

3 WE ARE WHAT WE EAT



GRAMMAR Countable and uncountable nouns → SB p.32

- 1 ★☆☆ Circle the correct words.
- The books *is* / *are* on my desk.
 - The milk *is* / *are* in the kitchen.
 - There *is* / *are* three English lessons this week.
 - The cheese *is* / *are* old.
 - These apples *is* / *are* very good!
 - The music *is* / *are* loud.
 - My homework tonight *is* / *are* easy.
 - There *is* / *are* water on the floor.

2a ★☆☆ Write the words in the correct columns.

apple | book | cheese | homework
lesson | milk | money | water

Countable	Uncountable
<u>apple</u>	<u>cheese</u>
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

2b ★☆☆ Now write these words in the correct columns.

butter | computer | juice | pencil | potato | shirt

a / an / some / any → SB p.32

- 3 ★☆☆ Complete the sentences with *a / an* or *some*.
- I'd like some strawberries, please.
 - We've got _____ lesson at 10 o'clock.
 - There are _____ pears in the kitchen.
 - This is _____ old recipe book.
 - Let's make _____ orange juice.
 - I'd like _____ cheese sandwich, please.
 - Can I have _____ tea, please?
 - You've got _____ nice shirts!

4 ★★☆☆ Complete the conversation with *some* or *any*.

Dad It's Mum's birthday tomorrow. Let's make a cake for her.

Alex Yeah, great idea. What do we need?

Dad Well, first we need ⁰ some sugar and ¹ _____ butter.

Alex What about fruit?

Dad We're going to make a banana cake, so we need ² _____ bananas.

Alex OK. But we've got ³ _____ oranges and strawberries here as well. Can we use them, too?

Dad Well, maybe we can put ⁴ _____ strawberries on the top of the cake, but I'm sure we don't need ⁵ _____ oranges. It's a banana cake, Alex!

Alex OK. Oh, it's going to be a great cake, Dad. But don't forget the candles. A birthday cake isn't right if there aren't ⁶ _____ candles on it.

Dad That's true!

Alex So, can we please put ⁷ _____ candles on it?

Dad Sure. Now – what do we do first?

Alex I can look online to get ⁸ _____ information about making cakes. OK?

Dad No, we haven't got time for that. Come on – let's start.

(how) much / (how) many / a lot of / lots of → SB p.32

- 5 ★★☆☆ Complete the sentences with *much* or *many*.
- How many desks are there in your classroom?
 - My school hasn't got _____ classrooms.
 - How _____ butter do we need?
 - Lola hasn't got _____ friends.
 - I haven't got _____ time before dinner.
 - How _____ legs has a spider got?
 - How _____ ice cream is there in the fridge?
 - We haven't got _____ homework tonight.

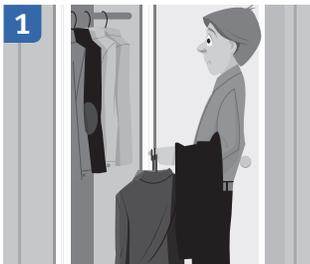
- 6 ★★☆☆ Replace *a lot of* with *much* or *many*.
- 0 There isn't a lot of sugar in my coffee. much
 - 1 There aren't a lot of people here. _____
 - 2 I haven't got a lot of friends. _____
 - 3 You haven't got a lot of music on your phone. _____
 - 4 Please don't buy a lot of crisps. _____
 - 5 I haven't got a lot of money in my wallet. _____
 - 6 Hundreds of people went to the concert, but there weren't a lot of teenagers. _____
 - 7 There isn't a lot of information in this book. _____

too many / too much / not enough + noun

→ SB p.35

- 7 ★☆☆ Complete the sentences with the words in the list.

a lot of clothes | a lot of people | a lot of traffic
 too many clothes | too many people | ~~too much traffic~~



- 0 I can't cross the road – there's too much traffic !
- 1 I've got _____. I think I'll give some old ones away.
- 2 I bought _____ yesterday.
- 3 We'll get there easily – there isn't _____ today!
- 4 I can't get on the bus – there are _____ on it!
- 5 I was really happy because _____ came to see my play.

- 8 ★★☆☆ Circle the correct options.

- 0 I can't go out tonight – I haven't got enough / I've got too much homework to do.
- 1 Let's do it later. *There isn't enough* / *There's too much* time now.
- 2 We need to go shopping; *there isn't enough* / *there's too much* food for tonight.
- 3 We can't sit down because *there aren't enough* / *there are too many* chairs.
- 4 I need to tidy my room – *there aren't enough* / *there are too many* things on the floor!

too + adjective, (not +) adjective + enough

→ SB p.35

- 9 ★☆☆ Complete the sentences with the phrases in the list.

not old enough | not tired enough
 not warm enough | too tired | too warm

- 0 I can't go to sleep – I'm not tired enough .
- 1 Sorry, you're only 12. You're _____ to see this film.
- 2 I'm _____ to go out tonight! I just want to go to bed!
- 3 What? Go for a swim in the sea? No way! The water's _____ .
- 4 I don't want to go running today. It's very sunny, so it's _____ to run.

GET IT RIGHT!

a lot of / lots of

We use *of* + noun after *a lot* and *lots*.

- ✓ There are **a lot of / lots of** restaurants in my town.
- ✗ There are ~~a lot~~ restaurants in my town.
- ✓ We've got **a lot of / lots of** water.
- ✗ We've got ~~lots~~ water.

We use *a* before *lot of* but not before *lots of*.

- ✓ There are **a lot of / lots of** tomatoes in the fridge.
- ✗ There are ~~a-lots-of~~ tomatoes in the fridge.

Correct the sentences.

- 0 There is lots food to eat.
There is lots of food to eat.
- 1 We have a lot of sandwiches and a lots of fruit.

- 2 We don't have much of milk.

- 3 There aren't a lot places to park the car.

- 4 Jo buys lots cakes and a lot ice cream.



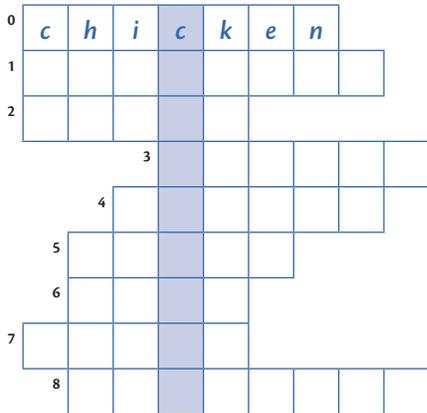


VOCABULARY

Food and drink

→ SB p.32

- 1 ★☆☆ Complete the puzzle. What is the 'mystery word'?



The mystery word is _____.

Adjectives to talk about food

→ SB p.35

- 2 ★★★★★ Circle the word that does not follow the adjective.

- | | | | |
|-----------|-----------|---------------|-----------------------|
| 0 roast | a chicken | b potatoes | c strawberries |
| 1 grilled | a soup | b fish | c meat |
| 2 boiled | a carrots | b potatoes | c salad |
| 3 fried | a pasta | b chicken | c onions |
| 4 salty | a soup | b tuna | c cake |
| 5 hot | a water | b fruit juice | c chocolate |

- 3 ★☆☆ Complete the adjectives. Then check in the word list on page 31.

- | | |
|----------------------|-----------|
| 0 de <u>l</u> icious | 5 s__t__ |
| 1 di_gu__in__ | 6 s__cy |
| 2 fa__y | 7 s__ee__ |
| 3 fr__h | 8 ta__y |
| 4 ho__ib__ | |

- 4 ★★☆☆ Look at the words in Exercise 3. Match them with the definitions.

- | | | |
|---|---|-------------------------|
| 0 | it has a very nice taste (2 words) | <u>delicious, tasty</u> |
| 1 | it has a very bad taste (2 words) | _____ |
| 2 | it has a lot of fat in it _____ | |
| 3 | it has sugar in it _____ | |
| 4 | it has a hot and strong taste (for example, curry) | _____ |
| 5 | it is in a natural condition (not from a tin or frozen) | _____ |
| 6 | it has a lot of salt in it _____ | |

- 5 ★★☆☆ Invent two dishes, one that you think is really delicious, and one that you think is really disgusting.

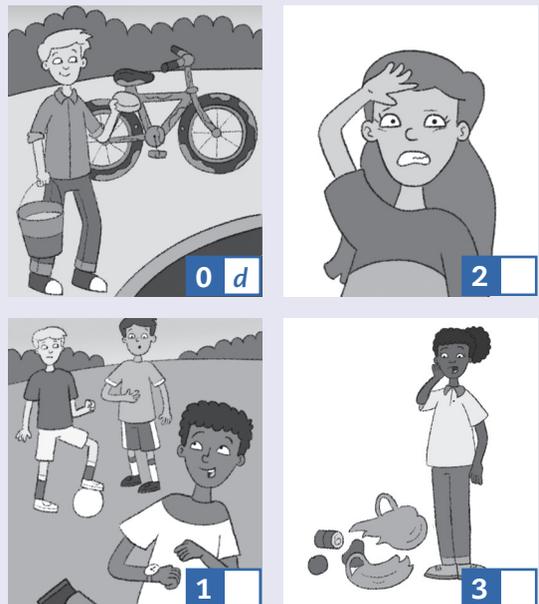
Delicious – a burger with mushrooms and cheese

Disgusting – chocolate ice cream with tuna and onions

WordWise: have got

→ SB p.33

- 6 ★☆☆ Match the sentences with the pictures.



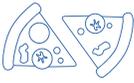
- | | |
|---|---------------------------|
| a | I've got a problem. |
| b | I've got a headache. |
| c | I haven't got time. |
| d | I've got something to do. |

- 7 ★★☆☆ Match these sentences with a–d in Exercise 6.

- | | | |
|---|--|--------------------------|
| 0 | 'Do you have another bag?' | a |
| 1 | 'I need to rest.' | <input type="checkbox"/> |
| 2 | 'I want to do it now.' | <input type="checkbox"/> |
| 3 | 'I have a piano lesson in 10 minutes.' | <input type="checkbox"/> |

 REFERENCE

FOOD



bread	fish	sausages
burgers	green beans	soup
carrots	ice cream	steak
cake	mushrooms	strawberries
cereal	onions	tacos
cheese	pancakes	tomatoes
chicken	pasta	tuna
chocolate	peppers	yoghurt
eggs	salad	

DRINK



coffee
fruit juice
hot chocolate
milk
mineral water
tea

WORDS THAT GO TOGETHER

roast vegetables	fried chicken	cheese and mushroom omelette	chocolate cake
boiled potatoes	grilled fish	tomato soup	tuna sandwich

DESCRIBING FOOD

delicious	fresh	savoury	tasty
disgusting	horrible	spicy	yummy
fatty	salty	sweet	

EXPRESSIONS WITH HAVE GOT

have got a headache	have got something to do	have got my reasons
have got time	have got a problem	

 VOCABULARY EXTRA

1 Complete the words with the missing letters.



0 b _ i _ s _ c _ u _ i _ t



1 _ u _ t _ e _ r



2 h _ _ _ _ y



3 _ i _ _



4 r i _ _ _



5 s _ _ _ d w _ _ _ h

2 Complete the sentences with your ideas. Use the names of food or drinks.

1 I really like _____ ,
_____ and _____ .

2 I don't like _____ ,
_____ or _____ .

3 I eat _____ , _____
and _____ every day.

4 I think _____ , _____
and _____ are healthy.

What food do people eat on national days and festivals in your country?
Let us know in the comments below.

CELEBRATING WITH FOOD!



CHILE EN NOGADA

Hi, I'm Alejandra and I'm from Mexico.

On 16 September, we celebrate Independence Day with a special dish called *chile en nogada*. We eat it on this day because this dish has the same colours as the Mexican flag: green, white and red! The main ingredient is a large green chilli pepper with meat, vegetables, fruit and spices inside it. There's a white sauce over the pepper and some red fruit seeds on top. Everyone loves this dish, so we make enough for all the family and that takes a long time!



MOONCAKES

Hello! I'm Li-Na from China.

We have a festival for the first full moon of autumn and some people call it the Mooncake Festival! Mooncakes are round like the moon and they look beautiful. Inside there is a sweet cream which is often made from red beans. Yes, beans in a dessert! And it tastes really good. Families get together on this special day. At night, we go outside to look at the moon, eat mooncakes and drink tea – lots of tea. How many cakes do we eat? Too many – because they are so delicious!

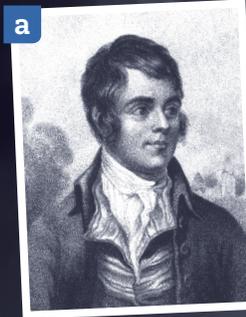


HAGGIS

Hi there! I'm Duncan from Scotland.

We always eat haggis on 25 January, Burns' Night, to celebrate the birthday of a Scottish poet, Robert Burns. Haggis is simple food made with cheap ingredients: sheep meat, vegetables and cereals – boiled in a sheep's stomach! I know, it sounds disgusting – but it's really tasty!

On Burns' Night, the haggis is at the centre of the celebrations. We stand and listen to Scottish music when my mum puts it on the table. My dad reads a famous Robert Burns' poem about a haggis, then we sit down and enjoy a good dinner.



READING

- Read the article and match photos 1–3 with photos a–c.
- Read the article again and mark the sentences C (chile en nogada), M (mooncakes) or H (haggis).
 - 0 It's part of a Chinese tradition. M
 - 1 You eat this dish to celebrate a writer.
 - 2 There are a lot of ingredients in this.
 - 3 These have sugar in them.
 - 4 The colour of the food is important.
 - 5 You drink something hot with this food.
 - 6 This food doesn't cost much to make.

- CRITICAL THINKING** Think about your country. Complete the table with examples of traditional food and drinks that people have on special days.

Celebration	
Savoury food	
Sweet food	
Drinks	

- Is food a big part of your country's traditions? Number these things in order (1 = very important, 6 = not very important) for your country.

Clothes	
Food	
Sport	
Stories/poems	
Music	
Festivals	

A recipe

1 **INPUT** Read the recipe for mushroom and red pepper omelette.

1 How long does it take to make?

2 How many people is it for?

MUSHROOM AND RED PEPPER OMELETTE

 **Time: 20 minutes**  **Serves 1**

What you need (ingredients)

2-3 eggs	Oil
100 g mushrooms	Milk
Half a small onion	Salt
Half a red pepper	Pepper

How to make it (method)

- 1 Wash and **slice** the mushrooms, onion and red pepper.
- 2 **Heat** a tablespoon of oil in a frying pan and **add** the vegetables. **Stir** and cook for about 10 minutes.
- 3 **Beat** the eggs with some milk, salt and pepper.
- 4 When the vegetables are ready, put them on a plate.
- 5 Heat another tablespoon of oil in the frying pan. When it's hot, add the eggs.
- 6 Put the vegetables on half of the omelette. Then cover them with the other half of the omelette.

Serve with a salad.



2 Read the recipe again. Answer the questions.

0 What do you cook first?

the vegetables

1 How long do you cook the vegetables?

2 What do you add to the eggs?

3 When do you cook the egg mixture?

3 Read the section 'How to make it' again. Match the verbs in bold with these definitions.

0 put an ingredient with the other ingredients add

1 move round with a spoon _____

2 make something hot _____

3 cut into thin pieces _____

4 mix quickly with a spoon or fork _____

4 **ANALYSE** Tick (✓) the correct answer.

All the verbs are in:

the present simple

the imperative

the present continuous



WRITING TIP: a recipe

- Choose a simple dish you know how to make (a sandwich, a cake).
- Write a list of the ingredients.
- Think of the actions you need to take to make your dish and write down the verbs (wash, slice).
- Use the verbs to write short, simple instructions.
- Look up the new words you need in a dictionary.

5 **PLAN** Write a plan for your recipe. Organise the information in three sections.

Name, number of servings and cooking time	
Ingredients	
Instructions	

6 **PRODUCE** Write the recipe using your plan in Exercise 5.

LISTENING

1 3.01 Listen to the conversation between Sally and Maggie. Tick (✓) the things that Sally puts in her dish.

beans	<input type="checkbox"/>	carrots	<input type="checkbox"/>
chicken	<input type="checkbox"/>	chilli peppers	<input type="checkbox"/>
garlic	<input type="checkbox"/>	meat	<input type="checkbox"/>
mushrooms	<input type="checkbox"/>	onions	<input type="checkbox"/>
potatoes	<input type="checkbox"/>	red peppers	<input type="checkbox"/>
tomatoes	<input type="checkbox"/>		

2 3.01 Listen again. Mark the sentences T (true) or F (false).

- 0 Sally is cooking something for dinner. T
- 1 Sally thinks her recipe is new.
- 2 The onions, tomatoes and red peppers are grilled together.
- 3 Sally's dish isn't spicy.
- 4 Sally uses fried meat.
- 5 They can eat Sally's food with salad and potatoes.
- 6 Maggie thinks *chilli con carne* is from Mexico.
- 7 *Chilli con carne* usually has mushrooms in it.

DIALOGUE

3 Put the words in order to make phrases.

- 0 OK / It's It's OK.
- 1 sorry / I'm / really _____
- 2 really / I / bad / feel _____
- 3 it / worry / Don't / about _____

4 Use the phrases in Exercise 3 to complete the conversation. There may be more than one possible answer.

- A Ella, do you remember that I borrowed your book?
- B Yes, I remember. Why?
- A Well – I can't find it. I haven't got it any more.
0 I'm really sorry.
- B Oh, ¹ _____, Jared. It's not a very good book!
- A ² _____, Ella. I want to buy another one for you.
- B No, Jared. ³ _____. Really. Look – I've got an idea.
- A What?
- B There's a film of the book now. It's at the cinema this weekend. Come with me to see it!
- A Oh, OK then. Thanks.



PHRASES FOR FLUENCY

→ SB p.36

5 3.02 Put the sentences in order to make a conversation. Then listen and check.

- A Well, they're from France. They're going to be here for a couple of weeks.
- B Oh really? What is it?
- A Some friends are coming next week to visit me.
- B So what?
- A 1 Hey, Fiona. I've got some news.
- B Great. I love parties!
- A Oh, I'm sorry, Fiona, I didn't mean to. Of course, I want you to come as well.
- B What about me? Don't forget me!
- B OK. Some French people are here in our town! That's good news.
- A Yes, it is. I want to have a party when they're here.
- A Me too! I'm going to invite Joe, and Charlie, and Lily, and Holly, and ...

6 3.03 Complete the conversations with the words in the list. Then listen and check.

Actually | a couple of | as well
So what | upset with | What about me

- 1 A Do you like this curry?
B Yes, it's delicious. 0 Actually, curry's my favourite food, I think. But I like other things 1 _____, of course.
- 2 A I'm going to the cinema with _____ friends.
B 3 _____? Can I come, too?
- 3 A John's very angry with you.
B 4 _____? I don't like him anyway.
- 4 A Katy isn't talking to me.
B Perhaps she's 5 _____ you.
A Probably, but I don't know why.

PRONUNCIATION

Vowel sounds: /ɪ/ and /i:/ Go to page 118.

A2 Key for Schools



READING AND WRITING

Part 2: 3-option multiple matching

1 For each question, choose the correct answer.	Jenna	Ethan	Alice
1 Who can't eat one type of food?	A	B	C
2 Who wants a job making food?	A	B	C
3 Who likes doing exercise?	A	B	C
4 Who is often very hungry?	A	B	C
5 Who prepares food for other people?	A	B	C
6 Who enjoys going out to eat?	A	B	C
7 Who doesn't eat much sweet food?	A	B	C



Jenna

I eat a lot because I need enough energy to swim! I swim three times a week and enter lots of competitions. I eat a healthy diet with a lot of fruit, vegetables, fish and pasta. But I don't eat many cakes and biscuits. After swimming practice, I'm always really hungry, so I eat bananas and drink a lot of water.

TALKING ABOUT FOOD



Ethan

I love cooking. I want to be a top chef when I grow up! I help with the cooking at home. I really enjoy making dinner with my mum or dad, because we chat while we're cooking. I usually make lunch for my sisters too when my parents are out at work. This year, I'm doing a cooking course after school, so I'm learning a lot of new recipes.



Alice

I'm careful about the food I eat because I can't eat food with milk in it. There's milk in a lot of food you buy, so I always read the ingredients! I know what I can and can't eat. My parents buy special milk made from nuts and I put it on cereals and in hot drinks. I love going to vegan restaurants because I know I can eat everything there.

EXAM GUIDE: READING AND WRITING PART 2

In A2 Key for Schools Reading and Writing Part 2, there are three short texts on the same topic and seven questions. Each question is about one of the texts and you have to choose the correct text, A, B or C.

- Read the title. This can help you understand the texts.
- Then read the three texts quickly for general comprehension.
- Read the first question and look for this information in the three texts.
- Circle the letter that corresponds to the text.
- You don't usually find the same words in the question and the texts, so look for words and phrases with similar meanings.
- Sometimes the questions summarise part of the text.