

7

WHAT'S IN YOUR FOOD?

GETTING STARTED

1 Work in pairs. Look at the photos and answer the questions.

- 1 What do you think these people are enjoying about these eating experiences?
- 2 Which would you most and least enjoy? Why?

2 Complete the quiz. Then check your answers on page 200. Which answers most surprised you?

- 1 On average, McDonald's sells 75 hamburgers every ...
A second. **B** 20 seconds. **C** 60 seconds.
- 2 In 1800, what was used as a medicine for stomach pain?
A chocolate **B** tea **C** tomato ketchup
- 3 In the UK, what % of fruit sold in supermarkets is imported?
A 50% **B** 75% **C** 95%
- 4 Arachibutyrophobia is a fear of ...
A peas rolling across your plate.
B peanut butter sticking to the top of your mouth.
C finding a spider in your food.
- 5 Which food has an eternal shelf life?
A honey **B** lentils **C** dried pasta
- 6 Which of these have been used as currency?
A chocolate **B** coffee beans **C** tea leaves

3 040 Listen to speaker one talking about food. Which topic from the quiz does the speaker talk about?

A

B

C

D



- 4 041 Now listen to all five speakers. Choose from the list (A–H) what each speaker says. There are three letters that you don't need to use.

Which speaker ...

- A thinks restaurant food is overpriced.
- B stops eating before they've had enough.
- C has given up eating desserts which are high in sugar.
- D likes eating food made with butter, oil or other fats.
- E eats less than other people.
- F tends to eat locally grown produce.
- G needs to eat a lot of food.
- H used to take vitamin supplements.

- 5 Look at the options (A–H) in Exercise 4. Which statements are true for you or someone you know?

VOCABULARY

DESCRIBING FOOD



- 1 Match the words and phrases in the box with the correct definitions (1–8).

appetite full gone off in season
portions savoury stick to vitamins

- 1 salty and/or spicy food, not sweet in taste: _____
- 2 not being able to eat any more food: _____
- 3 available and ready to eat: _____
- 4 natural substances that help to keep the body healthy: _____
- 5 the feeling that you want to eat food: _____
- 6 describing food or drink that is not good to consume: _____
- 7 continue to do something: _____
- 8 the amounts of a particular food: _____



- 2 Complete the advice below using words and phrases from the box in Exercise 1.

- ✓ Avoid eating food which has (1) _____. Always check the best-before date on the packaging.
- ✓ It's important to eat a lot of food rich in (2) _____ and minerals.
- ✓ Try not to eat lots of (3) _____ snacks, such as crisps and chips.
- ✓ One of the effects of stress is a loss of (4) _____, so make sure you always find time to eat.
- ✓ As you get older, it's important that you (5) _____ a healthy, balanced diet.
- ✓ If you want to lose weight, try eating smaller (6) _____ of food.
- ✓ You should avoid doing exercise on a (7) _____ stomach.
- ✓ If you want your diet to be more organic, try only eating fruit and vegetables when they're (8) _____.

- 3 Work with a partner. Add three more points to the pamphlet in Exercise 2.



DID YOU KNOW?

In British English, the food in the picture is known as **crisps**. In American English, it is known as **chips**. **Chips** in British English are **fries** in American English.

- 4 Work in pairs and discuss the questions.

- 1 Do you tend to eat large or small portions?
- 2 Do you prefer eating sweet or savoury food?
- 3 Would you say you have a large or small appetite?
- 4 Have you ever given up eating or drinking anything? Why?
- 5 Do you have any food allergies?
- 6 Do you think people should rely on food supplements?

READING

1 Work in pairs and answer the questions.

- 1 Look at the pictures. What are they? What do you think they all have in common?
- 2 What's the strangest thing you've ever eaten?
- 3 Would you ever eat or drink something which you know might harm you?

2 Read the first paragraph of the article, ignoring the gaps. How does the writer feel about eating puffer fish?



READING AND USE OF ENGLISH PART 3

TRAINING

3 Read the first part of the article again and use the word given in capitals at the end of some of the lines to form words that fit in gaps 1-3. Use the tips to help you.

4 Now look at gaps 4-8. Decide what type of word is needed for each gap (noun, adjective, adverb etc.). Then complete gaps 4-8.

TIPS

- (1) The form of the word needed in this gap is an adverb. What suffix do you use at the end of the word *recent* to form an adverb?
- (2) What type of word is used with the phrase as ... as?
- (3) What suffix is used with the word *harm* to say that it isn't dangerous?

YOU'RE DYING TO EAT ME!

I've always enjoyed eating new things, (0) particularly dishes from other cultures different to my own. (1) _____, on a trip to Japan with friends, we came across a restaurant and our Japanese guide suggested that we go for a delicate dish of 'fugu', or pufferfish, which, he told us, contains enough poison to kill 30 people and is known to be one of the most dangerous animals in the world. Admittedly, I wasn't as (2) _____ as my friends, who were really keen to try it. The guide reassured me though and said that as long as the preparation is carried out carefully, fugu is quite delicious and (3) _____.

The pufferfish gets its name from its (4) _____ to increase its size to look like a large spikey ball when it senses danger, making it difficult for predators to eat. It can grow to more than sixty centimetres in (5) _____ depending on the species and it has brilliant eyesight so it can spot danger easily. In fact, the pufferfish can move its eyes independently, meaning that it can look in two directions at the same time. It can also be found in a variety of different colours.

Although pufferfish taste revolting to other fish, humans have been consuming them for many years and, therefore, the dangers are (6) _____ known; chefs must undergo extensive training for several years. Even though I knew fugu chefs were fully trained, I was (7) _____ of the fact that poisonings still happen every year. My guide pointed out, with a casual smile, that a local supermarket had to recall several packs of this poisonous meat after it was discovered that the liver, which is highly toxic, hadn't been removed. This, unsurprisingly, didn't make me feel at (8) _____ before going into the restaurant.

PARTICULAR
RECENT

ENTHUSIASM

HARM
ABLE

LONG

WIDE

AWARE

EASY

5 Work with a partner and answer the questions.

- 1 What would you have done if you'd been in the writer's position?
- 2 Why does the guide appear not to take the writer's fears seriously?
- 3 Why might tourists want to try this dish?



- 3 Read the information in the box. Then look at three candidates' answers for question 1. Why are they incorrect?**

- 1 Lucy started working as an _____ after finishing her studies.
- 1 waitress
 - 2 analyst for a global chocolate company
 - 3 analyser

In Listening Part 2, each answer will be no longer than three words. You need to complete each gap with the word, number or short phrase you hear in the recording without changing the form in any way.



- 4 Now complete question 1 with one word from the text.**



- 5 Look at questions 2–7 below. What key information will you need to listen for?**

- 2 Lucy must deal with a variety of problems connected to _____ on a daily basis.
- 3 Lucy believes the best thing about being a food scientist is the _____.
- 4 In September, Lucy is going on a trip to speak to _____.
- 5 Lucy thinks some people find information given on food packaging slightly _____ to understand.
- 6 In most situations, Lucy tries to _____ having processed foods.
- 7 Not long ago, a workmate of Lucy's discovered a problem with the _____ due to a chemical used by a farmer.



- 6 043 Listen to the rest of the talk.**

For questions 2–7, complete the sentences with a word or short phrase.

- 7 Work with a partner and answer the questions.**

- 1 Based on what you've heard, would you like to be a food scientist? Why / Why not?
- 2 What do you think are the benefits of working in the food and drink industry?
- 3 Is there anything about food production that you would rather not know?

VOCABULARY

PREFIXES

- 1 Would it be impolite not to try something offered to you by a host, even if you didn't like the look of it?**



- 2 Read the sentences. Match the words in bold with the correct meanings (A–F).**

- 1 My dad always gets annoyed at slow service in restaurants. He's so **impatient**.
- 2 The restaurant owner has a reputation for being **dishonest**, so make sure you check the bill carefully at the end of the meal.
- 3 The café is planning to **reapply** for a licence to sell food and drink.
- 4 It seems a bit **illogical** to buy food and drink at the event when we can just take it with us.
- 5 I was **unaware** that the bistro had actually closed down.
- 6 I quit my job as a waiter because I had to work **irregular** hours.

- A** not making sense
- B** make another request or application
- C** easily irritated by having to wait for something
- D** not normal
- E** not telling the truth
- F** not knowing something



- 3 Complete the questions below with the correct prefix from the box.**

dis- il- im- ir- re- un-

- 1 Is there a food or drink item that you really _____ like?
- 2 Do you think food will be _____ placed by a small tablet one day?
- 3 Do you think it's _____ responsible of people to throw leftover food away?
- 4 Would you post a negative review online if the service in a restaurant was _____ acceptable?
- 5 Some people think it should be _____ legal to sell energy drinks to people under 16 years old. Do you agree?
- 6 Is it _____ polite to use your mobile phone at the dinner table?

- 4 Work with a partner. Ask and answer the questions in Exercise 3.**