

- Дом убирали, когда пришла Джейн.

The house was being cleaned when Jane came

- Кем была изобретен телефон?

Who was a phone invented by?

- Книга читается студентами каждый день после уроков

The book is read by the students every day after the lessons

- Кем был построен этот дворец?

Who was the palace built by?

- Ей только что рассказали о свадьбе Тима.

She has just been told about Tim's wedding.

- Мне сказали, что магазин был закрыт в прошлом году.

I was told that the shop was closed last year.

- Его спросили, что он делал, когда пришла Джейн.

He was asked what he was doing when Jane came.

- "Don't listen to him!" Anna said to me

Anna told me not to listen to him.

- "What do you want?" he asked me

He asked me what I wanted.

- "Did you come late yesterday?" she asked her husband

She asked her husband if he had come late the day before.

- "Why are you not reading this book?" he asked her

He asked her why she was not reading that book.

- "Have you ever seen a dolphin?" he asked the child

He asked the child if he had ever seen a dolphin.

# TALK for 1 MINUTE

## FOOD

1  
Talk about your favorite dish and how to cook it.



2  
Talk about foods you dislike the most.



3  
Talk about your country's national dishes.



4  
Talk about why healthy food is important.



5  
Talk about your favorite café or restaurant and why you like it.



6  
Talk about the most unusual food you've ever eaten.



7  
Talk about what you usually eat for breakfast/lunch/dinner.



8  
Talk about who are better cooks, women or men.



9  
Talk about fast food.



# TALK for 1 MINUTE

## FOOD

10  
Talk about table manners you know.



11  
Talk about dishes you cook the best.



12  
Talk about the best food for a party.



13  
Talk about foods you can't live without and why.



14  
Talk about GM (genetically modified) food.



15  
Talk about why people become overweight.



# Listening and Speaking

## FOOD & EATING

- 1 Is there any food or drink that you couldn't live without? How often do you eat / drink it?
- 2 Do you ever have
  - a ready-made food?
  - b takeaway food? What kind?
- 3 What's your favourite
  - a fruit?
  - b vegetable?Are there any that you really don't like?
- 4 When you eat out do you normally order meat, fish, or vegetarian?
- 5 What food do you usually eat
  - a when you're feeling a bit down?
  - b before doing sport or exercise?
  - c before you have an exam or some important work to do?



- a **1 6**) Listen to five people talking. Each person is answering one of the questions in *Food & Eating* above. Match each speaker with a question.

- 4 Speaker A  
 Speaker B  
 Speaker C

- Speaker D  
 Speaker E

# Present Simple and Continuous

- **I usually go to work by car because it's very comfortable.**
- **She likes reading the books in the morning at the balcony.**
- **They are washing the dishes now in the kitchen.**
- **Kate is listening to the new podcast of her favourite writer in the living room with her grandma.**

# Action and non-action verbs

- Common non-action verbs are *agree, be, believe, belong, depend, forget, hate, hear, know, like, love, matter, mean, need, prefer, realize, recognize, remember, seem, suppose.*



## Verbs that can be both action and non-action

A few verbs have an action and a non-action meaning, e.g. *have* and *think*.

*I have a cat now.* = possession (non-action)

*I can't talk now. I'm having lunch.* = an action

*I think this music's great.* = opinion (non-action)

*What are you thinking about?* = an action

# Use of Present Continuous

- We use Present Continuous for:

## 1) **Temporary situations**

I am staying at my friend's house until I find a good flat to rent.

## 2) **Changing situations**

The dollar is rising every day

- 1 These days, most children have too many fizzy drinks. (have)
- 2 Are you taking any vitamins at the moment? (take)
- 3 Don't eat that spinach if you don't like it. (not like)
- 4 Does your boyfriend know how to cook fish? (know)
- 5 We don't get takeaway pizzas during the week. (not get)
- 6 What is your mother making? It smells great! (make)
- 7 You look sad. What are you thinking about? (think)
- 8 The diet in my country is getting worse. (get)
- 9 How often do you eat seafood? (eat)
- 10 I don't usually cook fish. (not cook)



- 1 Come on, let's order. The waiter *comes* / *is coming*.
- 2 Kate *doesn't want* / *isn't wanting* to have dinner now. She isn't hungry.
- 3 The head chef is ill, so he *doesn't work* / *isn't working* today.
- 4 The bill *seems* / *is seeming* very high to me.
- 5 We've had an argument, so we *don't speak* / *aren't speaking* to each other at the moment.
- 6 My mum *thinks* / *is thinking* my diet is awful these days.
- 7 *Do we need* / *Are we needing* to go shopping today?
- 8 Can I call you back? *I have* / *I'm having* lunch right now.
- 9 I didn't use to like oily fish, but now *I love* / *I'm loving* it!
- 10 What *do you cook* / *are you cooking?* It smells delicious!

## Other Ways to Say

# I'm Hungry

• I need food!

• I'm famished!

• I'm freaking hungry!

• I'm so hungry I could eat a scabby horse!

• I'm craving...

• My stomach feels like my throat's been cut.

• I've got the munchies!

• I could eat the north end of a south bound bear.

• I could eat a horse.



• I'm puckish

• I'm starving!

• I'm so hungry I could eat an ox!

• My tummy is talking to me.

• I'm hungry as a bear.

• My stomach is growling.

• I'm hungry as a wolf.

• I'm Ravenous.

• My belly is touching my back.



# Mood food

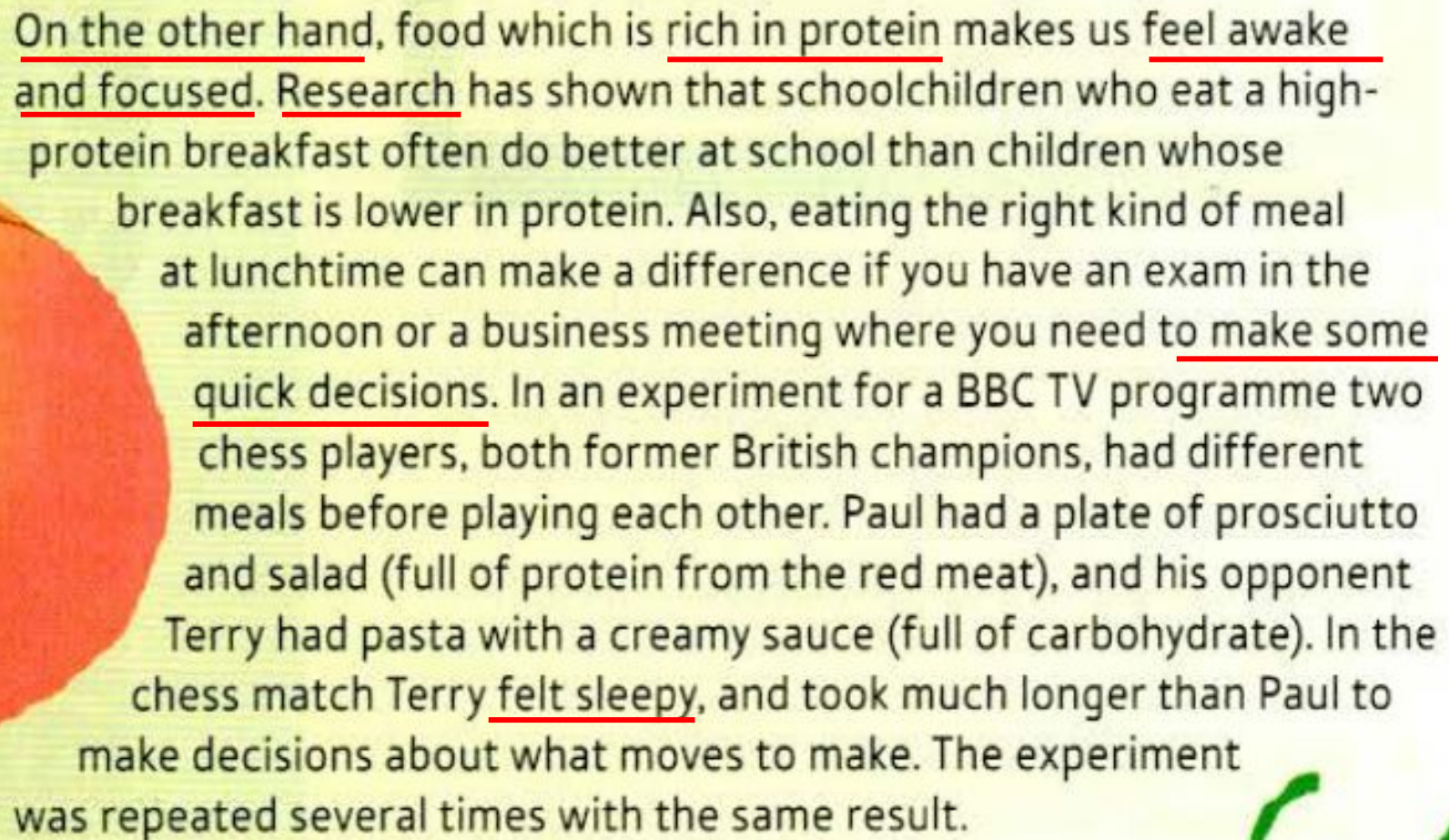


We live in a stressful world, and daily life can sometimes make us feel tired, stressed, or depressed. Some people go to the doctor's for help, others try alternative therapies, but the place to find a cure could be somewhere completely different: in the kitchen.

**D**r Paul Clayton, a food expert from Middlesex University, says 'The brain is affected by what you eat and drink, just like every other part of your body. Certain types of food contain substances which affect how you think and feel.'

For example, food which is high in carbohydrates can make us feel more relaxed. It also makes us feel happy. Research has shown that people on diets often begin to feel a little depressed after two weeks because they are eating fewer carbohydrates.

Dr Paul Clayton people on diets

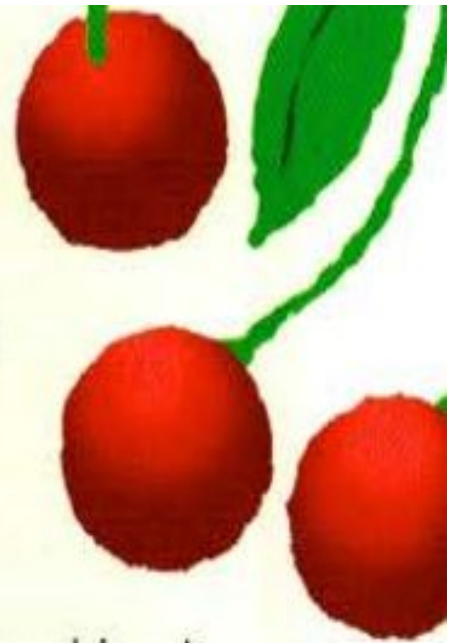


On the other hand, food which is rich in protein makes us feel awake and focused. Research has shown that schoolchildren who eat a high-protein breakfast often do better at school than children whose breakfast is lower in protein. Also, eating the right kind of meal at lunchtime can make a difference if you have an exam in the afternoon or a business meeting where you need to make some quick decisions. In an experiment for a BBC TV programme two chess players, both former British champions, had different meals before playing each other. Paul had a plate of prosciutto and salad (full of protein from the red meat), and his opponent Terry had pasta with a creamy sauce (full of carbohydrate). In the chess match Terry felt sleepy, and took much longer than Paul to make decisions about what moves to make. The experiment was repeated several times with the same result.

## Schoolchildren/ Terry and Paul

Another powerful mood food could become a secret weapon in the fight against crime. In Bournemouth in the south of England, where late-night violence can be a problem, some nightclub owners have come up with a solution. They give their clients free chocolate at the end of the night. The results have been dramatic, with a 60% reduction in violent incidents.

Why does chocolate make people less aggressive? First, it causes the brain to release feel-good chemicals called endorphins. It also contains a lot of sugar, which gives you energy, and can help stop late-night tiredness turning into aggression. These two things, together with a delicious taste, make chocolate a powerful mood changer.



## Nightclub owners

## **Mood food** – what the experts say

- Blueberries and cocoa can raise concentration levels for up to five hours.
- Food that is high in protein helps your brain to work more efficiently.
- For relaxation and to sleep better, eat carbohydrates.
- Dark green vegetables (e.g. cabbage and spinach) and oily fish (e.g. salmon) eaten regularly can help to fight depression.

- 1 What time of day do you normally eat protein and carbohydrates? How do they make you feel?
- 2 How often do you eat chocolate? Does it make you feel happier?
- 3 After reading the article, is there anything you would change about your eating habits?

# Restaurants

1. *How often do you eat out?*
2. *How important are these things to you in a restaurant? Number them 1-4 (1=is the most important)*
  - ✓ *THE FOOD*
  - ✓ *THE SERVICE*
  - ✓ *THE ATMOSPHERE*
  - ✓ *THE PRICE*
3. *Have you ever tried English food?*

# ***Restaurants***

## **ANSWER THE QUESTIONS**

- **who is the man talking?**
- **what kind of food does he make in his restaurant?**
- **where is his restaurant located?**
- **what is the owner's favourite thing about running a restaurant?**
- **what is the owner's advice?**
- **Would you want to run a restaurant?**