

Vocabulary & Speaking

Food and drink

1 Find the odd word out and put it in the correct group.

Words 2 know

- | | | | | |
|----------------|----------|---------------|--------------|---------|
| a potatoes | bananas | onions | lettuce | _____ |
| b orange juice | sausages | mineral water | milkshake | _____ |
| c steak | bacon | cabbage | chicken | _____ |
| d pasta | rice | cream | cornflakes | _____ |
| e yoghurt | lemonade | margarine | cheese | _____ |
| f lemons | bread | grapes | strawberries | bananas |

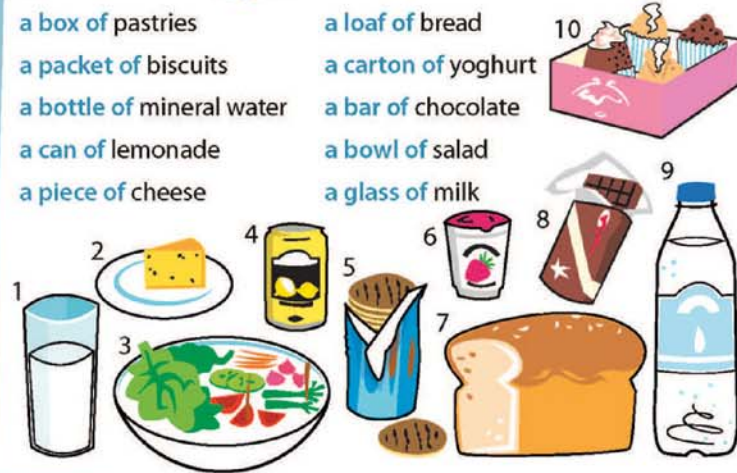
2 (2.20) Match groups a-f in exercise 1 with categories 1-6 below. Listen and check.

- | | |
|---|---------------------------------------|
| 1 <input type="checkbox"/> Meat | 4 <input type="checkbox"/> Vegetables |
| 2 <input type="checkbox"/> Dairy products | 5 <input type="checkbox"/> Fruit |
| 3 <input type="checkbox"/> Cereals | 6 <input type="checkbox"/> Drinks |

3 WORD RACE How many words can you add to each category in exercise 2 in two minutes?

4 Find these things in the pictures. What other food goes with the words in blue?

Words 2 know (2.21)



5 In pairs, answer the questions. Use the Words2know.

Which food/drink do you choose if you:

- need a quick breakfast?
a piece of cheese, a glass of milk
- want a healthy snack?
- are preparing a picnic?
- are really, really thirsty?
- are starving and in a hurry?

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Grammar Focus

a/an, the, zero article (∅)

6 a PREDICTING Look at the photos and answer the questions about the people.

- What are their jobs? Do you think their diet is important for their work?
- Guess what they eat before a match or performance.

b Read the three texts quickly and check.

7 Read about Sonny. Underline:

- five examples of a/an
- five examples of the.

Then read Grammar2know.



SONNY ALABA, 19, is a young footballer from Nigeria. He plays for a club in the English Premier League, called Portsmouth. 'Diet is really important for footballers. Pasta and potatoes are the best kinds of food if you want to play well – they give you energy. I've got an important match this afternoon. The match starts at three so I'm having lunch now, about four hours before the match starts. I always have a bowl of pasta with tomato sauce and then fruit but I can't eat meat because it's difficult to digest. Oh, and I drink a lot of water, because during the match, we lose two or three litres!'

Grammar 2 know

Articles: a/an and the

Use a/an to talk about one of many:

He plays for a football club ... (there are many football clubs)

Use the for things that are unique:

... in the English Premier League. (there is only one)

Use a/an to talk about things for the first time.

After that, use the:

I've got an important match this afternoon.

The match starts at three o'clock.

No article (∅)

Don't use an article when you talk about generalisations:

∅ Diet is important for ∅ footballers.

∅ Pasta gives you ∅ energy.

Remember!

Use a/an with:

- jobs: Sonny is a professional footballer.
- expressions of quantity: a plate of pasta, a lot of water

Use the with:

- superlative adjectives: Pasta is the best thing.
- parts of the day: in the morning/afternoon

Don't use an article with meals and mealtimes:

I have ∅ lunch at half past eleven.

8 Complete the texts about Marina and Katsuko with a/an, the or ∅.

9 (2.22) Use the words in A and B below to make generalisations. Then listen and compare your ideas to the recording.

A
[fish coffee tea salt olive oil chocolate]

... is/are good/bad for your ...

B
[heart skin teeth brain hair waistline concentration]

Chocolate and coffee are bad for your skin.

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EAT RIGHT. (2.23)

MARINA SCHNEIDER, 19, is a professional ballet dancer with the Royal Ballet, most famous ballet company in Britain. 'Usually, ballet dancers only weigh about 45 kg so we are very careful about food. Three or four hours before performance, I have a baked potato or a bowl of pasta. Then, just before performance starts, I eat an orange and a bar of chocolate. An orange gives me liquid and chocolate gives me energy.'

KATSUKO SASAKI, 18, wants to become a professional sumo wrestler. Sumo wrestlers need to be fat, so their diet is very unusual. They don't have breakfast before they train in the morning, so they're very hungry at lunchtime. They start lunch with five or six bowls of special soup, called chankonabe. Then, they eat a big bowl of rice and a lot of meat – maybe fifteen or twenty pieces! They also drink a lot of beer and then they go to sleep in the afternoon for about four hours!