

UNIT / 05 : FOOD

IN THIS UNIT YOU WILL LEARN HOW TO

- identify different ingredients and categories of food
- use singular and plural countable and uncountable nouns
- give a description of a process
- speak about a meal you enjoy

LEAD-IN

01 Look at the pictures. Match the countries in the box with the pictures of different food.

Saudi Arabia the United Kingdom China Italy Brazil

1



2



3



4



5



VOCABULARY AND SPEAKING

02 Match the ingredients 1–5 with the dishes A–E.

- | | | | |
|------------------|------------|----------|---------------------------|
| 1 Beef Chow Mein | A tomatoes | cheese | flour for bread |
| 2 Al Kabsa | B tomatoes | fish | prawns rice |
| 3 Pizza | C fish | potatoes | coconut milk |
| 4 Fish and chips | D meat | noodles | oil garlic broccoli |
| 5 Moqueca | E chicken | rice | tomato onion |

03 In pairs, discuss the questions.

- 1 Have you tried any of these dishes in Exercise 2?
- 2 What is your favourite food from your country?
- 3 What food is popular in your country?

VOCABULARY AND READING

- 04 Look at the photos below. Which do you think you might see at a food festival? Discuss your ideas with a partner.



Food stalls



Famous chefs



Traditional activities



Arts and crafts



Fairground rides

- 05 You are going to read an article about the Chinese food festival in London. Skim the text once quickly. Which of the ideas in Exercise 4 does it mention?

CHINESE FOOD FESTIVAL IN LONDON

This year, the Chinese food festival is at the South Bank Riverside Walkway by the River Thames in London.

The three-day food festival celebrates real Chinese cooking and dishes from other countries. You can taste wonderful food at the many food stalls, and watch famous chefs showing you how to make some tasty dishes.

All the family can come and enjoy food, traditional Chinese performances and try Chinese arts and crafts.



The festival starts on 25th September and tickets are free! Just go to our website and download your free ticket.

06 Read the article again and the sentences 1–6. The information in bold in the sentences is incorrect. Correct the sentences by choosing the best answer, A, B or C.

- 1 The Chinese food festival is in London **every year**.
A True B False C Not Given
- 2 The festival **only** includes Chinese cooking.
A True B False C Not Given
- 3 You can **learn** to make some of the Chinese food at the festival.
A True B False C Not Given
- 4 **Children** can come to the festival.
A True B False C Not Given
- 5 The festival is **only** about cooking.
A True B False C Not Given
- 6 If you don't download a ticket, you **must pay** to enter on the day.
A True B False C Not Given

TIP 06

Answer the questions about the Chinese food festival. The words in **bold** will help you to choose the correct answer.

You need to be careful that the answer is exactly what it says in the text.

06.1 MINI TIP Does the text say that the festival happens every year?

LISTENING: MATCHING

07 You are going to listening to Mark and Jane discussing the food festival. What is the main topic of their conversation? Listen and choose the best answer, A, B or C.

- A The activities they want to see there.
- B The friends they will invite to the festival.
- C The reasons their other friends can't go.

08 Listen again and match the people, 1–6 with the reasons, A–H.

- | | |
|------------|--|
| 1 Marco | A is going sightseeing |
| 2 Mohammed | B can't afford to go |
| 3 Pierre | C is working |
| 4 Hang Yie | D is going to a restaurant |
| 5 Lucy | E is helping someone |
| 6 Larissa | F is doing something with their flatmate |
| | G is in a different country |
| | H is studying |

TIP 08

Be careful. There are more reasons than people, so you won't use all the letters.

08.A MINI TIP What does 'sightseeing' mean?

08.B MINI TIP If you can't afford something, what don't you have?

08.F MINI TIP Where does a 'flatmate' live?

09 Listen again and check your answers.

TIP 09

Make sure you listen for all of the information.

VOCABULARY AND LISTENING

10 Match the food words in the box with the pictures.

lamb onion pasta flour salmon garlic carrot rice spring onion



11 Complete the table using the food words from Exercise 10.

Meat	Vegetables	Fish/Seafood	Carbohydrates	Other ingredients
chicken beef	broccoli	shrimps	potatoes noodles	salt pepper

12 In pairs, add some more food words to the table.

13 Match the verbs for preparing food with the photos.

boil chop cut fold fry mix roll



14 You are going to listen to a chef giving a cooking demonstration. Listen to the introduction. Which recipe is he going to cook? Choose the best answer, A, B or C.

09

A



noodles

B



mooncakes

C



dumplings



15 Listen to the second part of the chef's demonstration. Complete the descriptions of the diagram using the words in the box.

10

boil chop(x2) cut fold mix(x2) roll

1



1 You need to _____ water with flour to make the cases.

2



2 You need to _____ the cabbage to make the filling.

3



3 You _____ the meat and cabbage by hand.

4



4 You need to _____ the spring onions and shrimps into small pieces.

5



5 You need to _____ the dough in to 20 equal pieces to make the cases.

6



6 Then you _____ the dough into flat cases.

7



7 You _____ the dough into half-moon shapes.

8



8 You _____ the dumplings three times and they are ready to eat.

TIP 15

You will not always hear the exact same information spoken in the Listening as written in the exercises. You will need to listen for the specific information you want.



Before you listen, it is good idea to see if you can predict the information.

GRAMMAR AND SPEAKING

16 Read the list of ingredients. Which of the ingredients did the chef use in the recipe in Exercise 15? Complete the table using the words in the box.

(an) apple (a) cabbage (some) flour (some) meat (some) milk onion(s)
orange(s) potato(es) (some) rice (some) salt shrimp(s) (some) water

Countable (singular)	Countable (plural)	Uncountable
an apple	(some) potatoes	(some) flour

17 Complete the sentences using *a / an* or *some*.



1 For singular countable nouns, we put _____ before the word e.g. _____ cabbage.

2 For plural countable nouns, we can put _____ before the word and we usually add an 's' e.g. _____ dumplings.

3 For uncountable nouns, we put _____ before the word e.g. _____ milk.

18 Read the sentences and complete headings in the table.

	1 _____ nouns	2 _____ nouns
+	<i>I have some apples.</i>	<i>I have some rice.</i>
-	<i>I don't have any cabbages.</i>	<i>I don't have any milk.</i>
?	<i>Do you have any onions?</i>	<i>Do you have any meat?</i>
<i>A lot of (+)</i>	<i>We have a lot of sweets in the cupboard.</i>	<i>We have a lot of ice cream in the freezer.</i>
<i>Much/Many (? -)</i>	<i>How many carrots do we need? He doesn't have many friends.</i>	<i>How much water do I put in? You don't need to add much oil.</i>

SPEAKING: EATING HABITS

19 Look at the questions about eating habits. Write three more questions about eating habits using the grammar in Exercises 16–18.

Food questionnaire

Do you eat **a lot of** ice cream?

1 _____

Have you ever eaten **a** mooncake?

2 _____

How **much** water do you drink each day?

3 _____

Are there **any** foods you don't like?

20 In pairs, ask and answer the questions.

READING: SENTENCE COMPLETION 1

21 ▶ Read the instructions for making a Korean dish called Bulgogi and look at the pictures. First, put the pictures A–F in the correct order.



0 **B** 1 _____ 2 _____ 3 _____ 4 _____ 5 _____

First, take **1** _____ large onion and **2** _____ spring onions and **3** _____ them into small pieces.

Then, in a large bowl put **4** _____ soy sauce and **5** _____ cup of cold water.

After this, add the onions and spring onions and **6** _____ them all together.

Then, you will need to take your beef and **7** _____ it into slices and then add it to the ingredients in the bowl. Put the bowl into the fridge for four hours. Afterwards, remove the meat from the bowl and **8** _____ for 5–10 minutes.

Finally, put the food on the plate and serve to your friends. Add salt and pepper if you wish.

⊙ Sometimes you are asked to complete sentences with a word or a number and you may not have a list of words in a word box to refer to.

22 ▶ Complete the instructions using *a / some* or a verb.

1 _____ 2 _____ 3 _____ 4 _____
5 _____ 6 _____ 7 _____ 8 _____

WRITING: DESCRIBING A PROCESS

23 ▶ Look again at the reading in Exercise 21. Write the instructions of a meal that you know how to cook or prepare.

TIP 23
You might be asked to write about a process in the exam so it is important to practise linking your ideas together. Look at the sequencing words highlighted in Exercise 21 to see how the parts of the instructions are linked.

READING: SENTENCE COMPLETION 2

24 Read the text and choose the best answer, A, B, C or D.

I don't usually like 1 _____ meals and because I live alone, I often go 2 _____ restaurants or eat fast food in the week. 3 _____ the weekend, I have more 4 _____ time, so I usually cook my favourite meal. My 5 _____ meal is chicken curry with rice and vegetables. I don't have an oven, so I 6 _____ the chicken on its own in a pan and 7 _____ the rice in water. I like this meal so much that sometimes I also order it in restaurants. I sometimes also eat it four times a week! It is very popular 8 _____ my country, too. I think a lot of people like it because it is healthy and easy to make. You can also change the recipe so it is spicy or not, so everybody can enjoy it.

- | | | | |
|-------------|---------|-------------|-----------|
| 1 A cooking | B cook | C do | D doing |
| 2 A in | B at | C to | D for |
| 3 A For | B At | C In | D With |
| 4 A extra | B free | C off | D hobby |
| 5 A lovely | B liked | C favourite | D popular |
| 6 A fold | B mix | C fry | D chop |
| 7 A fry | B cut | C roll | D boil |
| 8 A in | B with | C at | D on |



Sometimes you will need to choose from a list of words to complete the gaps in a text.

SPEAKING: A MEAL YOU ENJOY

25 In pairs, you are going to talk about a meal that you enjoy. Use the information in Exercise 24 to help you.

In your talk, you should speak about the following:

- who prepares it for you.
- when you eat it.
- why you like it.

WRITING: FOOD IN YOUR COUNTRY

26 Use the information from this unit to write an essay about a meal that is popular in your country or one that you enjoy.

In your essay, you should include:

- what ingredients you need.
- the instructions about how you make it.
- the reasons why it is popular.



**GO FURTHER
ONLINE**

MODEL ANSWER

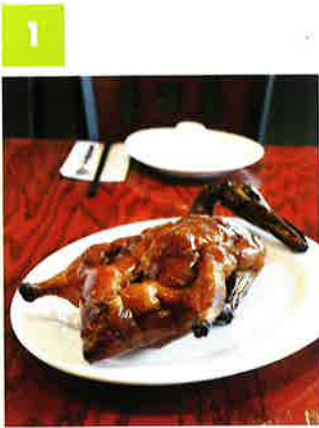
My favourite meal is spaghetti Bolognese. To make spaghetti Bolognese, you need minced beef, onions, garlic, a can of chopped tomatoes and pasta. First of all, you need to chop the onions and garlic and fry them until they are soft. After this, you add the minced beef and cook it until it is brown. Next, you need to add the chopped tomatoes and continue cooking. While it is cooking, you need to boil some water. When the water is ready, add the pasta and boil it for about 11 minutes. After this, put the pasta on plates and add the sauce. Finally, put some cheese on top and salt and pepper if you want and it is ready to eat.

Spaghetti Bolognese is my favourite dish because it is simple to make and is very tasty. I think that it is popular because it tastes so good. There are also many different ways to make it and you can use more vegetables or different types of pasta, so everyone can enjoy it.

GRAMMAR AND VOCABULARY

01 Match the different foods in the box to the photos.

beef lettuce duck lobster spaghetti salmon garlic cauliflower



02 Complete the table using the words in the box.

beef lettuce duck lobster spaghetti salmon carrot garlic cauliflower

Meat	Vegetables	Fish/Seafood	Carbohydrates

03 Match the cooking verbs 1-5 to the definitions A-E.

- | | |
|--------|--|
| 1 bake | A to cook food in water. |
| 2 boil | B to cut something into small pieces. |
| 3 chop | C to cook something such as bread or a cake with dry heat in the oven. |
| 4 fry | D to put two or more ingredients together. |
| 5 mix | E to cook something in hot oil or fat. |

04 Complete the chart using the words in the box.

some any a an

Before singular countable nouns we use 1 _____ before a consonant and 2 _____ before a vowel.

- I have 3 _____ sandwich for lunch.
- I had 4 _____ apple for a snack today.

In positive sentences, with plural and uncountable nouns we use 5 _____.

- I have got 6 _____ juice in the fridge.
- There are 7 _____ oranges in the cupboard.

In questions and negative sentences with countable and uncountable nouns, we use 8 _____.

- Are there 9 _____ tomatoes?
- Is there 10 _____ fish on the menu?

In offers and requests, we use 11 _____.

- Can I have 12 _____ water, please?
- Would you like 13 _____ tea?

05 Read the sentences in the chart and underline the correct answer.

We use 1 **a lot of / many** with positive and negative sentences with countable and uncountable nouns.

- We have 2 **much / a lot of** oranges to eat because we have an orange tree in our garden.
- We don't have 3 **a lot of / many** fruit to eat in winter.

We use 4 **much / many** with questions and negatives with countable nouns.

- How 5 **much / many** lemons do you need for the recipe?
- There aren't 6 **much / many** cauliflowers in the shop.

We use 7 **many / much** with questions and negatives with uncountable nouns.

- How 8 **many / much** coffee is there in the cupboard?
- There isn't 9 **many / much** sugar in the dish.

06 Choose the best answer, A, B or C.

- 1 Could you go to the shop? There isn't _____ milk in the fridge.
A some B many C much
- 2 How _____ eggs do we need to make the cake?
A many B much C a lot of
- 3 There are _____ potatoes in the cupboard, so we could make chips.
A much B any C a lot of
- 4 Do you have _____ spaghetti?
A any B many C a
- 5 I think that we have _____ carrots in the fridge.
A much B some C any
- 6 I would like _____ fish, please.
A some B much C many
- 7 How _____ sugar would you like in your coffee?
A many B much C any
- 8 There aren't _____ vegetables in the shop, just cauliflower and lettuce.
A any B many C much
- 9 We don't have _____ beef left. Everyone ate it. Would you like chicken instead?
A any B many C much
- 10 There are _____ different salads on the menu. I don't know which one to choose.
A any B much C a lot of

07 Read the narrative and choose the best answer, A, B or C.

My 1 _____ food is pizza. I like 2 _____ pizzas because they are very easy to prepare. If you want to 3 _____ your own pizza, all you need to do is make the bread for the base. This is called the dough. You can 4 _____ tomatoes and cheese and 5 _____ other ingredients on top. You then 6 _____ it in the oven for 10 to 15 minutes until it is ready to eat. If you don't feel like making pizza, you can buy 7 _____ pizza from your local supermarket and just put it in the oven when you get home. Nowadays, 8 _____ of people are so busy that they don't have time to cook at home or they like to have a rest 9 _____ the weekend. These people often also eat pizza, but they go 10 _____ a take-away restaurant and buy a pizza that has already been made.

- | | | |
|------------|----------|-------------|
| 1 A best | B lovely | C favourite |
| 2 A eating | B eat | C ate |
| 3 A get | B have | C make |
| 4 A mix | B fold | C add |
| 5 A a lot | B many | C much |
| 6 A cook | B boil | C fry |
| 7 A much | B some | C a |
| 8 A much | B a lot | C many |
| 9 A at | B in | C for |
| 10 A in | B for | C to |

08 Read the instructions about making an Arabian cauliflower recipe and look at the pictures. Then, match the pictures to the instructions.

- A While the cauliflower is boiling, chop some garlic.
- B Add the mixture of paste, garlic and lemon juice to the cauliflower.
- C Next, add the garlic to some special mixture called tahini paste and some lemon juice.
- D First, take a large cauliflower and cut the leaves off so that you only have the white part.
- E Mix the paste, the lemon juice and the garlic together.
- F Next, take the cauliflower and place it in boiling water.
- G Finally, cover the dish and put it in the fridge until you are ready to eat it.

1



2



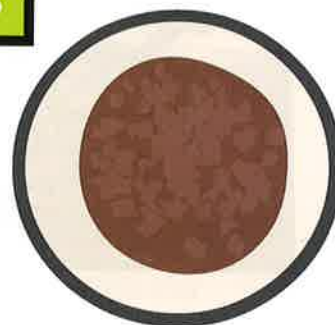
3



4



5



6



7



**GO FURTHER
ONLINE**