th CAKES AND ALE

Lead-in

What is happening in the pictures?
What kinds of food do you like?
Do you like different types of food in summer or winter?
Is the food you like good for you?
What kind of food do you eat on special occasions?





V. 151 2/12/10

Choose the correct word for each gap.

tough tasty balanced tender take-away root lean bun pie raw staple tart fast food instant beans

1	diet.
2	Kevin enjoys eating the fat on the meat, but his wife says it's better to eat only meat.
3	A number of nutritionists point out the value of eating uncooked food, such as salad andvegetables.
4	I sent back my steak because it was
5	vegetables, such as carrots, parsnips and turnips taste very good when made into thick winter soups.
6	Potatoes, rice and pasta are examples of foods.
7	The lamb Sara cooked was so it seemed to melt in the mouth.
8	When Richard and Kate turned up unexpectedly, Sam dashed out and got a from the Chinese restaurant.
9	Most children love the sort of they serve in places like burger restaurants.
10	Mary doesn't like coffee. She prefers to buy the and grind them herself.
11	Jane manages to prepare really dishes from the simplest ingredients.
12	Tom's favourite dish is steak and kidney
13	Anna made a lovely jam
14	A is a sweet bread roll which often contains currants or spices.
	3 Choose the correct word or phrase for each gap.
	main cereal heavy dinner go out mugs bar green hot fillings flavour pudding courses slice fruit vegetables

ucy, aged fourteen, describes the sort of food she eats.

Well, when I get up in the morning the most I can face is a(1) of toast and two big (2) of tea. My brothers head straight for the cornflakes, but I'm not into (3) At least this means we don't argue. During break in the morning, I have a biscuit. It keeps me going till lunchtime. Usually I cat in the canteen, and it's not bad. we have a bit of choice. If I'm being sensible, I avoid the chips and go for a baked potato. There are usually three(4) to choose from, and baked beans are my favourite. I always take some(5) with me, so that's when I eat it. It's usually an apple, an orange or a banana. On the way home from school, I usually stop at the sweet shop and get a (6) of chocolate. It raises my spirits a bit when I think about all the homework I've got to get done in the evening.

Mum always cooks(7) for us in the evening, and she tries to make sure we are all there to eat it together. It's a proper meal and we usually have two(8). The (9) course will be either meat or fish, usually meat, and Mum likes us to eat lots of vegetables, especially ones. My favourites are broccoli and spinach. Sometimes she cooks us a casserole, and I think this is quite a good way of combining meat and (11). You can also vary casseroles quite a lot by changing the (12) of the sauce. After that, we have a (13), and my mother often cooks fruit in different ways. It's not too (14), which is good for me because I have to get on with my homework.

Reading



A What kind of food do you like to have when you want to entertain people? Do you make the preparations in advance, or on the day?

How do you make your guests feel really at home?

Read the text and see what happened to Sally the day she had invited people to dinner.

A Dinner Party

After finishing work. rushed to the supermarket to buy the things she needed for the s three friends. The first disaster occurred on the train home. It was so crowded and there was such a crush that the tomatoes were squashed and the pot of 30 10 cream burst open in the bag. As soon as she got home she took out the chicken, rubbed it with salt. put butter under its skin and She started to slice the carrots and chop the onion but the knife slipped and she cut her finger. She ran cold water over it to stop the bleeding, then put on a 40 20 plaster. She couldn't be bothered to peel the mushrooms so she cut

them in half and threw them in pan with the vegetables. She started to wash dinner party she was giving for z the lettuce and was disgusted when two beetles crawled out. A strange smell seemed to be coming from the oven and she The chicken looked all right - it wasn't burnt. Then she realised with horror that she had left some plastic wrapping under the chicken and it was melting. She 55 then put the chicken in the oven. 35 swiftly removed it and hoped the smell would go away before the chicken finished cooking.

She turned her attention to the salad again and salvaged as many squashed tomatoes as she could. On looking in the cupboard for the rice, she was appalled to find she

had run out. She threw on her coat and rushed to the corner shop to 45 buy some more - at an exorbitant price. She got back just in time to prevent the vegetables from burning. She remembered that the strawberries were still in her bag opened the door to have a look, so and got them out. She was horrified to find, as she rinsed them, that the ones at the bottom of the box were mostly squashed and couldn't be used.

When everything was more or less all right, she dashed upstairs to get herself ready. She was in the middle of having a quick shower when her friends rang to eo apologise for telling her at such short notice that they could not come after all, but could they come at the same time next week?

B Find a word or phrase in the passage which in context, is similar in meaning to:

Paragraph 1

- 1 crushed
- 2 cut
- 3 didn't want to make the effort
- 4 take the skin off
- quickly

Paragraph 2

- 6 rescued
- 7 very expensive
- 8 washed gently

Paragraph 3

- 9 hurried
- 10 without very much warning

Make a list of the things that went wrong on the evening Sally had invited her friends to dinner. Compare your list with a partner's.

-> 1

Grammar: Sentences with if



This unit looks at writing sentences with if, All of these sentences will refer to the present and future. (Grammar Notes 5.1).

A Look at these examples of sentences about things which are *likely* to happen, in the view of the speaker.

EXAMPLES:

If you buy a television this month, we will give you a free video recorder.

You will not have to pay a fine if you bring your library books back tomorrow.

If the car isn't suitable, will you take it back?

Marie	complete	these	sentences.
Now	complete	mese	Sellicincos.

What button?

1	
1	, we will miss the train.
2	, I will arrive about 10 am.
3	, you will not catch malaria.
4	he will have a good
4	chance of winning the race.
5	If you lift weights regularly,
6	If you follow this diet,
7	What if I sign an exclusive contract with you?
8	If I drive your children to school today,

B Look at these sentences which refer to things which are unlikely or impossible.

if we press this

If I trained very hard, I would be able to complete a marathon.
If I had winge, I would be able to fly

Look closely at the verb forms. What forms are used?

- a If I knew the answer, I would tell you.
- b I would telephone her if I knew her number.
- c If we touched the electric fence, we would get a shock.
- d John wouldn't give money to beggars even if he were a millionaire.

Match the two halves of the sentences.

- 1 If the rent goes up, a I would feel guilty.
- 2 If we don't repair it b I would invest the money now, in shares.
- 3 If she doesn't qualify c Martin would repay the as a doctor, loan.
- 4 If you don't hurry up, d the horses will become exhausted.
- 5 If we refused to obey these orders, e John will leave his flat.
- 6 If he had the money, f we'll leave without you.
- 7 If you don't let them g birds would eat the fruit on the tree.
- 8 If I had £100,000, h what would happen to us?
- 9 If we didn't protect it, i what job will Sarah do?
- 10 If I lied to Terry, j the roof will leak next winter.

D Complete these sentences.

1	1
	I would buy my own personal jet.
2	
	I would grow my own vegetables.
3	
	there would be crocodiles in English rivers.
4	the paraing traffic jams
	we would get stuck in the morning traffic jams.
5	If we bought this house and redecorated it
6	If I had enough time,
7	If I understood Russian,
8	If John knew who the thief was,
9	
1000	if I told you the secret?
1	0
	if someone stole your passport?

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Listening [00]

AND LES

Being a Vegetarian



Listen to these two young women, Helen and Katherine, talking about being a vegetarian.

Look at these statements and say which of the women each statement refers to. You may find that a statement refers to both speakers. Helen speaks first, Katherine second. Tick the appropriate box.

_		Helen	Katherine
1	states the age when she became a vegetarian		
2	still eats fish	5.	
3	lost weight when she changed her diet	45	M
4	continued to eat some meat after first becoming a vegetarian		
5	feels it is wrong to kill animals for meat		
6	admits her eating style is now a matter of habit	1	
7	mentions the kind of food she now prepares		
8	isn't concerned about other people's eating habits		
	felt healthier when not eating meat		
10	refers to the exact moment she became a vegelarian		

English in Use

1

Complete the sentences with the com of these words.

> grate crush dice grir peel slice chop

- Mary the potatoes and put then water.
- 2 She _____ the cheese and sprinkled it of the pasta.
- The glass was filled with ______ ice and juice was then poured over it.

 You'll have to ______ the coffee beans it.
- you can make the coffee.
 the aubergines lengthwise.
- 6 _____ the meat into small pieces.
- 7 To add flavour to the pudding, she _____some nutmeg over the top.
- 8 First Stephen washed and ______ the ca
- then he added them whole to the casserole.
- 9 The beetroot had been ______ into tiny of 10 For the recipe you will need to ______ the garlic rather than to add it whole.

Match the adjective with the food that it describes. Some adjectives can be used more than once.

EXAMPLE: weak tea, hot curry

tough chocolate strong bread plain flour stale coffee hot curry sour cheese weak milk juicy oranges skimmed tea blended steak tender biscuits savoury grapes

Reading



A What are the basic foods in the diet of most people in your country?

Do people in different parts of your country eat differently?

A Tale of Two Diets

IT IS 1pm outside Coatbridge High School. Two vans are parked by the gates, a group of children at each window clamouring for burgers, sweets and crisps. For many, this s is the menu for lunch every day. They don't like school food: 'It stinks.' They don't like this food much either, but it's cheaper and it isn't school.

Ian Danvers, 14, has finished his meal: to a sausage in a white roll and a Coke. Ian 45 Hutton, 15, has eaten a bit more: a roll, a potato scone, a Coke, a Mars Bar icecream and a Toffee Crisp. Both boys' parents know their sons eat from the van and s don't mind.

John Forsyth, the head teacher, points out that pupils are taught about diet in their lessons on home economics. But we have to break down the habit of years and years in 20 western Scotland of chips, chips, chips, he says. It's their money and their decision. There is wholesome food in the canteen, but if we stopped serving chips, a lot of youngsters would simply go to the chip shop 25 across the road."

Coatbridge is a predominantly workingclass town nine miles outside Glasgow in Monklands, an area where about 75 per cent of the population lives in council 30 accommodation, the highest level in Britain. It also has the highest death rate from heart disease in Europe.

Outside Coatbridge's Asda supermarket on a busy weekday, nearly every trolley as contains cereal, white bread, sugar, Coke, 70 sticking to traditional ways." biscuits, sausages, eggs, crisps and cakes. Janet Rayner has just spent about £30 on these for her family of four. Her son, William, 15, comes home for lunch, 'He has 40 four rolls, two cream rings, a Kit Kat and a big glass of Diet Coke,' she says. A typical evening meal is steak pie with potatoes and peas, apple tart and icecream. She sometimes cooks a fry-up for lunch.

Kim McKay, a part-time clerk, spends about £55 a week on herself, her husband and their small daughter. About £6 of that goes on fruit and vegetables. She has also bought lasagne, and spare ribs from the 50 freezer shop. Another shopper says she spends £4.50 a week on fruit and vegetables for a family of four.

Finding a fresh brown sandwich in Coathridge is difficult. The bakery windows 55 sparkle with cakes covered in bright icing sugar. In one, the cafe serves chips, sausage rolls and beefburgers. In another, the assistant says they sell more than twice as much white bread as brown. The butcher so makes six different kinds of pies and sells about 50 of each a day. We Scots are guilty of cating a lot of fat,' the manager remarks. 'I

Peter Orchard, acting fresh-food manager In Coatbridge, he says, Asda has a lot more customers but takes less money. People in Scotland are getting on to the healthy-eating train, but not in areas like this. Here they're

Were Coatbridge residents to shop at Waitrose in London's Kings Road, they might feel they were in a foreign land. Locating the cream cakes is tricky, and 75 when you do they turn out to be 'mandarin, kiwi and almond slices.' Shoppers push trolleys loaded with skimmed milk, wholemeal bread, mineral water and fresh soups such as 'green pea 80 with yoghurt and mint'. There are readymade salads like 'endive and radicchio' and 'broccoli and peanut'. The selection of pies is negligible.

Pamela Dale, a school secretary, spends as about £100 a week on food for four adults. She says she never fries food. They would eat grilled steak or fish with a green vegetable and potatoes, perhaps a home-made trifle. more likely some fresh fruit. Penny Girling, a so librarian, says she spends about £80 a week for two adults and two children, about a third of it on fruit and vegetables.

Back in Scotland, Monklands District Council is alarmed and has decided to act. It. 95 is planning a health strategy to re-educate its residents. A council spokesman says: If you talk to people here about diet, they'll assume you mean slimming. This is an oldfashioned society, but the time has come to as at Asda, has recently moved from Edinburgh. 100 change people's approach. If you can afford to buy cream buns and Coke, you can afford to buy fresh fruit and veg."

- B Look at the following questions and choose the best answers, A, B, C or D.
- 1 What kind of food is most popular with the schoolchildren?
 - A The food served in the canteen.
 - B The food they can buy in the chip shop.
 - C The food they bring from home each day.
 - D The food sold from a van outside school.
- 2 Schoolchildren in Coatbridge like to eat
 - A fruit.
 - B fish fingers.
 - C rolls.
 - D fried potatoes.
- 3 What particular problem makes Coatbridge worth studying?
 - A what people die of
 - B unemployment

- C crime
- D the kind of housing people live in
- 4 Which kind of food is not considered as being very important by shoppers in Coatbridge?
 - A white bread
 - B fruit
 - C chips
 - D cakes
- 5 How does the King's Road supermarket differ from the one in Coatbridge?
 - A People buy more cream cakes.
 - B The pies have different fillings.
 - C The emphasis is on fresh food.
 - D Frozen food is very popular.

Reading



A Are you careful about what you eat? Are you the weight you want to be? If you feel you are overweight, what do you do to lose weight?

Now read the introduction to a book on diet, and find three ways to:

- a eat in a healthy way
- b lose weight

Eating the Healthy Way

If you feel fat, your body is trying to tell you something: lose weight.

I want to assure you that you can get to your ideal weight and stay at your ideal weight – and he and feel healthy – and enjoy food. In fact, you can enjoy as much food as you're eating now: you just need to swap some 6 less-fattening food for some of the fattening food you're eating. Perhaps you're a diet expert, you've tried every one going and your weight has gone up and down like a yo-yo. Or maybe you've never been on a diet before, know you need to lose some weight but are confused by the conflicting advice when you flick through diet books and magazines. Or perhaps you're interested in your family's health and their weight and you want to understand about healthy food as well as alimming food.

Whoever you are, if you let it, this book could change your life. A big claim? A tall story? How do you know I'm not a quack? Well, I am a doctor, but being medically qualified doesn't absolve one from being wrong. There are diet books on sale which are written by doctors and are mistaken; in fact they are sometimes shocking in the outdated and incorrect advice they offer.

If you cut down the amount of sugnificant forms and sugar without feeling hongry.

But the main views expressed in this book are not only my own: they are also held by the overwhelming majority of medical and notritional experts around the world. There is now a medical consensus on the sort of diet we should follow to lose weight – which is also the most healthy diet we can eat.

No one can claim we know all there is to know about nutrition, obesity and healthy eating as there are still gaps in our knowledge. But what we can now confidently assert is that the healthiest diet – the one which most reduces the risk of a wide range of diseases – is also the safest and most effective one to return you to your ideal weight and keep you there. This is good news after all, everyone wants to be alim and healthy, not thin and ill. This book gives you the knowledge you need to take control of your own

body and your own life. Don't be fatalistic about being fat: it may be harder for you than for others, but if you want to be slim, and commit yourself to it, then you will succeed.

You need to understand why you are fat. Being overweight can be so explained in one sentence. If you take in more energy (calories) in your food than your body needs for your particular lifestyle, then your body will lay down that surplus energy as fut. The only way to lose weight is to take in loss energy or to use more. Please, please don't let anyone tell you any different. So many people want to believe in a magic 'something' which will as help them lose weight but it doesn't exist. If you want to believe in something, why not believe in fact rather than fiction?

If you cut down the amount of fat you eat, you will take in fewer calories.

If you cut down the amount of sugar you est, you will take in fewer calories.

If you increase the amount of fibre you cat, you will be able to cut down fat 40 and sugar without feeling hungry.

If you increase your amount of physical activity, you will burn up more calories.

If you follow these principles, you will lose weight.

This book explains why those facts are true and how to put those principles into practice in your own life. After you've read it, you'll understand why we get fat and how to get slim. You won't have to carry a diet plan or caloric chart around for ever. You will be in charge of your own body, your own health, your own life.

If you feel fat, your body is trying to tell you something: lose weight.

50 Here's how ...

- C Choose the best answer according to the text.
- 1 swap
 - A exchange
 - B eat
 - C cook
- 2 conflicting
 - A difficult to understand
 - B of different kinds
 - C disagreeing
- 3 flick
 - A look through quickly
 - B study
 - C consult
- 4 surplus
 - A extra
 - B sufficient
 - C little

- Now answer these questions.
- 1 Who does the writer think should read his book?
- 2 How can people lose weight while eating as much food as they are eating now?
- 3 Why does this doctor claim the authority to write this book?
- 4 What kind of diet is the most healthy, according to the book?
- 5 How can being overweight be explained?
- 6 What is the author's view of 'magic' diets?
- 7 What two ways are indicated of cutting down on calories?
- 8 Why is fibre useful in a diet?



Talking Points

Section 1

Work in groups of three. Think of your favourite fruit, and without saying what it is, find three ways of describing it, as it appeals to you. Tell the members of your group your words, and see if they can guess the fruit you are describing.

With a partner, write down three words to describe plums.

Now read this poem:

Section 2

Describe your favourite meal.

Work in groups of three.

Try to agree on the perfect meal and together write down the menu.

I have eaten the plums that were in the icebox

and which you were probably saving for breakfast

Forgive me they were delicious so sweet and so cold

> William Carlos Williams (1883-1963)



Discuss in groups of three:

What does the poem make you think of, apart from plums?

Listening 😐

In a restaurant



Listen to these people who have just had a meal in a restaurant and answer the questions.

- 1 What do the customers in the restaurant want?
- 2 What does the waiter say about the bill?
- 3 Why does he need the table?
- 4 Are the customers willing to leave?
- 5 Did they enjoy the meal?
- 6 Does the waiter give them what they want?
- 7 What happens in the end?

Writing

Letter to a friend



- A Look at the two recipes in the next column that have got mixed up. With a partner, decide which sentences belong to each recipe. Give each recipe a title.
- When you have separated the recipes, look at how instructions are given. What form of the verb is used? What must you do to make sure that people will understand your instructions?
- C A penfriend is coming to visit you in your country and has written to ask you about what kind of food he/she can expect to eat. Write to your friend, explaining what people normally eat and what the usual mealtimes are. You should include a recipe for a typical dish, and could also talk about what people eat on special occasions.

Before you write the letter, look back to page 24 in Unit 2, to remind yourself of what a letter to a friend should look like.

- 1 First line a cake tin.
- 2 Add the chicken pieces a few at a time and brown on all sides.
- 3 Beat the eggs into creamed mixture a little at a time
- 4 Wash and dry currents, sultanas and raisins. Halve the cherries. Stir into fruit with peel.
- 5 Stir the onion and herbs into the pan. Add the flour, followed by the stock and the beans.
- 6 In separate bowls, sift flour and spices, then cream together butter, sugar and rind.
- 7 Add the bay leaf and the seasoning to the chicken. Cover and cook at 180°C for about an hour. Serve with boiled new potatoes.
- 8 Fold in half the flour then add the dried fruit and almonds.
- 9 Spoon into a tin. Cook on a baking sheet in an oven pre-heated to 150°C.
- 10 Check if it is ready by inserting a skewer into the centre. When the skewer comes out clean, the cake is ready.
- 11 First, finely chop the onion and cut the beans into thirds.
- 12 Then heat the olive oil and add the crushed garlic.
- 13 Remove from the pan. Drain off the fat and reserve a small quantity of the liquid.
- 14 Bring to the boil and pour over the chicken.

Complete the sentences with a preposition.

English in Use

1	The monkeys lived a diet consisting fruit and nuts.
2	Mary fried the fish olive oil.
3	What are the ingredients this recipe?
4	This avocado mix can be used its own or a dip.
5	The soup is madevegetables from our garden.
6	This meal is low calories.
7	The chicken has been cooked the oven
8	She put the saucepan the hot plate.
9	Brown for five minutes a hot grill.
10	This delicious drink is made apples.
11	Beat the eggs and add the pan the seasoning.
12	Cut the meat small chunks.
13	Cook the beans tender.
14	These tomatoes have been dried the sun
15	The athlete needed a diet that was high carbohydrates.
16	Place all the ingredients the pan and bring the boil.
17	He expertly separated the white of the egg the yolk.
18	The waitress put all the dishes the tray
	2 Phrasal Verbs
	Complete the sentences with a phrasal verb based on bring.
EX	AMPLE: The shop assistant said I could <u>bring</u> the jumper <u>back</u> if it didn't fit.
1	The taste of the biscuit memories of his childhood.
2	I'll the presents some time before Christmas.
3	Mary's mother her old photograph albums to show to Mary's boyfriend.
4	The accountant the subject of late payment.

	121 10
5	He got soaked in the storm and this a bad cold.
6	She had the dress for her wedding from Paris.
7	What your change of mind?
8	Many shopkeepers found it necessary to their prices to attract customers.
9	The skier a completely unexpected victory.
10	This director always manages to the best in the actors.
	3 Word-formation
	Complete the sentences with the correct form of the word given in capitals.
E	(AMPLES: The company has a <u>removal</u> service, that you may find useful when you move house. REMOVE
	For many years people doubted the existence of this animal, but then one was discovered in the jungle. FXIST
	He didn't know what to do and asked his teacher for <u>guidance</u> . GUIDE
1	The council has received a for a new restaurant to be built on the site. PROPOSE
2	We serve a varied menu, and adapt our dishes according to the of our guests. PREFER
3	Sarah expressed her by stamping her foot. ANNOY
	The cook is not allowed to change the menu without the
5	It is compulsory to have car INSURE
6	It's an for a restaurant to have a dirty kitchen. OFFEND
7	The police had to deal with a number of caused by people celebrating their
	team's victory. DISTURE
	Mike's to eat the main course upset Mary. REFUSE
9	What did you notice between the food you usually eat and what you ate in New York? DIFFER
10	Joan's catering business has grown so fast she has had to take on another secretary to deal with the