

Louis calls himself an ethical chocolatier and includes pictures of endangered species on the packaging of his new range of palm oil-free chocolate bars, a percentage of the sales of which go to animal charities. Waitrose ordered 100,000 boxes of the bars in 2007 and Louis then had to move production from his parents' garage to a factory in the north of England. Louis still lives with his parents, both of whom work for his business, as does his girlfriend Sally, who is his PA. There have been a few problems finding the right staff, though, because some people are reluctant to take orders from a teenager.

As for dealing with the interest from the press and becoming a chocolate maker to the rich and famous, Louis is undaunted. 'What we've done so far is monumental,' he says, 'but I don't want to lose control of the business.' In fact, Louis is already thinking about how he can use the attention he is getting to encourage young people to get into cooking.

- 1 Why did Louis Barnett leave school?
 - A He wanted to try something new.
 - B The teachers didn't understand him.
 - C He had special problems.
 - D He kept failing spelling tests.
- 2 How did Louis's parents react to his problems?
 - A They were very worried about their son.
 - B They understood his needs.
 - C They paid a private teacher to help him.
 - D They blamed the school system for his failure.
- 3 What does *that* in line 33 refer to?
 - A That they would receive a package in the post.
 - B That they would actually meet Louis.
 - C That Louis would be with his parents.
 - D That Louis would arrive late.
- 4 What does the phrase *off and running* in line 48 mean?
 - A trying to escape
 - B competing in a race
 - C moving quickly
 - D progressing well
- 5 Why did Louis stop making his chocolates in his parents' garage?
 - A The demand for his chocolates had grown.
 - B He wanted to make chocolates using ethical principles.
 - C He found it difficult to work with his parents.
 - D He wanted to move in with his girlfriend.
- 6 How does Louis feel about his company?
 - A He is proud of it but would not like anyone else to run it.
 - B He would like to specialise in making chocolates for celebrities.
 - C He is worried that it might be getting out of control.
 - D He thinks it is not getting enough attention.

3 Complete sentences 1–7 with the underlined words in the text. Sometimes you need to change the form of the word.

- 1 I was to lend my sister my car. Last time she drove it she had an accident.
- 2 We went to a really restaurant where not a single thing on the menu cost less than €30.
- 3 I'm reading a really detective novel at the moment. I just can't work out who the killer is.
- 4 The prospect of getting up at 4a.m. to get to the airport seemed rather
- 5 We were to hear the good news about his successful hospital treatment.
- 6 Don't be so! Phoning up every day to see if you've got the job might make them decide to give it to someone else.
- 7 She had hoped to be able to sail around the world but couldn't find a

Vocabulary

phrasal verbs with *turn* ► CB page 50

1 Underline the correct prepositions to complete the sentences.

- 1 I get completely turned up/off a restaurant if it is not clean.
- 2 I had so much to do that I turned out/down the chance to go out with friends.
- 3 She was so angry that her dinner was undercooked that she turned in/on the poor waitress.
- 4 My parents had no idea I was going to see them – I just turned off/up.
- 5 My birthday party turned down/out to be the best evening ever!
- 6 I was turned off/away from the restaurant on Saturday night because it was full.

2 Rewrite the underlined part of the sentences using the words in brackets.

- 1 So many friends came to the party that we had to go and buy extra food. (*up*)
- 2 I refused the offer of a job as a waitress as I preferred to work in an office. (*down*)
- 3 My son got really upset when the other children got angry with him for no reason. (*on*)
- 4 I wanted to go to the concert but I was refused entry because I didn't have a ticket. (*away*)

Grammar

passive forms ► CB page 52

1 Find and correct the mistakes with passive forms in sentences 1–10.

- Rice is always serve with your meal so there's no need to order it separately.
- Are you been picked up at the station or shall I meet you there?
- Turkey are eaten every year at Christmas in the UK.
- The cookery book was wrote by a famous television chef.
- In the past, women was expected to do all the cooking.
- Too much fast food are eaten nowadays – people should be educated about healthy eating.
- It is believe that people should be educated about the health benefits of regular exercise.
- People are expected throw their litter in the bins, not on the pavement.
- Orders for our special banquet menu must placed at least two days in advance.
- She was always being ask to prepare the food for parties since everyone knew she was such a good cook.

2 Complete the email with the correct active or passive forms of the verbs in brackets.

Dear Julia,

You'll never guess what (1) (*happen*). Our lovely new car (2) (*steal*)!

One day last week Jack went out to the beach for a swim and as usual he (3) (*hide*) the car keys in the toe of his shoe. When he came out of the water, he (4) (*not notice*) anything suspicious. It didn't look as if his clothes (5) (*touch*). When he started to put them on, however, he realised that the keys (6) (*take*) and when he got to the car park, of course, the car was gone too.

The police say there is a gang of car thieves who (7) (*know*) to be operating in the area. They think Jack (8) (*watch*) as he arrived at the beach. The thieves saw where he had parked the car and then where the keys (9) (*hide*).

It was almost two weeks ago now and although we hope it (10) (*find*), we're beginning to think we might never see it again.

Well, that's all from me. Write soon and tell me all your news.

Love,

Raquel

3 Complete the second sentence so that it has a similar meaning to the first sentence, using the word given. Do not change the word given. You must use between two and five words, including the word given.

- The chef gave him the recipe.
WAS
He the chef.
- The discussion about food raised many interesting issues.
BROUGHT
Many interesting issues the discussion about food.
- Mary baked the cake using six eggs.
BAKED
The cake, who used six eggs.
- You can't smoke anywhere in the restaurant.
PERMITTED
Smoking anywhere in the restaurant.
- Please check that someone has washed up before you leave!
DONE
Please check that the before you leave.
- Jo had opened the restaurant by himself before Rafa joined him as his business partner.
HAD
The restaurant Jo before Rafa joined him as his business partner.

Speaking

Long turn (Part 2) ► CB page 53
comparing and giving a reaction

About the exam:

In the Speaking exam, Part 2, each candidate is asked to compare two photographs and give a reaction of some kind in response to the examiner's question. The candidate talks about the photographs for about a minute, pointing out the similarities and differences between the photographs, and then answers the examiner's question.

Strategy:

Make sure you leave enough time to give your reaction after comparing the photographs.

1 ► 10 Listen to the instruction an examiner gives to a candidate. What does the examiner ask the candidate to do?

- Compare the pictures and say how the people are feeling about being together.
- Compare the photographs and say what the people are enjoying about eating in different places.

2 Complete the candidate's comparison of the two photographs with the words in the box.

clear similar see both of
shows looks seems obviously if



Both these photographs are of people eating together. The first one (1) a barbecue. There are quite a lot of people so I think there must be more than one family involved. It (2) to be somewhere like the USA. There are a lot of trees in the background, and green grass. Everyone (3) as if they are really enjoying the barbecue and the pleasant landscape. There is a woman who is giving out food to the rest of her family and they are all smiling and laughing. There are baskets full of food and jugs of juice in the foreground of the photo. In the background I can (4) men who are standing around the barbecue, so I think they are still cooking. They're (5) just about to eat. The other photograph is (6) a family having breakfast. It's (7) to the first photograph in that everyone looks very happy and as (8) they are really enjoying being together. The older child is sitting down at a table and the younger child is sitting on her mother's lap. The mother and father are (9) looking at their children, who are eating fruit, breakfast cereal and biscuits, and drinking milk. They are all sitting at one end of the table, which seems to make it easier for everyone to talk together and it's (10) that they are really enjoying that.

3 ▶ 11 Listen to a candidate giving her response to the photographs and complete her comments.

I think we all like joining our friends and family for meals (1) in the photos. It's particularly enjoyable to eat in the open air but even an ordinary meal (2) in the kitchen is a good time for the family to get together and talk before the beginning of a busy working day or at the weekends (3)

Writing

Review (Part 2) ▶ CB page 54

About the exam:

In Part 2 of the Writing paper, you choose between various options. One of these options might be a review.

Strategy:

- Balance your review by writing positive and negative comments on whatever you are asked to review.
- You can organise your comments into separate paragraphs (one for positive comments and one for negative) or combine them into one paragraph using linking words.

1 Look at this task and the points two students (A and B) plan to include. Which student's ideas will make a more interesting answer?

You have been given this task by your English teacher.

Can you be our café critic?

Have you tried a new café near your school recently? We'd like to know about the food, the place itself and the cost. Tell us whether you would recommend it to other students.

The best review will be published in the school newsletter.

- A** Chill Out Natural Burger Bar
- serves burgers and fruit juices
 - open every day
 - prices vary
 - only opened about six months ago
 - not popular with all my friends
 - cheap lunch

- B** Gloria's Global Salad Bar
- wide range of healthy options with vegetarian options
 - bright colours and posters on the walls
 - very busy so there can be queues - but worth it
 - friendly helpful staff
 - rather loud music
 - some meals expensive, but there are cheap sandwiches and interesting salads

2 A review should include positive and negative points, although it should always give a final opinion. Which points in list B are negative?

3 Write your own review of Gloria's Salad Bar, using the points given. Decide whether your review is generally positive, and whether you would recommend the bar. Write 140–190 words.