

1 A

G present simple and continuous; action and non-action verbs

V food and restaurants

P /ʊ/ and /uː/, understanding phonetics

Food: fuel or pleasure?

1 READING & SPEAKING

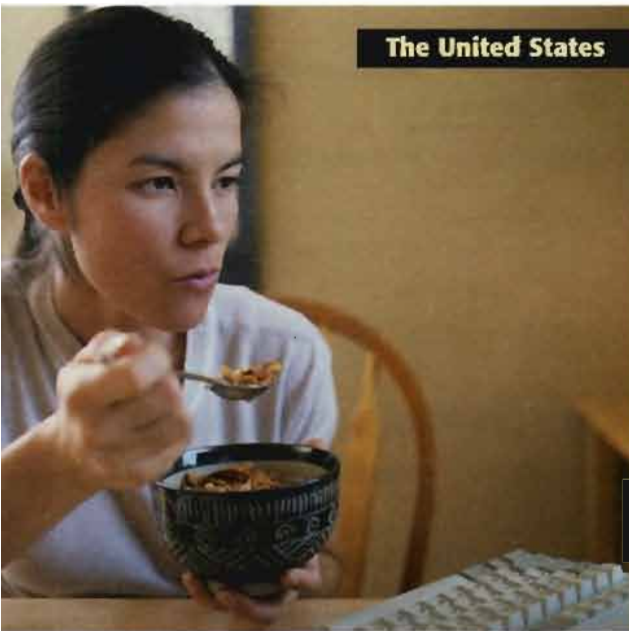
a What kind of food or dishes do you associate with these countries?

The United States **China** **France**
Italy **Japan** **Mexico**

b Read the interviews with **Alice** and **Jacqueline**. Match the questions with their answers.

We talk to women around the world about their relationship with food.

- 1 Is food a pleasure for you?
- 2 What do you normally eat in a typical day?
- 3 Do you ever cook?
- 4 Do you ever eat 'unhealthy' food? How do you feel about it?
- 5 Are you trying to cut down on anything at the moment?
- 6 Are people's diets in your country getting better or worse?



The United States

Alice Freeman is a lawyer from San Francisco.

- A** I think people are trying to improve their diets, but they are doing it the wrong way by following diets like the Atkins diet. Personally, I don't think it's very healthy to cut out entire groups of foods like carbohydrates.
- B** Not very often. I don't have the time or talent to cook full meals. I usually heat up a frozen meal or order a takeaway.
- C** Sometimes I get fast food for lunch. I have to admit that I love French fries. I feel terrible about it afterwards, but I don't do it very often.
- D** I usually have a bowl of cereal or toast for breakfast. For lunch I eat at a restaurant near my office. I prefer Japanese or Indian food. I usually eat rice with fish and vegetables, soup or sushi. I don't eat meat, but I eat a lot of fish. In the evening, I just have something light at home.
- E** I am trying to cut down on the amount of fat I eat. I'm also trying to eat more wholemeal bread.
- F** Not really. I enjoy certain kinds of food, but most meals are just fuel to keep me going through the day.



France

Jacqueline Fabre is an IT consultant from Lyons.

- A** Yes, I cook every evening for my family. I often make soup or traditional French dishes like 'boeuf bourguignon', which is a kind of beef and red wine stew, and then we have cheese and salad. It may seem a lot but we don't eat big portions. What's important for me is quality, not quantity.
- B** Yes, I'm trying to eat less chocolate.
- C** I think people's diets are getting worse and worse. It's quite strange because we have a lot of information now about how bad fast food is for you. I'm afraid it's a problem in a lot of European countries.
- D** Not at home. I think most of the food I cook is healthy, but occasionally when I eat out I have something unhealthy, but it doesn't worry me.
- E** Yes, definitely. For me good meals with the family make me happy!
- F** I'm quite traditional and I have three main meals a day. For breakfast, I like hot chocolate, and bread and butter with honey or jam. For lunch, I often eat in a restaurant with my colleagues. I usually have vegetables and meat or fish but I love pasta and rice too. In the afternoon, I have fruit with biscuits or a piece of chocolate. In the evening, I have a proper meal with my family.

- c Read the interviews again and answer the questions below. Write **A** (*Alice*), **J** (*Jacqueline*), or **B** (*both of them*).

Who...?

- 1 often eats in restaurants _____
- 2 eats quite a lot of sweet things _____
- 3 eats ready-prepared food _____
- 4 cooks big meals at home _____
- 5 enjoys eating _____
- 6 feels bad when she eats unhealthily _____
- 7 is trying to eat less of something _____
- 8 prefers having good food to having a lot of food _____
- 9 is negative about eating habits in her country _____

- d Match the **highlighted** words or phrases with the definitions.

- 1 _____ to have a meal in a restaurant, not at home
- 2 _____ a sweet food made by bees, which people often eat on bread
- 3 _____ the quantity you eat of a kind of food during a meal
- 4 _____ to make cold food hot
- 5 _____ food you buy from a restaurant to eat at home
- 6 _____ food from animals or plants used for cooking, e.g. oil, butter, etc.
- 7 _____ food prepared in a particular way, e.g. sushi, lasagne, etc.
- 8 _____ made from brown flour
- 9 _____ a liquid food, often made of vegetables, e.g. tomatoes, onions
- 10 _____ meat cooked for a long time in liquid, usually with vegetables

- e Which of the two women do you think has the healthier diet? Why?

- f Now interview each other with the questions from 1b. How similar are your eating habits?

Is food a pleasure for you?

Yes, definitely, I love eating.

2 GRAMMAR present simple and continuous, action and non-action verbs

Rumiko Yasuda is a magazine editor from Tokyo.

Japan

- a **1.1** Listen to **Rumiko** answering questions 2–6 from the interviews. Do you think food for her is fuel or pleasure? Why?

- b Listen again and answer the questions.

- 1 What does she usually have in the morning?
- 2 Where does she usually have lunch and dinner?
- 3 Why doesn't she often cook?
- 4 Does she eat or drink anything unhealthy?
- 5 Is she cutting down on anything at the moment? Why (not)?
- 6 What's happening to the Japanese diet at the moment?
- 7 Does she think this is a completely bad thing?



- c Look at some of the things Rumiko said. Circle the correct form. Then compare with a partner and say why the other form is wrong.

- 1 *I don't usually have* / *I'm not having* breakfast at work.
- 2 I used to go to fast food restaurants, but now *I prefer* / *I am preferring* eating something healthier.
- 3 *I am drinking* / *I drink* a lot of coffee every day.
- 4 I think Japanese people *get* / *are getting* fatter.
- 5 *I like* / *I'm liking* the fact that there are more different kinds of food and restaurants now.

- d **p.130 Grammar Bank 1A**. Read the rules and do the exercises.

- e Make questions to ask your partner with the present simple or continuous. Ask for more information.

- What / usually have for breakfast?
- How many cups of coffee / drink a day?
- Where / usually have lunch?
- How often / eat out a week?
- / prefer eating at home or eating out?
- / need to buy any food today?
- / you hungry? / want something to eat?
- / take any vitamins or food supplements at the moment?
- / try to eat healthily at the moment?

3 VOCABULARY food and restaurants

a Do the quiz in pairs.

Food Quiz

Can you think of ...?

- ONE **red** fruit, ONE **yellow** fruit, ONE **green** fruit
- TWO things that a strict vegetarian doesn't eat
- THREE kinds of food which are made from milk
- FOUR things people have for breakfast
- FIVE things people eat between meals
- SIX vegetables you can put in a salad
- SEVEN things which are usually on a table in a restaurant

- b **p.144 Vocabulary Bank** *Food and restaurants.*
- c Ask and answer the questions below with a partner.

Food and eating

- 1 How often do you eat...?
 - a takeaway food b ready-cooked meals
 - c low-fat food d home-made food
- 2 What's your favourite...?
 - a fruit b vegetable c snack
 - d home-made dish
- 3 What food do you like eating...?
 - a when the weather's very cold
 - b when you're feeling a bit down
 - c for Sunday lunch
- 4 Is there any kind of food you can't eat?

Restaurants

- 5 What's your favourite...?
 - a kind of restaurant (French, Italian, etc.)
 - b restaurant dish c takeaway food
- 6 How important are these things to you in a restaurant? Number 1-4 (1 = the most important)
 - the food the service
 - the atmosphere the price
- 7 How do you prefer these things to be cooked? (grilled, boiled, etc.)
 - chicken fish eggs potatoes
- 8 If you eat steak, how do you like it cooked? (rare, medium, well done)

4 PRONUNCIATION /ʊ/ and /uː/, understanding phonetics

- a Look at the sound pictures. How do you pronounce them?
- b Put the words in the correct column.
- | | | | | |
|---------|--------|------|-------|-------|
| butcher | cook | food | fruit | good |
| juice | mousse | soup | spoon | sugar |
- c **1.2** Listen and check.
- d **p.157 Sound Bank.** Look at the typical spellings for /ʊ/ and /uː/.
- e Look at the information box. How do phonetic symbols in a dictionary help you pronounce words correctly?

Pronouncing difficult words

Some words are difficult to pronounce because

- 1 they have a 'silent' syllable or letter, e.g. *vegetables* /'vedʒtəblz/
- 2 some letters are pronounced in an unusual way e.g. *steak* /steɪk/
- 3 you aren't sure where the stress is, e.g. *dessert* /dɪz'sɜ:t/

- f **1.3** Look at some more food words which are difficult to pronounce. Use the phonetics to practise saying them correctly. Then listen and check.
- | | |
|------------|--------------|
| 1 knife | /naɪf/ |
| biscuit | /'bɪskɪt/ |
| salmon | /'sæmən/ |
| 2 sausages | /'sɔːsɪdʒɪz/ |
| lettuce | /'letɪs/ |
| sugar | /'ʃʊgə/ |
| 3 yoghurt | /'jɒgət/ |
| menu | /'menjuː/ |
| diet | /'daɪət/ |
- g **1.4** Listen and repeat the sentences.
- 1 The first course on the menu is lettuce soup.
 - 2 What vegetables would you like with your steak?
 - 3 Do you want yoghurt or chocolate mousse for dessert?
 - 4 I take two spoonfuls of sugar in my coffee.
 - 5 Sausages and biscuits aren't very good for you.
 - 6 Would you like a fruit juice?

5 LISTENING

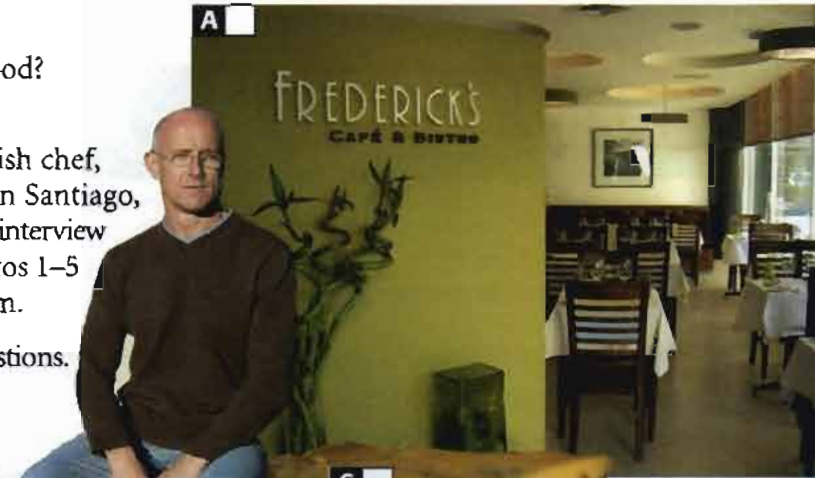
a Have you ever tried English food? What did you think of it?

b **1.5** Kevin Poulter, an English chef, has just opened a restaurant in Santiago, the capital of Chile. Listen to an interview with him and number the photos 1–5 in the order he mentions them.

c Listen again and answer the questions.

- 1 Why did he decide to open a restaurant in Chile?
- 2 Why did he call it Frederick's?
- 3 Why were Chilean people surprised when he opened his restaurant?
- 4 What English dishes does he serve in his restaurant? Are they popular?
- 5 Where does he recommend tourists eat in England? Why?
- 6 How many women work in his kitchen? Why does he think there are so few women in restaurant kitchens?
- 7 What English food does he miss most?

d Do you think an English restaurant would be a success if it opened in your town? Why (not)? What food from your country would you miss most if you went to live abroad?



E

6 SPEAKING

a Work in groups of three A, B, and C. First read sentences 1–6 and decide (individually) whether you agree or disagree. Think about examples you can use to support your point of view.

- 1 Women worry more about their diet than men.
- 2 Young people today eat less healthily than ten years ago.
- 3 Men cook as a hobby, women cook because they have to.
- 4 Vegetarians are healthier than people who eat a lot of meat.
- 5 You can often eat better in cheap restaurants than in expensive ones.
- 6 Every country thinks that their cooking is the best.

b Now A say what you think about sentence 1. B and C listen and then agree or disagree with A. Then B say what you think about sentence 2, etc. Try to use the expressions in Useful language.



Useful language

For example...

I agree.

I don't agree.

I think it's true.

I don't think it's true.

(I think) it depends.

1A present simple and continuous, action and non-action verbs

present simple: *I live, he works, etc.*

They **work** in a bank.
Where do you **live**?
He **doesn't wear** glasses.
She **usually has** cereal for breakfast.
I'm **never late** for work.

- Use the present simple for things that are always true or happen regularly.
- Remember the spelling rules, e.g. *lives, studies, watches*.
- Use ASI (auxiliary, subject, infinitive) or QUASI (question word, auxiliary, subject, infinitive) to help you with word order in questions.
- Put adverbs of frequency, e.g. *usually*, before the main verb and after *be*.

present continuous:
be + verb + -ing

A Who are you **waiting for**?
B I'm **waiting** for a friend.
A What are you **doing** after class?
B I'm **going** to the café.

- Use the present continuous (not present simple) for actions in progress at the time of speaking or for future arrangements.
- Remember the spelling rules, e.g. *living, studying, getting*.

action and non-action verbs

A What are you **cooking** tonight?
B I'm **making** pasta.
A Great! I really **like** pasta.

- Verbs which describe actions, e.g. *make, cook*, can be used in the present simple or continuous.
- Verbs which describe states or feelings (not actions), e.g. *like, want, be*, are **not** normally used in the present continuous.
- Common non-action verbs are **agree, be, believe, belong, depend, forget, hate, hear, know, like, love, matter, mean, need, prefer, realize, recognize, seem, suppose**.

⚠ A few verbs have an action and a non-action meaning. The most common is *have*.
I have a big flat. = possession (non-action)
I can't talk now. I'm having lunch.
= an activity (action)

1B past tenses

past simple: *worked, stopped, went, had, etc.*

They **got married** last year.
What time **did you wake up** this morning?
I **didn't have** time to do my homework.

- Use the past simple for finished past actions.

past continuous: *was / were + verb + -ing*

A What **were you doing** at six o'clock last night?
B I **was watching** TV. It was a cold night and it was raining.

- Use the past continuous to describe an action in progress at a specific time in the past.

past perfect: *had + past participle*

When they **turned on** the TV, the match **had finished**.
I **felt nervous** because I **hadn't flown** before.

- Use the past perfect when you are talking about the past and you want to talk about an earlier past action.

using narrative tenses together

When John **arrived**, they **had** dinner.
(first John arrived, then they had dinner)

When John **arrived**, they **were having** dinner.

(when John arrived they were in the middle of dinner)

When John **arrived**, they **had had** dinner.
(they had dinner before John arrived).

- Remember Irregular verbs p.156.

1C future forms

be going to + infinitive

future plans and intentions

My sister's **going to adopt** a child.
Are you **going to buy** a new car?
I'm **not going to go** to New York next week.

predictions

I think they're **going to win**. (They're playing very well.)
It's **going to rain**. (The sky is very dark.)

- Use *going to* NOT *will / won't* when you have already decided to do something.
- With the verb *go* you can leave out the infinitive.
I'm not going (to go) to New York.

present continuous: *be + verb + -ing*

future arrangements

We're **getting married** in October.
They're **meeting** at 10.00.
She's **leaving** on Friday.

- You can usually use present continuous or *going to* for future plans / arrangements.
 - *going to* shows that you have made a decision.
We're going to get married in the summer.
 - Present continuous emphasizes that you have made the arrangements.
We're getting married on July 12th (e.g. we've booked the church).

will / shall + infinitive

I'll **have** the steak. (instant decision)
I **won't tell** anybody where you are. (promise)
I'll **carry** that bag for you. (offer)
Shall I **help** you with your homework? (offer)
Shall we **eat out** tonight? (suggestion)
You'll **love** the film! (prediction)

- Use *will / won't* (NOT the present simple) for instant decisions, promises, offers, and suggestions.
- Use *shall* (NOT *will*) with *I* and *we* for offers and suggestions when they are questions.
- Use *will* or *going to* for predictions.

1A

a Correct the mistakes in the **highlighted** phrases.

- Ouch! You **stand** on my foot! You're standing
- 1 They **have always breakfast** in bed on a Sunday morning.
 - 2 She can't come to the phone now. She **has a shower**.
 - 3 We **are needing an answer** from you before Wednesday.
 - 4 I'm **studing a lot now** because I have exams next week.
 - 5 She **don't eat** meat at all.
 - 6 They **always are late**.
 - 7 Do you **go out tonight**?
 - 8 He **never replys** to my emails!
 - 9 A Are you going to the park this afternoon?
B I don't know. **It's depending on the weather**.

b Write questions in the present continuous or present simple.

- A What **are you eating**? (you / eat) B A cheese sandwich.
- 1 A Where _____ lunch today? (you / have)
B At home. My mum's making pasta.
 - 2 A What _____? (he / do)
B He's an accountant.
 - 3 A _____ this weekend? (you / go away)
B No, we're staying here.
 - 4 A _____ to eat out tonight? (you / want)
B Yes, that would be nice. Where shall we go?
 - 5 A What _____? (she / cook)
B I don't know, but it smells good.

1B

a Combine the two sentences. Use the verb in **bold** in the past continuous or past perfect.

Sarah **had** a siesta from 3.00 to 5.00. Peter picked up the tickets at 4.00.
Peter picked up the tickets when Sarah **was having** a siesta.

- 1 They **watched** TV from 7.00 until 9.00. I arrived at 7.30.
When I arrived, they _____ TV.
- 2 He **left** the office at 7.00. She phoned him at 8.00.
When she phoned him, he _____ the office.
- 3 I **studied** for the exam the night before. The exam didn't go well.
The exam didn't go well although I _____ the night before.
- 4 He **cycled** to work this morning. In the middle of his journey, he had an accident.
When he _____ to work this morning, he had an accident.
- 5 He only **had** five lessons. He passed his driving test.
When he passed his driving test, he _____ (only) five lessons.

b Complete with the past simple, past continuous, or past perfect.

We **didn't realize** that we **had been** there before.
(not realize, be)

- 1 A How _____? (the accident / happen)
B He _____ back from Manchester when he _____ a tree. (drive, hit)
- 2 I _____ cooking the meal when they _____ me to say they couldn't come.
(already / start, call)
- 3 When I got home I was really tired, so I _____ a shower and _____ to bed. (have, go)
- 4 I arrived too late. The concert _____ and my friends _____ home. (finish, go)
- 5 The driver _____ control of his car because he _____ on his mobile. (lose, talk)

1C

a Circle the correct form. Tick (✓) the sentence if both are possible.

I'm not going / I won't go to work tomorrow because it's Saturday.

- 1 I'm going to study / I'll study English here next year.
- 2 A Shall we / Will we eat out tonight?
B Good idea.
- 3 We'll go / We're going to Brazil next week. I can't wait.
- 4 What are you going to wear / are you wearing to the party?
- 5 Do you think it will rain / it's going to rain tomorrow?
- 6 A This is heavy. B I'll help / I help you.
- 7 I'm meeting / I meet a friend this evening.
- 8 I'm really sorry. I promise I won't do / I'm not going to do it again.
- 9 They're getting / They're going to get married in May.

b Complete B's replies with a correct future form.

A Sorry, Ann's not in.
B OK. I'll call back later. (call back)

- 1 A There's no milk.
B Don't worry, I _____ some. (get)
- 2 A Can we meet on Tuesday?
B Sorry, I can't. I _____ to Brighton on Tuesday. (go)
- 3 A Can we have pizza for lunch?
B No, we _____ chicken. I've already put it in the oven. (have)
- 4 A Is that the phone?
B Yes, but don't get up. I _____ it. (answer)
- 5 A Jane's put on a lot of weight!
B She's pregnant. She _____ a baby in August. (have)

Food and restaurants

1 Food

a Put two food words in each column. Use your dictionary to help you.

beans duck lettuce /'letɪs/
peaches prawns /prɔ:nz/ salmon /'sæmən/
sausages /'sɔ:sɪdʒɪz/ strawberries /'strɔ:bərɪz/

meat	fish / seafood	fruit	vegetables

b Add three more words to each column.

2 Food adjectives

Complete the adjective column with a word from the box.

fresh frozen home-made low-fat raw /rɔ:/ spicy /'spɪsi/ sweet takeaway

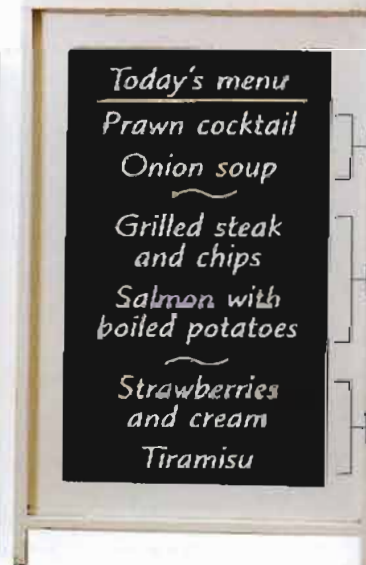
- I love my mum's cooking. food is always the best.
- Indian food like curry is very .
- Sushi is made with fish.
- Food which is kept very cold is .
- food is food you buy at a restaurant and take home to eat.
- People on a diet often try to eat food.
- These eggs are , I bought them today.
- This tea's very . You've put too much sugar in it!

Adjective

3 Restaurants and cooking

a Match the words and pictures.

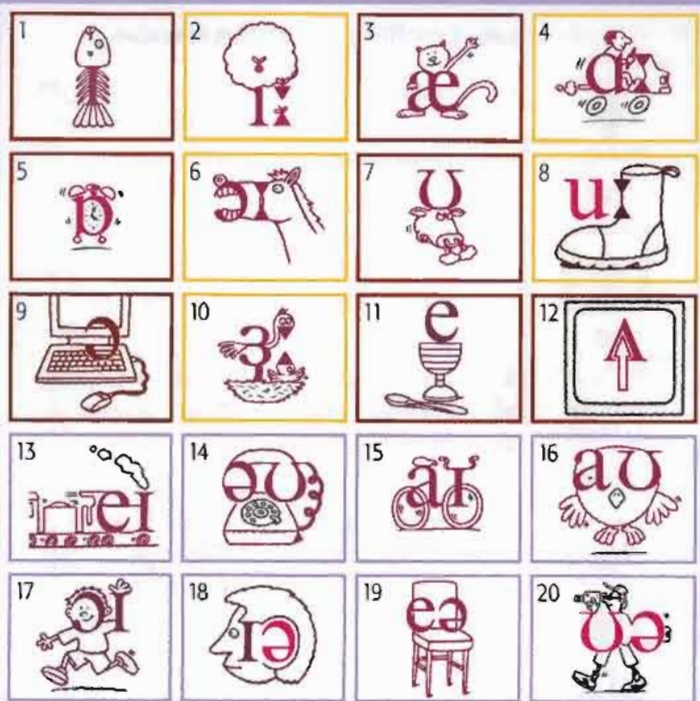
- knife /naɪf/ pl /narvz/
- fork
- desserts /dɪ'zɜ:ts/
- spoon
- plate
- glass
- main courses /meɪn kɔ:sɪz/
- napkin (serviette)
- salt and pepper
- starters



b Match the words and pictures.

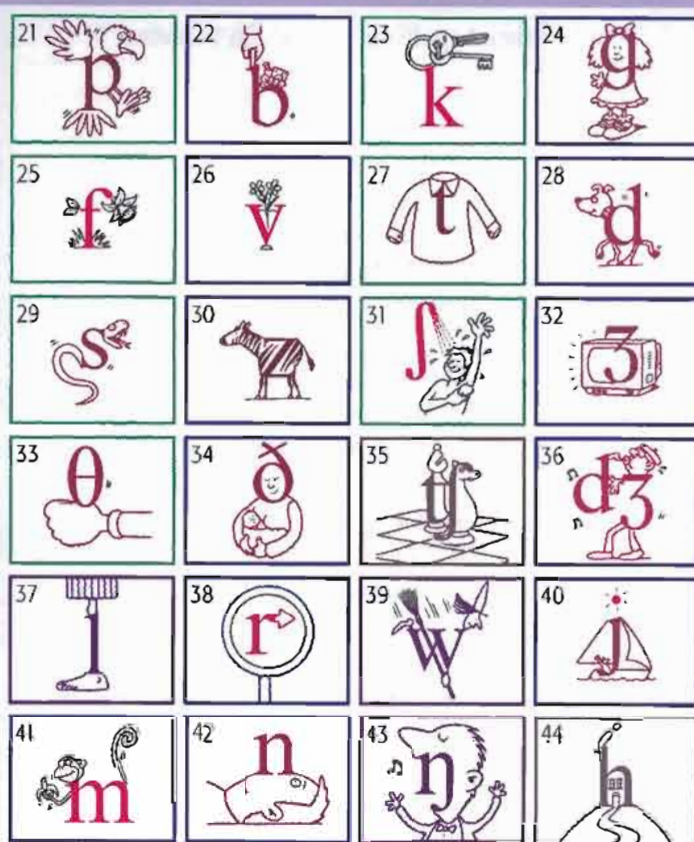
- boiled rice
- roast chicken
- baked potatoes
- grilled sausages
- fried eggs
- steamed vegetables





- short vowels
- long vowels
- diphthongs

- | | |
|-------------------------|-----------------------|
| 1 fish /fɪʃ/ | 11 egg /eg/ |
| 2 tree /tri:/ | 12 up /ʌp/ |
| 3 cat /kæt/ | 13 train /treɪn/ |
| 4 car /kɑ:/ | 14 phone /fəʊn/ |
| 5 clock /klɒk/ | 15 bike /baɪk/ |
| 6 horse /hɔ:s/ | 16 owl /aʊl/ |
| 7 bull /bʊl/ | 17 boy /bɔɪ/ |
| 8 boot /bu:t/ | 18 ear /ɪə/ |
| 9 computer /kəm'pjʊ:tə/ | 19 chair /tʃeə/ |
| 10 bird /bɜ:d/ | 20 tourist /'tʊərɪst/ |



- voiced
- unvoiced

- | | |
|---------------------------|--------------------|
| 21 parrot /'pærət/ | 33 thumb /θʌm/ |
| 22 bag /bæg/ | 34 mother /'mʌðə/ |
| 23 key /ki:/ | 35 chess /tʃes/ |
| 24 girl /gɜ:l/ | 36 jazz /dʒæz/ |
| 25 flower /'flaʊə/ | 37 leg /leg/ |
| 26 vase /vɑ:z/ | 38 right /raɪt/ |
| 27 tie /taɪ/ | 39 witch /wɪtʃ/ |
| 28 dog /dɒg/ | 40 yacht /jɒt/ |
| 29 snake /sneɪk/ | 41 monkey /'mʌŋki/ |
| 30 zebra /'zebrə/ | 42 nose /nəʊz/ |
| 31 shower /'ʃaʊə/ | 43 singer /'sɪŋə/ |
| 32 television /'telɪvɪʒn/ | 44 house /haʊs/ |