

5 Eat up

VOCABULARY

Food

1 Match the fruit and vegetables with the descriptions.

- | | |
|-------------------|--|
| 1 <u>C</u> tomato | A a long, orange vegetable |
| 2 banana | B a small green or red fruit that's sweet |
| 3 grape | C a red fruit that we often use in salads |
| 4 lettuce | D a round, orange fruit that grows on trees |
| 5 orange | E a green vegetable that we use to make salad |
| 6 carrot | F a long, yellow fruit |

2 Choose the correct words for the food and drink.



1 rice / sugar



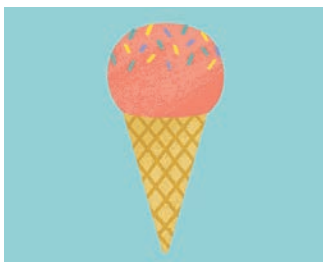
2 pasta / juice



3 beef / chicken



4 milk / lemonade



5 ice cream / eggs



6 chips / cheese

Adjectives for food

3 Choose the correct words.

- I prefer cheese to chocolate. I like food that is ...
 A savoury B crunchy
- Are there chilli peppers in this dish? It's hot and ...!
 A unhealthy B spicy
- Coffee without sugar is a ... drink.
 A bitter B sweet
- I like fresh carrots. They're sweet and ...
 A crunchy B greasy
- Don't eat a lot of chips. They can be very ...
 A healthy B salty
- My dad makes great burgers. They're ...
 A sweet B delicious

4 Complete the sentences with the words below.

bitter delicious greasy healthy salty
savoury spicy sweet

- You can taste the delicious flavours of food with your tongue.
- S things have got a lot of sugar in them.
- Dark chocolate without sugar in it is b.
- Many s foods taste good and we need some salt to stay healthy.
- Some foods are s, like meat and cheese.
- You can't taste fat, but your tongue can feel when food is g.
- I don't want to eat a pizza. I'd prefer something h like a salad.
- Indian food is usually very tasty and s. I love it!



5 GRAMMAR 1

Countable and uncountable nouns; some, any, much, many, a lot of

1 Complete the table with the words in the box.

banana beef carrot cereal cheese
chip egg ice cream milk tomato

Countable nouns	Uncountable nouns
1 banana	6 beef
grape	7
2	8
3	rice
orange	salt
4	9
5	10

2 Choose the correct sentence.

- A I'm having any grapes for a snack. I like them.

B I'm having some grapes for a snack. I like them.
- A My parents don't eat much meat. They prefer fish.

B My parents don't eat many meat. They prefer fish.
- A There's a lot of salt on these chips. I can't eat them.

B There's much salt on these chips. I can't eat them.
- A There aren't some food stalls. There are only two.

B There aren't many food stalls. There are only two.
- A Zoe never drinks many coffee. She doesn't like it.

B Zoe never drinks any coffee. She doesn't like it.

3 Choose *some* or *any*.

- I can see **any** / **some** bananas on the table.
- There isn't **any** / **some** cereal for breakfast.
- I think there's **any** / **some** milk in the fridge.
- I've got **any** / **some** snacks in my school bag.
- There aren't **any** / **some** oranges to make juice.
- There isn't **any** / **some** ice cream for dessert!

4 Look at the pictures. Choose the correct words to complete the sentences.



- There isn't **any** / **a lot of** lettuce on the table.
- We need **much** / **a lot of** carrots to make soup.



- There isn't **any** / **much** cheese on the plate.
- We haven't got **many** / **any** bananas.



- There is **some** / **many** orange juice in the glass.
- There aren't **much** / **any** apples on the table.

5 Choose the correct words to complete the text.

What are your favourite snacks? I often have ¹ **some** / **much** fruit, like an apple or a banana because they're healthy. I don't usually eat ² **many** / **much** greasy things, like chips or pizza. I don't drink juice or other sweet drinks. I always drink ³ **any** / **a lot of** water – about one or two litres every day. In the evening, I don't eat ⁴ **much** / **many** snacks, but I sometimes have ⁵ **some** / **many** yoghurt with fruit. I prefer natural yoghurt because it hasn't got ⁶ **any** / **some** extra sugar in it.

5 GRAMMAR 2

can / can't, must / mustn't

1 Choose the correct option.

- We've got some lemons, so we ... make lemonade.
A can't **B can**
- You ... wash the lettuce before you make the salad.
A must B can't
- Daniela ... have any yoghurt. She's allergic to milk.
A can B can't
- Do you like Thai food? We ... order some for lunch.
A mustn't B can
- Students ... eat any snacks in the library.
A must B mustn't
- Vegans ... avoid eating animal products.
A must B mustn't
- Athletes ... follow a healthy diet if they want to perform at their best.
A can B must
- At school, we ... take our own food or eat in the canteen.
A can B must

2 Choose the correct option to complete the sentences.

- I **mustn't** / **must** eat bananas. I'm allergic to them.
- My brother **can't** / **must** cook very well. He wants to take some lessons this year.
- We **can't** / **must** clean the food stall every day and keep it very tidy.
- There's some salmon in this salad. I **must** / **can** taste it.
- You **mustn't** / **must** put hot food in the fridge. Wait until the food is cold.
- People **can** / **must** buy fresh fruit and vegetables at the market.
- You **must** / **can't** eat or drink in this building. It's not allowed.
- We **mustn't** / **must** eat too much greasy food, because it isn't good for us.

3 Choose the correct sentence.

- A** You must cook potatoes before you eat them.
B You can cook potatoes before you eat them.
- A Can you help me make dinner this evening?
B Must you help me make dinner this evening?
- A You must eat this hot or cold.
B You can eat this hot or cold.
- A Sami can eat peanuts. They are very bad for him.
B Sami can't eat peanuts. They are very bad for him.
- A I can cook French and Italian food quite well.
B I must cook French and Italian food quite well.
- A Must you wash your hands before we eat?
B Can you wash your hands before we eat?

4 Choose the correct option about the information in the table.

Name	Milk	Eggs	Nuts
Bryan	X	✓	✓
Clara	✓	X	✓
Tom	✓	✓	X

- Bryan **must** / **can** avoid milk.
- Bryan **can** / **must** eat eggs and nuts.
- Clara **can't** / **can** eat eggs.
- Clara **must** / **can** have milk and nuts.
- Tom **can** / **must** avoid nuts.
- Tom **can't** / **can** have milk and eggs.
- Bryan and Tom **can't** / **can** have eggs.
- Clara and Bryan **can** / **must** eat nuts.

5 READING

A book review



When Every Bite Matters

Life can be difficult for teens when they've got dangerous food allergies. People with allergies mustn't eat certain foods.

Olivier Deldicque is allergic to many foods. In his book, *When Every Bite Matters*, Olivier gives advice to teens who have allergies.

Olivier is allergic to some nuts, eggs, milk and some fish.

About 32 million people in the USA have got a food allergy. About 5.6 million of them are children and teenagers. Olivier wants to help those young people live better lives.

In his book, Olivier gives information about allergies and useful tips. For example, he tells people with allergies to ask questions about the dishes they want to eat in restaurants. He also gives good advice about checking what is in food in shops. It's a great book for teens who have allergies.



1 Read the text. What is it about?

- A A book about American food.
- B A book about allergies.
- C A book about teenagers.

2 Read the text again. Choose the correct option.

- 1 Olivier's book is for **adults / teenagers** with allergies.
- 2 Olivier must not eat nuts, eggs, milk and some **meat / fish**.
- 3 About **5.6 / 32** million young people in the USA have got a food allergy.
- 4 Olivier thinks that people with allergies **can / can't** go to restaurants.
- 5 Olivier's book gives advice about checking **the price of food / what's in food** in shops

3 Read the text. Choose the correct option to complete the sentences.

- 1 People who have got food allergies ...
 - A can eat foods that are dangerous.
 - B** must be careful about what they eat.
- 2 Olivier Deldicque can't eat ...
 - A any animal products.
 - B milk and some fish.
- 3 In the United States ...
 - A some people have got food allergies.
 - B most people are allergic to nuts.
- 4 Olivier gives some tips ...
 - A for people who work in restaurants.
 - B about what to do in restaurants.
- 5 Olivier's book can help young people ...
 - A who want to eat healthier food.
 - B with allergies to have better lives.

4 Match the words in the text with the words that mean the same.

- | | |
|----------------------|-------------------|
| 1 <u>D</u> difficult | A meals |
| 2 dangerous | B tips |
| 3 advice | C looking at |
| 4 dishes | D hard |
| 5 checking | E teenagers |
| 6 teens | F not safe |

5 REVIEW

Vocabulary

1 Choose the correct words for the description.

- a pink fish
A beef **B** salmon
- a type of food that we often eat for breakfast
A ice cream B cereal
- good for you
A salty B healthy
- you make a sandwich with this
A bread B rice
- a dark coloured hot drink
A juice B coffee
- very tasty
A greasy B delicious
- hot food made from potatoes
A chips B pasta
- the opposite of sweet
A crunchy B bitter

Grammar

2 Choose the correct words to complete the dialogues.

- 'Have we got any tomatoes?'
'We've got **some** / **much** tomatoes, but not many.'
- 'Let's bake a cake.'
'We can't because we haven't got **many** / **any** sugar.'
- 'We've got **a lot of** / **any** oranges.'
'Let's make orange juice!'
- 'Can I have some yoghurt on my cereal?'
'You can have some, but we haven't got **much** / **many**.'
- 'We need a lot of pasta for dinner tonight.'
'We have got **many** / **some** but not a lot.'
- 'There aren't **many** / **much** chips in the bowl.'
'I know. Carlos ate some of them.'

3 Put the words in the correct order to make sentences and questions.

- can't / nuts / Laurie / eat
Laurie can't eat nuts
- for lunch / I / Can / meet my friends
.....?
- every day / must / You / drink water
.....
- eat / in the library / Students / mustn't
.....
- can't / Agnes / fish / eat
.....
- the vegetables / you / Can / wash
.....?



4 Choose the correct words to complete the text.

From: Marisa

To: Alex

Hi, Alex! Are you excited about your birthday tomorrow? It's a special day, so we ¹ **must** / **can't** celebrate! Have you got ² **any** / **much** plans for lunch? There are ³ **any** / **some** nice restaurants on Martin Street, like Thai Garden. It's my favourite! The food is great and they've got ⁴ **much** / **a lot of** dishes for vegetarians. We ⁵ **can** / **mustn't** invite Emma and Nathan, too. They love Thai food, but we ⁶ **mustn't** / **must** order anything with nuts. Emma's allergic to them. Call me later!

5 LANGUAGE SUMMARY

VOCABULARY

Food

➔ Student's Book p58

bananas	juice
beef	lemonade
bread	lettuce
carrots	milk
cereal	oranges
cheese	pasta
chicken	rice
chips	salmon
coffee	salt
eggs	sugar
grapes	tomatoes
ice cream	yoghurt

Adjectives to describe food

➔ Student's Book p62

bitter	salty
crunchy	savoury
delicious	spicy
greasy	sweet
healthy	unhealthy

EXTRA Parts of a menu

➔ Student's Book p57

desserts	main dishes
drinks	sides

GRAMMAR

can / can't, must / mustn't

➔ Student's Book p61

Affirmative	I / You / He / She / It / We / They	can	go out on Friday. cook very well.
Negative	I / You / He / She / It / We / They	can't	eat sweets. speak French.
Questions	Can	I / you / he / she / it / we / they	go out? Yes, I / you / he / she / it / we / they can. No, I / you / he / she / it / we / they can't.

Affirmative	I / You / He / She / It / We / They	must	go now.
Negative	I / You / He / She / It / We / They	mustn't	play football near the road.

Countable and uncountable nouns; some, any, much, many, a lot of

➔ Student's Book p59

	Countable nouns (plurals)	Uncountable nouns
Affirmative	There are some / a lot of desserts.	There's some / a lot of water.
Negative	There aren't any / many oranges.	There isn't any / much rice.
Questions	How many sweets are there? Are there any vegetables?	How much chocolate is there? Is there any fruit?
Short answers	Yes, there are. No, there aren't.	Yes, there is. No, there isn't.

5 WRITING WORKSHOP

A restaurant review A restaurant review gives facts and opinions about a café, food stall, restaurant or other place to eat.

1 Read the text. What is the reviewer's favourite dish?



Tombo

I'm a fan of Japanese food, so I love going to Tombo. It's a Japanese café near the Natural History Museum.

Tombo has traditional dishes, like sushi and spicy noodles, but my favourite is their teriyaki chicken. For a hot drink, I recommend their green tea. It's very good and it's also organic. Do you like desserts? Try Tombo's vegan cheesecake with ice cream. It's fantastic!

Tombo is a brilliant place to relax with friends. It has a bright, modern style, delicious food, and good prices. Why not try it?

WRITING HELP

- Express your feelings and opinions.
- Give some facts about the place.
- Recommend things to eat and drink.
- Use adjectives to give information.

2 Write a review for a café or restaurant you know. Follow the steps in the Writing builder and use the example text to help you.

WRITING BUILDER

1 PLAN YOUR REVIEW

Choose a café or restaurant you know. Think about these topics and make notes for your review.

- the type of place
- where it is
- things you recommend
- things on the menu
- your general opinion
- the style of the place

2 WRITE YOUR REVIEW

Paragraph 1

- Start with an opinion or a reaction.
- Give some helpful information about the place.

Paragraph 2

- Mention some things from the menu and name your favourites.
- You can make suggestions and ask questions.

Paragraph 3

- Give additional facts and your general opinion.
- End with a final opinion or suggestion.

3 READ AND CHECK

- spelling of words for food and drink
- expressions for likes and dislikes

USEFUL LANGUAGE

Opinions and reactions

I love (Indian food) and my favourite (restaurant) is ...

I love going there to (hang out) with my (friends).

It isn't expensive, and the food is excellent.

Giving basic information

It's a (Thai restaurant) near (High Park).

Making recommendations

They have (main dishes) like ...

If you like ..., they have ...

Try their (chocolate cake). It's yummy!

Making suggestions

Go there for lunch. It's a great place.

Why not try it for your next birthday?

TIPS!

- Give information that is useful for everyone: name of the place, location, style of food, good dishes, etc.
- Say what you think about the food and the place. This makes your review interesting.

Reflections

Log

Here are my thoughts:

I think our food stall is



I say:

.....
.....
.....

Now I know how to ...

- ... agree and disagree with others
- ... give my opinions about food
- ... make good decisions
- ... consider different people's needs
- ... write important information on a flyer

For example:

.....
.....
.....

I can use:

.....
.....

Our PROJECT

My role(s):

- Create the final menu
- Create the final flyer
- Present the stall

Our group ...

- ... helps each other
- ... disagrees sometimes
- ... makes good decisions
- ... works well together

is a star.

I really like:

.....

My feelings about my role in this project:

excited **nervous** **happy**

Come back and tick!

Next time, try to ...

- more.
- again!

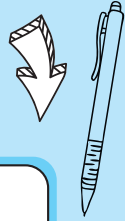
Teacher comments

.....
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Log it! 5

Here's my WRITING PLAN:



WHAT is the NAME of our stall?

WHERE is our stall?

WHEN are we open?

WHAT FOOD do we sell?

WHAT is the special offer?

Web address/ social media:



Here's my WRITING: our food stall FLYER

name of our stall

food descriptions

photos

special offer

TIPS

- use BIG, colourful fonts for important information
- put important information at the TOP of your list
- use lots of adjectives

DON'T FORGET!

- ★ healthy food
- ★ special diets
- ★ cool combinations

place and time

social media

Teacher check



Log it! 3

Here are our ideas for special diets:

Pescetarian

Vegetarian

Vegan

We can adapt
for people.

Dairy-free

Nut-free

Gluten-free

Log it! 4

Here are our ideas for interesting food combinations:

This is my idea!

Yuk!

This is 's
amazing idea!

adjectives to describe our combinations

My favourite idea

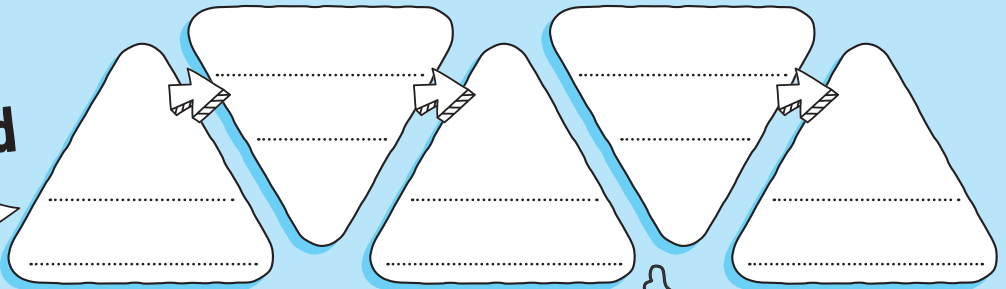
In group conversations
now I **listen** **talk** more.

I feel **good** **shy** **worried**
confident in group conversations!

Teacher check

Log it! 1

Here are our ideas for a food stall:



Our group is

.....
.....
.....
.....

and me!



has great ideas!



Our menu has these sections

1

2

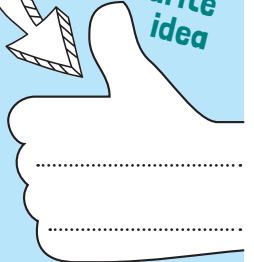
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4

.....
.....
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OUR BEST IDEA

My favourite idea

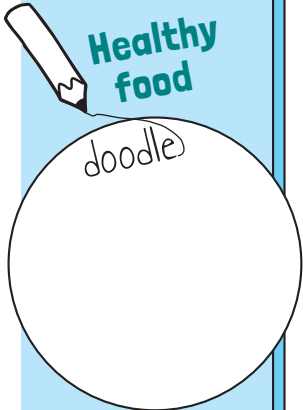


Log it! 2

Here are our menu ideas so far ...



Healthy food



Menu

1

.....
.....
.....
.....

2

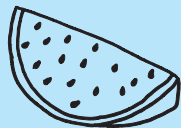
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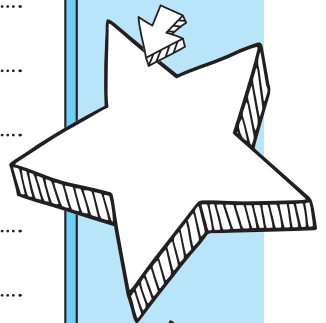
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4

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.....



My favourite item



I think it's **easy** **difficult** to think of ideas.

Next time: **listen** **talk** more in group conversations!

Teacher check

