

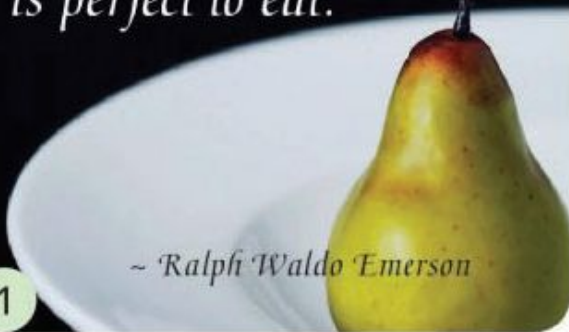
# Eating in...and out

A top-down view of various fresh ingredients on a light-colored wooden surface. In the center is a wooden tray containing a mix of nuts (almonds, walnuts, hazelnuts), seeds (sesame, sunflower), and beans. To the left are several strawberries, blueberries, and raspberries. Above the tray is a halved avocado and a bunch of fresh basil leaves. To the right is a bowl of mixed nuts and a small glass of golden oil. In the foreground, a piece of salmon is wrapped in parchment paper, and a head of broccoli is visible on the right.

- One red fruit; One yellow fruit; One green fruit
- Two kinds of food that some people are allergic to
- Three kinds of food that come from milk
- Four vegetables that you can put into salad
- Five containers than you can buy your food in
- Six things that people have for breakfast

Cake cookie fruit salad onions pasta pear tomato

There are only ten minutes in the life of a  when it is perfect to eat.

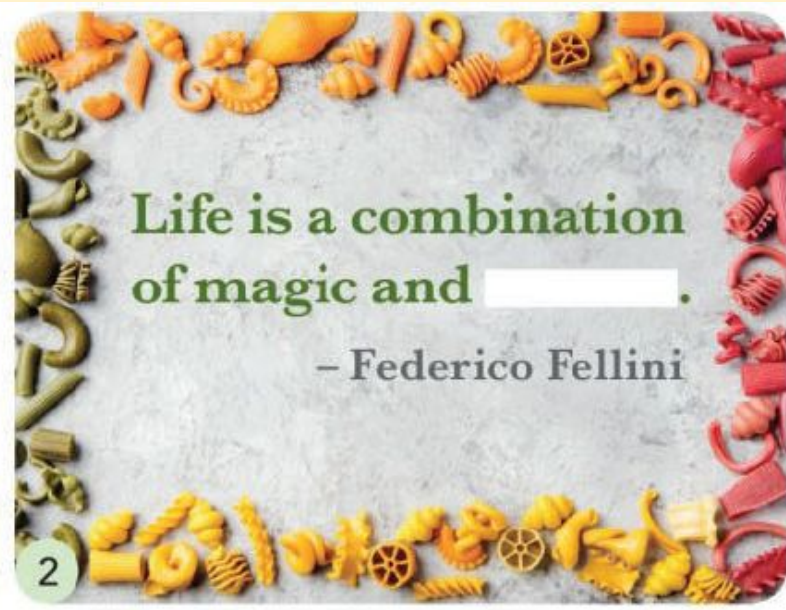


~ Ralph Waldo Emerson

1

Life is a combination of magic and .

– Federico Fellini



2


ONE DAY, I'M GOING TO MAKE THE  CRY.



3

Knowledge is knowing that a  is a fruit. Wisdom is not putting it in a .

Miles Kington



4

A PARTY without  IS JUST A meeting.

Julia Child



5

A BALANCED DIET IS A  IN EACH HAND.

– BARBARA JOHNSON



6

# Fish and seafood

1 crab /kræb/

lobster /'lɒbstə/

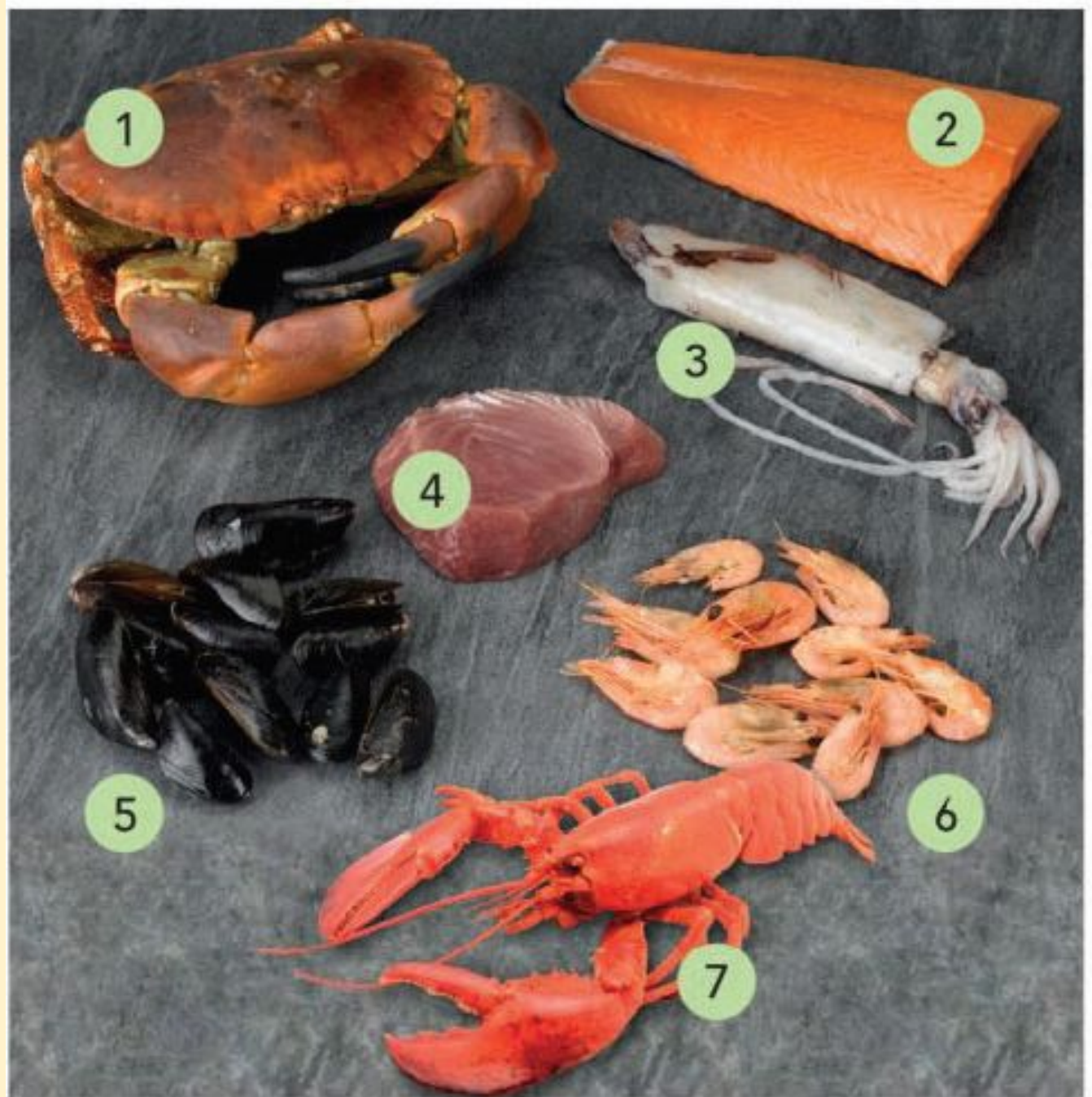
mussels /'mʌslz/

prawns /praʊnz/

salmon /'sæmən/

squid /skwid/

tuna /'tju:nə/



# Meat

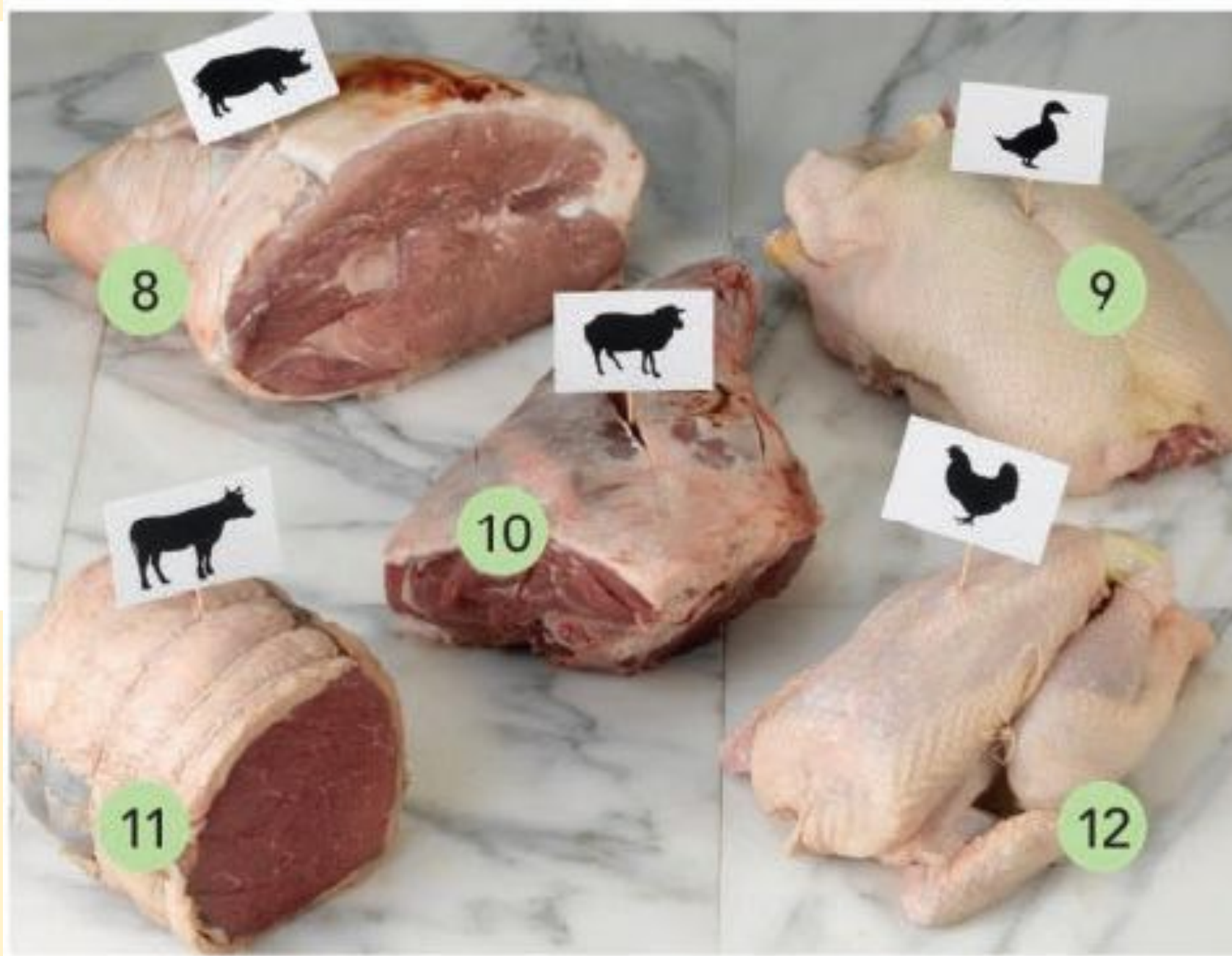
beef /bi:f/

chicken /'tʃɪkɪn/

duck /dʌk/

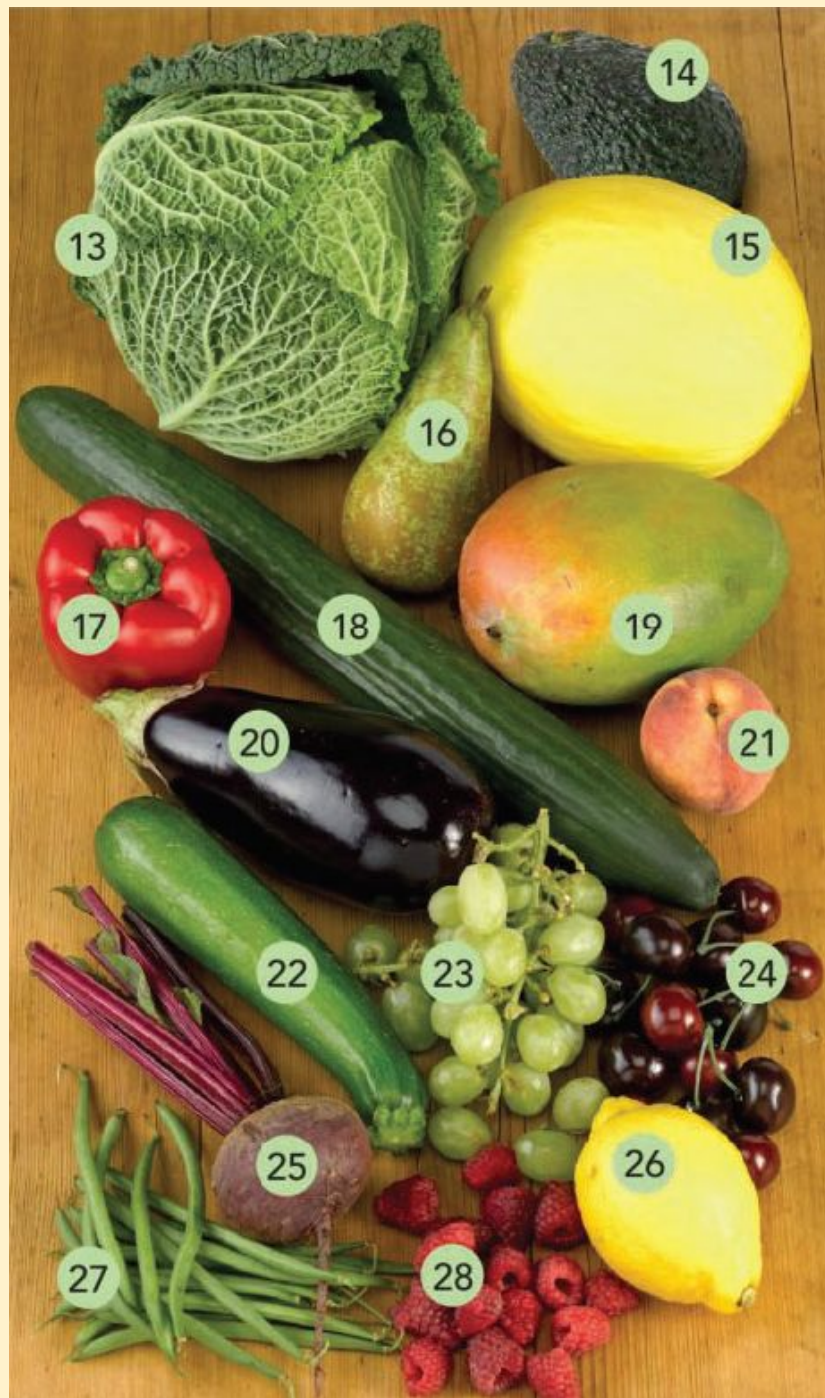
lamb /læm/

pork /pɔ:k/



## Fruit and vegetables

- aubergine /'əʊbəʒi:n/  
(AmE eggplant)
- avocado /,ævə'kɑ:dəʊ/
- beetroot /'bi:tru:t/
- cabbage /'kæbɪdʒ/
- cherries /'tʃeriz/
- courgette /kɔ:'ʒet/  
(AmE zucchini)
- cucumber /'kju:kʌmbə/
- grapes /greɪps/
- green beans /gri:n 'bi:nz/
- lemon /'lemən/
- mango /'mæŋgəʊ/
- melon /'melən/
- peach /pi:tʃ/
- pear /peə/
- raspberries /'rɑ:zbəriz/
- red pepper /red 'pepə/



down on out (x2)

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- 1 I **eat** \_\_\_\_\_ a lot because I often don't have time to cook. Luckily, there are lots of good restaurants near where I live.
- 2 I'm trying to **cut** \_\_\_\_\_  
\_\_\_\_\_ coffee at the moment. I'm only having one cup at breakfast.
- 3 The doctor told me that I should completely **cut** \_\_\_\_\_ all cheese and dairy products from my diet.

baked /beɪkt/

boiled /bɔɪld/

1 fried /fraɪd/

grilled /grɪld/

roast /rəʊst/

steamed /stiːmd/



fresh /frefʃ/    frozen /'frəʊzn/    hot / spicy /'spaisi/  
low-fat /ləʊ 'fæt/    raw /rɔː/    tinned /tɪnd/





# Eat and drink

– but at the right time!

- What time do you usually ...?
- I usually...at... What about you?
- As for me, I... And you?

get up

have breakfast

do exercise

have a coffee

have lunch

have dinner

go to bed

- 1 Why is it important to have breakfast every day when you're a teenager?
- 2 What effect does caffeine have on us if we drink it between 2.00 and 5.00 p.m.?
- 3 What's the difference between having steak and chips for lunch and having it for dinner?
- 4 Why should an early evening meal be 'delicious'?
- 5 What's the best physical activity to do  
a) early in the morning, b) in the afternoon?
- 6 Why does the body produce melatonin?

1. He \_\_\_\_\_



2. St \_\_\_\_\_

3. Li \_\_\_\_\_



4. Br \_\_\_\_\_



5. Mu \_\_\_\_\_

6. Lu \_\_\_\_\_





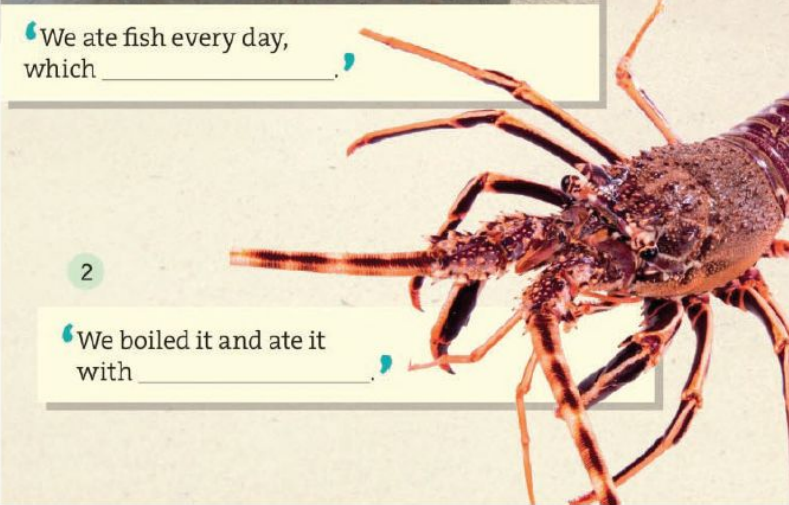
## Marianna Leivaditaki

is the head chef at Morito, a very popular restaurant on Hackney Road, in London. She was born on the island of Crete, in Greece. Her father was a Cretan fisherman and her mother was Scottish. Together they ran a seafood restaurant, which is where Marianna spent most of her childhood.



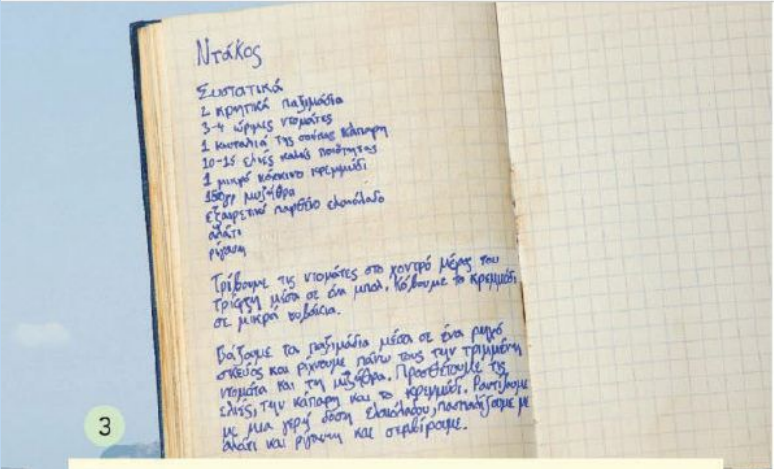
1

We ate fish every day, which \_\_\_\_\_.



2

We boiled it and ate it with \_\_\_\_\_.



3

I wrote down recipes which I wanted to cook for the family in \_\_\_\_\_.



4

My aunt, Thia Koula, had \_\_\_\_\_.



5

Occasionally, my mum used to buy me and my brother souvlaki for lunch, a sort of \_\_\_\_\_.



- 1 What three things did Marianna do before becoming a chef in London?
- 2 What was her first connection with the restaurant Moro? Why did she go back to it later?
- 3 What happened seven years later?
- 4 How is her restaurant, Morito, different from Moro?
- 5 How often does she go back to Crete? What happens when she has lunch with her old friends there?

- 1 You *don't need / aren't needing* anything except lemon and olive oil when fish and seafood is really fresh.
- 2 This week, for example, *I make / I'm making* 'ntakos', a Cretan salad...
- 3 *I go / I'm going* to Crete maybe four or five times a year.

# Present Simple



# Present Continuous

# Action and non-action verbs

A What **are** you **looking for**?  
B My car keys.  
A I'll help you in a moment.  
B But I **need** them now!  
A What **are** you **cooking**? It **smells** delicious.  
B I'm **making** pasta.  
A Great! I **love** pasta.

- Verbs which describe **actions**, e.g. *cook, make*, can be used in the present simple or continuous.
- Verbs which describe **states** or **feelings** (**NOT** actions), e.g. *be, need, love*, are **non-action verbs**. They are not usually used in the present continuous, even if we mean 'now'.

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, want*.

## 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 can't talk now. I'm having lunch.* = action (*have lunch*)

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

*What are you thinking about?* = action (*think about sth*)

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

Жареный лосось

Сырое мясо

Овощи, приготовленные на пару

Консервированные персики

Свежая малина

Кальмар

Жареная баранина

Пицца с креветками

Сладкая дыня

Стручковая фасоль

Низкокалорийный сыр

Замороженная вишня

**Circle** the correct form, present simple or continuous.

I don't believe / I'm not believing that you cooked this meal yourself.

- 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 expensive to me.
- 5 We've had an argument and now we *don't speak* / *aren't speaking* to each other.
- 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 Your cake is wonderful! It *tastes* / *is tasting* like one my mother used to make.

We don't go to Chinese restaurants very often. (not go)

- 1 I \_\_\_\_\_ high cholesterol so I never \_\_\_\_\_ fried food. (have, eat)
- 2 \_\_\_\_\_ you \_\_\_\_\_ any vitamins at the moment? (take)
- 3 Don't eat the spinach if you \_\_\_\_\_ it. (not like)
- 4 \_\_\_\_\_ your boyfriend \_\_\_\_\_ how to cook fish? (know)
- 5 We \_\_\_\_\_ takeaway pizzas once a week. (order)
- 6 What \_\_\_\_\_ your mother \_\_\_\_\_? It \_\_\_\_\_ delicious! (make, smell)
- 7 You look sad. What \_\_\_\_\_ you \_\_\_\_\_ about? (think)
- 8 I \_\_\_\_\_ the diet in my country \_\_\_\_\_ worse. (think, get)
- 9 How often \_\_\_\_\_ you \_\_\_\_\_ seafood? (have)
- 10 I \_\_\_\_\_ usually \_\_\_\_\_ red meat. (not cook)

***choose 4  
questions and  
write them  
down***

### **On a typical day**

- What / usually have for breakfast?
- / drink fizzy drinks, e.g. Coke? How many glasses / drink a day?
- Where / normally have lunch?
- What / usually have for lunch during the week?
- / ever cook? What / make?
- / prefer eating at home or eating out?

### **At the moment / Nowadays**

- / take vitamins or food supplements at the moment?
- / try to cut down on anything at the moment?
- / need to buy any food today?
- / want anything to eat right now?
- / the diet in your country / get better or worse?

# Your food profile

- 1 What's your favourite...?  
a snack b pizza **topping**  
c sandwich **filling**
- 2 Do you ever have...?  
a **ready-made** food  
b **takeaway** food  
c very hot / spicy food  
Give examples.
- 3 Are you **allergic** or **intolerant** to any food? How long have you had the problem?
- 4 What food do you usually eat...?  
a to **cheer yourself up** when you're feeling sad  
b when you're tired and don't want to cook
- 5 When you're away from home, is there any food or drink that you really **miss**?
- 6 Is there any food or drink that you couldn't live without? How often do you eat / drink it?

topping /'tɒpɪŋ/ = a layer of food that you put on top of a dish, to add flavour

filling /'fɪlɪŋ/ = food put inside a sandwich

ready-made /redi 'meɪd/ = prepared in advance so that you can eat it immediately or after heating it

takeaway /'teɪkəweɪ/ = a meal that you buy in a restaurant that cooks and sells food that you take away and eat somewhere else, usually at home

allergic /ə'lɜ:dʒɪk/ = when you react badly or feel sick when you eat sth

intolerant /ɪn'tɒlərənt/ = not able to eat particular foods without becoming ill

5 Emma

Sarah

John

Rob

James

Sean



# Do you agree?



- 1 Good service is more important than good food.
- 2 The best chefs are usually men.
- 3 Everybody should learn to cook at school.
- 4 Cheap restaurants always serve bad food.
- 5 Waiters should earn a good salary and tips should be banned.
- 6 Italian food is the best in the world.

## Agreeing and disagreeing

*I agree*

*I don't agree*

*I disagree*

*with that.*

*with you.*

*I think*

*I don't think*

*that's true.*

*you're right.*

*I think it depends.*