

## PHRASAL VERBS

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down   on   out (x2)

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**1** What's your favourite...?

a snack    b pizza **topping**

c sandwich **filling**



Do you ever have....?

a **ready-made** food

b **takeaway** food

c very hot / spicy food

Are you **allergic** or **intolerant** to any food? How long have you had the problem?

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

When you're away from home, is there any food or drink that you really **miss**?



Is there any food or drink that you couldn't live without? How often do you eat / drink it?

 1.5 Listen to six conversations. Write the food phrase you hear for each adjective in **d**.



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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?



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5

Emma

Sarah

John

Rob

James

Sean



# READING

Talk to a partner. What time do you usually...?

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?



Search the text and find six parts of the body. Which do we a) have one of, b) two of, c) more than two of?

1 he\_\_\_\_\_

2 st\_\_\_\_\_

3 li\_\_\_\_\_

4 br\_\_\_\_\_

5 mu\_\_\_\_\_

6 lu\_\_\_\_\_



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 \_\_\_\_\_.



5

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



3


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



4

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



 1.9 Now listen to Part 2 and answer the questions.

- 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 What was your favourite food when you were a child?
- 2 What kind of things did your mother or father cook? Do you still eat them?
- 3 Do you have a favourite restaurant? What do you like most about it – the food, the atmosphere, the service, or the price?

- 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.



I **live** in London. She **works** in a restaurant.

We **don't eat** meat. Jack **doesn't wear** glasses.

Where **do** you **live**? **Does** the supermarket **open** on Sundays?

**A** **Is** your sister still **going out** with Adam?



**B** No, they broke up. She **isn't going out** with anyone now.

The phone's **ringing**. Can you answer it?

House prices **are going up** very fast at the moment.



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.

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 of the senses are normally also non-action, e.g. *look, smell, taste, and sound.*



*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)

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

- 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)

## **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?



# 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.*