

# 5 Eat your heart out

## Vocabulary

food

► CB page 48

**1** Complete sentences 1–5 with the words in the box.

high-fat    low-salt    vegetarian    vitamins    well-balanced

- 1 I never eat meat – I follow a strict ..... diet.
- 2 People who are overweight are rarely told to follow a ..... diet.
- 3 It's good to give children a ..... diet, including meat, fruit and sugar.
- 4 I love fruit, vegetables and so on; I know I'm getting a diet rich in .....
- 5 Older people may be advised to follow a ..... diet for health reasons.

## Grammar

expressions of quantity

► CB page 49

**1** Choose the correct words in italics to complete the sentences.

- 1 Would you like *some/a few* rice with your chicken?
- 2 I mustn't eat too *many/much* chocolate – it's bad for me!
- 3 People who eat too *much/many* salt can suffer from high blood pressure.
- 4 I drink *hardly any/a few* coffee; if I drink too *many/much*, I can't sleep.
- 5 I buy very *few/little* eggs as I keep chickens, so I have new-laid eggs.
- 6 I eat *hardly any/a few* meat – I prefer vegetables!
- 7 There is always *many/a lot of* news about food scares these days.
- 8 There are *lots of/much* fantastic desserts at that new restaurant!

**2** Complete sentences 1–8 with *few*, *a few*, *little* or *a little*.

- 1 I knew very ..... people at the party, so I didn't stay long.
- 2 ..... of us are going to have a barbecue in the garden tonight. Do you fancy coming?
- 3 Please could I have ..... sugar – this coffee is rather strong.
- 4 I've got ..... free time this week so I can do the work if you like.
- 5 I've eaten so many already that there are only ..... chocolates left!
- 6 I knew very ..... about Thai food so I bought a cookery book to learn more.
- 7 I know ..... people who enjoy very spicy food, but not many.
- 8 People say that ..... knowledge goes a long way!



## subject/verb agreement

► CB page 49

**3** Choose the correct options in italics to complete the sentences.

- 1 Eating too much sugar *is/are* bad for young children.
- 2 Most of my friends *eats/eat* fast food regularly.
- 3 Not many people *enjoy/enjoys* raw vegetables.
- 4 There *was/were* few people in the restaurant.
- 5 It's good that there *is/are* lots of advice about healthy lifestyles.

## Use of English

Open cloze (Part 2)

► CB page 50

**1** Read the text below and think of the word which best fits each gap. Use only one word in each gap. There is an example at the beginning (0).

### Food, glorious food

**T**hese days it's very hard to get people to agree (0) *over* anything. But there's one thing we can all accept – people like food! However, what makes good food is (1) ..... a universal concept – something considered repulsive in one part of the world is a delicious lunch in another. For example, many of us (2) ..... been brought up to believe that insects are for swatting rather (3) ..... eating, but in fact (4) ..... are an important part of the diet in many places and provide a valuable source of protein. Perhaps the problem really is that we have become too unadventurous – we are now so (5) ..... to vacuum-packed, tasteless ready-made meals that we are unwilling (6) ..... try anything unusual. Yet many less obvious combinations of food can change our tastes – simple touches (7) ..... combining carrots with sugar enhances their flavour – and how about trying strawberries with a bit (8) ..... pepper? There's food out there for everyone and if you look hard enough, you are sure to find something you love.

**2** Check the answers in Activity 1 and find an example of

- 1 a comparative.
- 2 a verb + preposition.
- 3 a quantifier.
- 4 a pronoun.
- 5 an auxiliary.

## Listening

Sentence completion (Part 2)

► CB page 51

**1** Look at the text below and match the type of missing information (A–D) to sentences 1–5.

- A adjective
- B number
- C noun (x2)
- D noun – name of a subject

**2** ▶ 09 You will hear a woman called Terri Preston talking about her unusual job. For questions 1–10, complete the sentences.

### The horse nutritionist

Terri studied (1) ..... as her main subject at university.

Terri takes part in (2) ..... to monitor the health of horses.

Terri was surprised to find that horses eat (3) ..... kilos of grass every day.

One day Terri monitored very (4) ..... horses which she found physically difficult.

Terri does not like doing (5) ..... any more than she enjoys meetings.

Terri uses the word (6) ..... to describe how she feels about answering questions on the phone.

Terri is annoyed about the way (7) ..... is provided for her work.

Terri says that the best approach for people to take to a diet is (8) ..... rather than reducing what they eat.

Terri uses the example of (9) ..... as something people should eat less of if they enjoy chocolate.

Terri criticises some people in her industry for not being (10) ..... enough.



## Reading

### Multiple choice (Part 5)

#### ► CB page 52

**1** You are going to read an article about a woman who tried out a new kind of food. Read the text once quickly and choose the best title.

- 1 Is powdered food the future? Huel put to the test
- 2 It's nutritious and delicious: I'm going with Huel
- 3 Give me a hamburger every time: Huel is not for me

Last week, I posted a picture of my supper on Facebook. Never before has a post about a meal drawn so much controversy from friends. The reason? I was about to tuck into some Huel, a vegan powdered food that claims to contain everything the body needs, according to current government guidelines on nutrition.

This was on day 10 of my journey with Huel, the powdered food which has become something of a sensation. It sold out three times in the first month after its launch last year. Company founder Julian Hearn said his plan was not to replace food in our diets, but to offer a healthy, sustainable alternative to junk food and ready meals. After taking the stuff for three weeks it's a concept I've surprised myself by buying into – and I'm not alone. Some 400,000 Huel meals have been sold since June, in more than 30 countries.

Huel comes in a large, plain white bag with a scoop and instructions. One level scoop of Huel (38g) equates to 156 calories. You're advised to use an online calorie counter to calculate how many calories you should be consuming. At 167 cm and 63 kg and with a very active lifestyle, I need 2,233 calories daily to maintain my weight. I began my adventure with Huel one busy evening when, engrossed in work, I didn't want to stop to cook.

The instructions suggest adding some flavour when you start and to introduce Huel slowly. I blended three scoops with 550ml of water and a banana: a 'meal', according to the packet, and the equivalent of eating a sandwich. The first gulp of creamy, vanilla-tasting liquid seemed harmless, but the following sips got smaller as I struggled to swallow it and couldn't finish, mainly because I found it so filling. Not eating felt strange but I went to bed feeling satisfied and with no ill effects. Ordinarily, I eat very healthy meals, so I notice when I've consumed any kind of junk but not with Huel, despite feeling rather worried when I looked at the lists on the label. The main ingredients are oats,



pea protein, brown rice protein and flaxseeds followed by what looked like a load of chemicals. According to Julian Hearn these provide vitamins and minerals.

line 38

Over the first few days, I hated the sugary smell of Huel and its sweet taste, but by the end of the week, I'd got the hang of it: one meal a day, best consumed for breakfast. I found it really useful during a busy working week. It was highly convenient having my dishwasher virtually unused and my rubbish bin empty. Besides, because I intentionally restricted my calorie intake to rid my body of some excess weight I'd put on over Christmas, by the end of the week I had lost 3 kilos.

line 40

Week two was harder. On two Huel meals a day I started to really miss eating. I love cooking and eating is a highly social occasion for me. But when I did sit down to a proper meal, I savoured every single mouthful. Huel had heightened my appreciation for food. Most encouragingly though, I was feeling great. There was no difference in energy levels at the gym and my body tolerated it well.

In week three, I managed two full days of only Huel before I broke. I missed mealtimes and the therapy of cooking after a long day. But even with the experiment over, I continued with one Huel meal a day – especially when on the run, which is exactly how the powder is meant to be used.

Ironically, if I'd posted a picture of a burger from a fast-food chain on my Facebook page, it would have attracted plenty of thumbs up – but it's junk. Huel, in my opinion, is not.

**2 Read the text again. For questions 1–6, choose the answer (A, B, C or D) which you think fits best according to the text.**

- 1 What does the author think about Julian Hearn's claims for his product?
  - A She finds them surprising.
  - B She accepts them reluctantly.
  - C She doesn't believe all of them.
  - D She thinks they are exaggerated.
- 2 Why did the author start to eat Huel on the first evening?
  - A She realised she hadn't been eating properly.
  - B She recognised that she disliked cooking.
  - C She didn't have time to prepare a meal.
  - D She wasn't finding other foods satisfying.
- 3 What does 'these' in line 38 refer to?
  - A unknown possible chemicals
  - B lists on the label
  - C other healthy meals
  - D the main ingredients
- 4 What does the phrase 'got the hang of it' in line 40 mean?
  - A was preparing to do something
  - B learnt how to do something
  - C got tired of doing something
  - D realised she liked doing something
- 5 How did things change for the author in week two?
  - A She started to do more exercise.
  - B She gained a feeling of extra energy.
  - C She wanted to give up her experiment.
  - D She found what she ate more enjoyable.
- 6 At the end of the experiment, what did the author decide about Huel?
  - A It was impossible to use it regularly.
  - B She now knew how to use it properly.
  - C It was a poor substitute for normal food.
  - D Eating more of it would enable her to lose weight.

**3 Complete sentences 1–7 with the correct form of the underlined words in the text.**

- 1 They ..... the old chef with a younger woman who had studied in Barcelona.
- 2 Apparently going on a juice fast can be .....
- 3 Vegetarianism is always a ..... subject.
- 4 I'm less concerned about how food looks than how ..... it is.
- 5 Lucy found giving up sugar a real .....
- 6 Orange juice ..... the flavour of strawberries.
- 7 I was so ..... in the TV programme *Master Chef* that I didn't hear the phone.

**4 Match 1–6 with a–f to make collocations from the text.**

- |             |                          |
|-------------|--------------------------|
| 1 maintain  | a satisfied after a meal |
| 2 tuck into | b a healthy weight       |
| 3 feel      | c a meal filling         |
| 4 find      | d calories               |
| 5 sip       | e good food              |
| 6 count     | f a drink                |

**5 Read this report on the meal replacement industry. Cross out the option in italics that cannot be used.**

The market for meal replacement drinks is **(1)** *raising/expanding/growing* very rapidly. This is because health care professionals have **(2)** *raised/grown/increased* our awareness of the dangers of overeating and because interest in keeping fit has **(3)** *grown/increased/raised* considerably. A person might decide to substitute one or more meals with a healthy shake and then **(4)** *increase/double/grow* their intake so that almost all meals are replaced. Apparently the numbers of people doing this have **(5)** *increased/grown/doubled* dramatically in the last six months. Many companies producing meal replacements are **(6)** *expanding/increasing/growing* production to meet the demand.



## Grammar

### passive forms

#### ► CB page 54

#### 1 Find and correct the mistakes with passive forms in sentences 1–10.

- 1 Rice is always serve with our meals.
- 2 Are you been picked up at the station?
- 3 Turkey are eaten every year at Christmas in the UK.
- 4 The cookery book was wrote by a famous television chef.
- 5 In the past, women was expected to do all the cooking.
- 6 Too much fast food are eaten nowadays.
- 7 It is believe that people should be educated about the health benefits of regular exercise.
- 8 People are expected throw their litter in the bins.
- 9 Orders for our banquet menu must placed in advance.
- 10 She was always being ask to prepare the food for parties.

#### 2 Complete the email with the correct active or passive form of the verbs in brackets.

Dear Julia,

You'll never guess what **(1)** ..... (*happen*). Our lovely new car **(2)** ..... (*steal*)!

One day last week Jack went out to the beach for a swim and as usual he **(3)** ..... (*hide*) the car keys in the toe of his shoe. When he came out of the water, he **(4)** ..... (*not notice*) anything suspicious. It didn't look as if his clothes **(5)** ..... (*touch*). When he started to put them on, however, he realised that the keys **(6)** ..... (*take*) and when he got to the car park, of course, the car was gone too.

The police say there is a gang of car thieves who **(7)** ..... (*know*) to be operating in the area. They think Jack **(8)** ..... (*watch*) as he arrived at the beach. The thieves saw where he had parked the car and then where the keys **(9)** ..... (*hide*).

It was almost two weeks ago now and although we hope it **(10)** ..... (*find*), we're beginning to think we might never see it again.

Well, that's all from me. Write soon and tell me all your news.

Love,

Raquel

#### 3 Complete the second sentence so that it has a similar meaning to the first sentence, using the word given. Do not change the word given. You must use between two and five words, including the word given.

- 1 The chef gave him the recipe.

**WAS**

He ..... the chef.

- 2 The lecture about healthy food raised many interesting issues.

**BROUGHT**

Many interesting issues ..... the lecture about healthy food.

- 3 Mary baked the cake using six eggs.

**BAKED**

The cake ....., who used six eggs.

- 4 You can't smoke anywhere in the restaurant.

**PERMITTED**

Smoking ..... anywhere in the restaurant.

- 5 Please check that someone has washed up before you leave!

**DONE**

Please check that the ..... before you leave.

- 6 Jo had opened the restaurant by himself before Rafa joined him as his business partner.

**HAD**

The restaurant ..... Jo before Rafa joined him as his business partner.

## Speaking

### Long turn (Part 2)

#### ► CB page 55

#### About the exam:

In the Speaking test, Part 2, each candidate is asked to compare two photographs and answer another question about them. The candidate talks about the photographs for about a minute, pointing out the similarities and differences between the photographs, and then answers the question which is also written above the photographs.

#### Strategy:

Make sure you leave enough time to answer the question after comparing the photographs.

#### 1 ► 10 Listen to the instruction an examiner gives to a candidate. What does the examiner ask the candidate to do?

- 1 Compare the pictures and say how the people are feeling about being together.
- 2 Compare the photographs and say what the people are enjoying about eating in different places.

**2** Complete the candidate's comparison of the two photographs with the words in the box.

clear    if    looks    obviously  
of    see    seems    shows    similar



Both these photographs are of people eating together. The first one (1) ..... a barbecue. There are quite a lot of people so I think there must be more than one family involved. It (2) ..... to be somewhere like the USA. There are a lot of trees in the background, and green grass. Everyone (3) ..... as if they are really enjoying the barbecue and the pleasant landscape. There is a woman who is giving out food to the rest of her family and they are all smiling and laughing. I can (4) ..... men who are standing around the barbecue, so I think they are still cooking. They're (5) ..... just about to eat. The other photograph is (6) ..... a family having breakfast. It's (7) ..... to the first photograph in that everyone looks very happy and as (8) ..... they are really enjoying being together. The older child is sitting down at a table and the younger child is sitting on her mother's lap. They are all sitting at one end of the table, which seems to make it easier for everyone to talk together and it's (9) ..... that they are really enjoying that.

**3** **▶ 11** Listen to a candidate giving her response to the photographs and complete her comments.

I think we all like joining our friends and family for meals (1) ..... in the photos. It's particularly enjoyable to eat in the open air but even an ordinary meal (2) ..... in the kitchen is a good time for the family to get together and talk before the beginning of a busy working day or at the weekends (3) .....

## Writing

### Review (Part 2)

▶ CB page 56

#### About the exam:

In Part 2 of the Writing paper, you choose to write one task from three options. One of these options might be a review.

#### Strategy:

- Balance your review by writing positive and negative comments on whatever the subject is.
- You can organise your comments into separate paragraphs (one for positive comments and one for negative) or combine them into one paragraph using linking words.

**1** Look at this task and the points two students (A and B) plan to include. Which student's ideas will make a more interesting answer?

You have been given this task by your English teacher.

#### Can you be our café critic?

Have you tried a new café near your school recently? We'd like to know about the food, the place itself and the cost. Tell us whether you would recommend it to other students.

The best review will be published in the school newsletter.

**A** **Chill Out Natural Burger Bar**  
serves burgers and fruit juices  
open every day  
prices vary  
only opened about six months ago  
not popular with all my friends  
cheap lunch

**B** **Gloria's Global Salad Bar**  
wide range of healthy options with vegetarian options  
bright colours and posters on the walls  
very busy so there can be queues – but worth it  
friendly, helpful staff  
rather loud music  
some meals expensive, but there are cheap sandwiches and interesting salads

**2** A review should include positive and negative points, although it should always give a final opinion. Which points in list B are negative?

**3** Write your own review of Gloria's Salad Bar, using the points given. Decide whether your review is generally positive, and whether you would recommend the bar. Write 140–190 words.