

5 Good food guide

Żywnienie ► artykuły spożywcze

► Vocabulary

Food

- 1 Podpisz owoce i warzywa. Zwróć uwagę na pisownię liczby mnogiej.

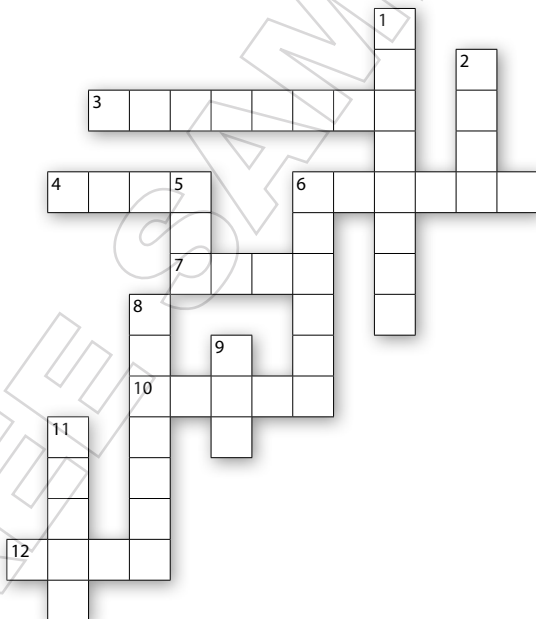


- 2 Dopasuj wyrazy z ramki do podanych definicji.

cheese chicken chips pizza rice

- 1 long thin pieces of potato we cook in hot oil
- 2 flat round bread with tomato, cheese, vegetables, meat etc. on it
- 3 a bird: we keep it for its eggs and meat
- 4 we cook and eat these small white or brown grains
- 5 a solid food made from milk

- 3 Rozwiąż krzyżówkę.



Across

- 3 You make it with eggs and eat it with chips or salad.
- 4 It swims in the sea.
- 6 Meat you eat with chips and salad in a fast food restaurant.
- 7 It comes from animals and vegetarians don't eat it.
- 10 This makes food and drinks taste sweet.
- 12 You add it to food when you're cooking.

Down

- 1 Good to eat on hot sunny days.
- 2 You can have one on your birthday.
- 5 Cold cooked meat, often in a sandwich.
- 6 It comes from milk, and you put it on bread.
- 8 Sweet snack to eat with tea or milk.
- 9 It comes from a chicken.
- 11 You make sandwiches and toast with this.

Drink

- * 4 Znajdź i popraw błędy w zdaniach.

- 1 Julia hates cold drinks so she never drinks them.
.....
- 2 You don't make milkshakes from milk.
.....
- 3 Biscuits haven't usually got any sugar in them.
.....
- 4 Mineral water is good when you want a drink.
.....
- 5 He likes hot drinks so he often drinks ice tea.
.....
- 6 They usually put salt in their tea.
.....

- 5 Uzupełnij zdania.

- 1 I drink in the morning, but I like for lunch.
- 2 My friend often eats
- 3 I never eat
- 4 We have every day.
- 5 I often eat when I'm hungry.

1 Przeczytaj tytuł tekstu z ćwiczenia 2. i popatrz na zdjęcie.

Wybierz najlepszą definicję słowa *recipe*.

- a a list of ingredients for chocolate biscuits
- b ingredients and method for cooking or preparing something
- c chemicals in chocolate and snacks

2 Przeczytaj tekst i sprawdź swoją odpowiedź.



Chocolate brownies

A favourite snack for birthdays! Try our easy recipe for chocolate brownies.

Ingredients

200 grams butter	50 grams cocoa powder
200 grams chocolate	3 eggs
100 grams flour	300 grams sugar

Method

- 1 Put the butter and chocolate into a bowl. Put the bowl on top of a pan of hot water. Melt the butter and chocolate together. Then leave it to get cool.
- 2 Whisk the eggs and sugar together in another bowl.
- 3 When the egg mixture looks thick and creamy, like a milkshake, add it to the chocolate mixture.
- 4 Mix the flour and cocoa powder together and mix them with the egg and chocolate mixture.
- 5 Put everything in a 20 cm square tin. Cook this for 25 minutes (cooker 160° C / gas 4).
- 6 Leave it to cool before you cut it into squares.

Easy ... and delicious! Why don't you try it?

4 Odpowiedz na pytania.

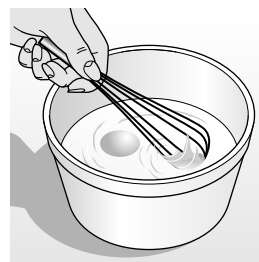
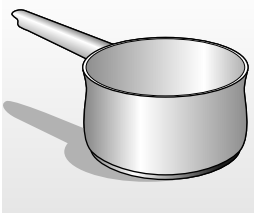
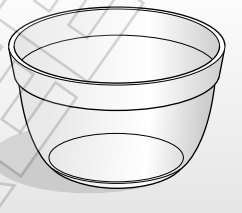
- 1 There are 50 grams of cocoa powder in the recipe. How much chocolate is there?
.....
- 2 What do you have to melt slowly over a pan of hot water?
.....
- 3 What do you mix with the flour first?
.....
- 4 What do you mix with the eggs first?
.....
- 5 What do you put into the square tin?
.....
- 6 How long do you cook the brownies for?
.....

5 Przeczytaj zdania i wybierz prawidłowe odpowiedzi.

- 1 The ingredients are what/how you cook.
- 2 The method tells you how/when to cook.
- 3 You use a mixture/powder of eggs and milk to make omelettes.
- 4 Chocolate has got cocoa powder/brown additives in it.
- 5 There is white or brown flavour/flour in bread and cakes.

6 Odpowiedz na pytania.

Do you like cooking? Why?/Why not? Would you like to cook chocolate brownies? Why?



Countable and uncountable nouns

1 Uzupełnij regułę gramatyczną wyrazami z ramki.

count countable plural uncountable

Egg, tomato and burger are examples of (a) nouns. There is a singular and a (b) form: *one egg, two eggs* etc.

Some things like *bread, milk* and *butter* do not usually have a plural form because we cannot (c) them.

Many words are both countable and uncountable. If we talk about something in general, like *coffee*, the word is (d) If we talk about individual things that we can count, for example *coffee = a cup of coffee*, the word is countable: *Can we have two coffees, please?*

2 Wpisz wyrazy z ramki w kolumnę 1 lub 2, a następnie wstaw oznaczenia w odpowiednich kolumnach 3 lub 4.

banana bread butter coffee chip egg fish ham
ice cream lemonade meat milk milkshake orange juice
rice salad salt strawberry sugar tea tomato water

1 food	2 drink	3 countable	4 uncountable

Some, any, a/an

3 Przeczytaj zdania dotyczące używania *some, any* i *a/an*. Zdecyduj, czy są prawdziwe (T – true), czy nie (F – false)

- We use *some* with uncountable nouns and plural countable nouns, in positive sentences and questions. T/F
- We use *any* with uncountable nouns and plural countable nouns, in negative sentences and questions. T/F
- We use *a/an* with singular countable nouns in all sentences and questions. T/F
- We use *an* before a vowel sound. T/F

4 Uzupełnij zdania, wpisując *some, any, a* lub *an*.

- Can I have cup of tea, please?
- We're getting apples from the tree.
- Don't give the dog cheese.
- They say eating apple every day is good for you.
- There's cheese on the table.
- Is there orange juice in the fridge?

5 Ułóż wyrazy w odpowiedniej kolejności, tak aby powstały zdania.

- biscuits / cupboard / are / any / there / kitchen / in / the / ?
.....
- orange / he / got / any / juice / hasn't
.....
- in / we've / some / salad / got / tomatoes / our
.....
- in / on / an / the / egg / table / there's / the / bowl
.....
- tree / the / red / on / there / some / are / big / apples
.....
- you / water / have / mineral / got / any / ?
.....

Grammar extension

6 Wstaw w odpowiednich miejscach w dialogu *some, any, a* lub *an*.

AMY: Have you got hot food please?

BERT: I can make you omelette. Do you like omelettes?

AMY: I do, yes. Have you got chips?

BERT: No, sorry, we haven't got chips left.

AMY: OK then, I'd like small omelette.

BERT: Sure. I've got mushrooms – would you like them with it?

AMY: No, I don't like mushrooms, thanks.

BERT: Fine. And what about drink?

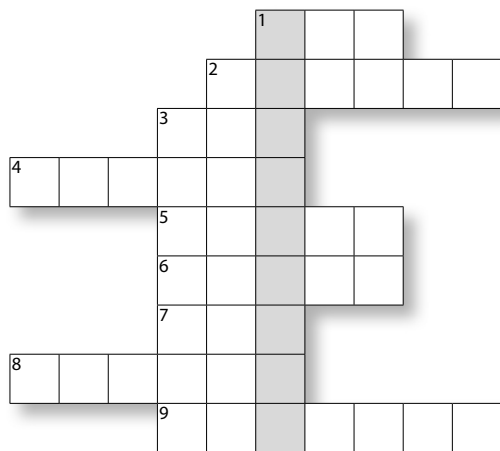
AMY: Can I have orange juice please?

BERT: Of course, here you are.

AMY: Thank you.

Containers

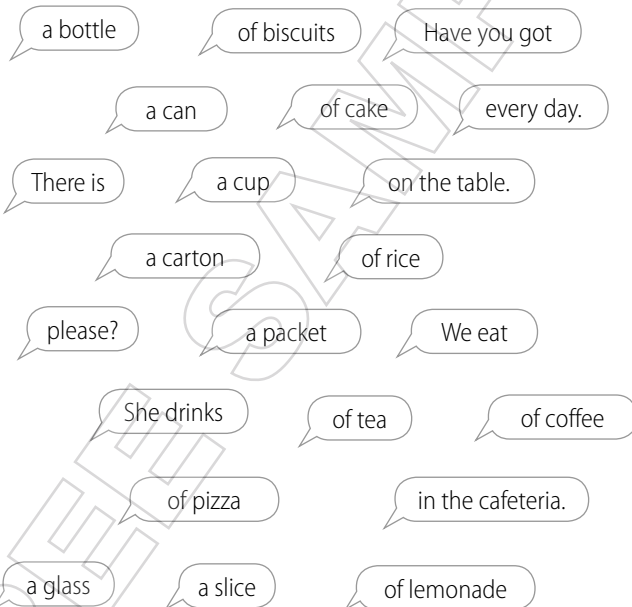
1 Rozwiąż krzyżówkę i odczytaj hasło.



- 1 Here's a big, hot of coffee for you.
- 2 He buys a of water from the supermarket.
- 3 She has a of cola with her lunch.
- 4 There's a of biscuits in the cupboard.
- 5 I'd like a of cold milk with my lunch.
- 6 Give him a big of pizza – he's hungry!
- 7 Put the mixture in the and cook it for 25 minutes.
- 8 If you like really cold lemonade, keep it in the
- 9 They buy ten of orange juice every week.

The word in the shaded column is:

* 2 Ułóż osiem zdań z podanymi wyrazami i zwrotami. Słów i zwrotów możesz użyć wielokrotnie.



- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8

Vocabulary extension

3 Uzupełnij podpisy pod zdjęciami, wstawiając wyrazy z ramki.

bag bowl jug piece plate pot



1 a of cake



2 a of chips



3 a of oranges



4 a of crisps



5 a of tea



6 a of milk

4 Przeczytaj zdania i wybierz prawidłowe odpowiedzi. W niektórych przypadkach poprawne są obie wersje.

- 1 I've got a big bag/jug of apples from the tree in the garden.
- 2 Jake wants a slice/piece of your chocolate cake.
- 3 There's a plate/bowl of sandwiches on the table.
- 4 She drinks six pots/glasses of milk every day.
- 5 How many cans/slices of pizza can you eat?
- 6 Get me a packet/bag of crisps please.

A lot of, much, many

1 Popatrz na reguły gramatyczne (a–c). Które zdanie (1–3) jest przykładem na zastosowanie poszczególnych reguł?

- a *Much* używamy w zdaniach przeczących z rzeczownikami niepoliczalnymi.
- b *Many* używamy w zdaniach przeczących z rzeczownikami policzalnymi w liczbie mnogiej.
- c *A lot of* używamy w zdaniach twierdzących i przeczących z rzeczownikami policzalnymi i niepoliczalnymi.

- 1 We don't eat a lot of roast meat.
- 2 I don't have much time to eat at lunchtime.
- 3 I don't think many people eat it at home now.

2 Przeczytaj zdania i wybierz prawidłowe odpowiedzi. W niektórych przypadkach poprawne są obie wersje.

- 1 I've got a lot of/much tomatoes on my plate.
- 2 There aren't many/a lot of biscuits in the dog's bowl.
- 3 How much/many eggs do you want?
- 4 Many/A lot of people just have fruit for breakfast.
- 5 There isn't much/many time to eat.
- 6 How much/many fat do you use to roast beef?

3 Uzupełnij zdania, wpisując *a lot of* lub *a lot*.

- 1 I don't like gravy on my plate.
- 2 There are some strawberries in the fridge, but not
- 3 Is there any meat in that sauce?
Yes, there is
- 4 British people drink tea with milk.
- 5 Eat breakfast, we don't have time for lunch.
- 6 There isn't much sugar, but I don't need

Should, shouldn't

4 Przeczytaj regułę dotyczącą używania *should* i *shouldn't*. Zdecyduj, czy jest prawdziwa (T – true), czy nie (F – false)

Should używamy w odniesieniu do czegoś,
co powinno się robić, a *shouldn't* w odniesieniu
do czegoś, czego nie powinno się robić.

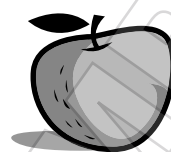
5 Przeczytaj zdania i wybierz prawidłowe odpowiedzi.

- 1 You should drink/to drink milk, it's good for you.
- 2 She shouldn't/should eat fruit and vegetables.
- 3 When should/shouldn't I mix the sugar with butter?
- 4 You should/shouldn't visit that museum. It's interesting.
- 5 Little children should wear/wearing a hat in the sun.
- 6 His mother should/shouldn't drive so fast. It's not safe.

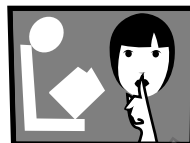
6 Popatrz na obrazki i ułóż zdania. Użyj w nich *should* lub *shouldn't*.



1 put rubbish / bin



2 eat / an apple a day



3 talk / library



4 use mobile / here



5 drink / fresh orange juice

Grammar extension

* 7 Przeczytaj list i napisz odpowiedź. Wykorzystaj poniższe notatki.

Dear Valerie

Please help me. I'm tired all the time. I finish work at ten, so I always eat late. Sometimes I just have a cheese sandwich for dinner. Chocolate gives me energy so I eat a lot of it. I have a hot drink before I go to bed – coffee usually. I go to bed at twelve, but I don't sleep well. What should I do?

Tom W.

- stop work earlier ✓
- eat cheese before you go to bed ✗
- make a healthy meal with good ingredients ✓
- eat a lot of chocolate ✗
- drink coffee late at night ✗
- go to bed earlier ✓

Dear Tom

Good luck!

Valerie

Ordering food

1 Połącz etykiety z cenami z zapisami sposobu ich wymowy.

a		b	
c		d	
e		f	

- | | |
|----------------------------|-----------------------|
| 1 eleven pounds forty-five | 4 sixty p |
| 2 one pound | 5 four pounds twenty |
| 3 three pounds thirty-five | 6 seven pounds eighty |

2 Wpisz podane wyrażenia w odpowiednie kolumny tabeli.

Can we have the bill?
What can I get you?
That's £16.75 in total.
Are you ready to order?
I'd like a milkshake please.
Could I have eggs with that?
Enjoy your meal!
I think I'll have vanilla ice cream.
Would you like any salad?
Here's your change.
How much is that?

Customer	Waiter/Waitress

3 Wybierz prawidłowe odpowiedzi.

- I think I'll have the pizza.
 - Do you want chips with that?
 - Are you ready to order?
- What can I get you?
 - How much is that?
 - I'm not ready to order, sorry.
- Can I get you anything to drink?
 - Have you got any fresh orange juice?
 - What would you like?
- Can we have the bill?
 - Enjoy your meal!
 - Yes, of course!

Talking about pictures



4 Popatrz na pierwszy rysunek i odpowiedz na pytania. Jeśli nie jesteś czegoś pewien/pewna, zacznij: *I think* lub *I imagine*.

- What place does the picture show?
- Who is in the picture?
- What are they doing?
- What time of day is it? How do you know?
- What is there to eat here?
- What would you choose?

5 Popatrz na drugi rysunek i odpowiedz na te same pytania. Jeśli nie jesteś czegoś pewien/pewna, zacznij: *I think* lub *I imagine*.



* 6 W jakich miejscach najbardziej lubisz jeść? Dlaczego?

.....

.....

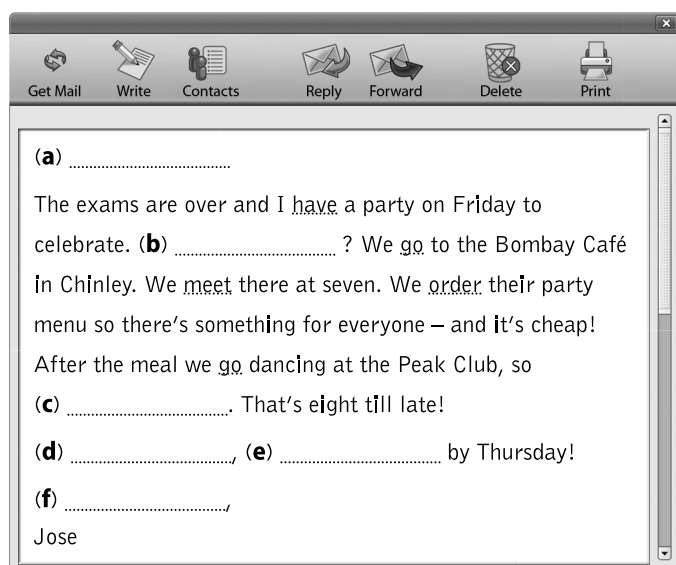
.....

.....

.....

An invitation

- *1 Przeczytaj zaproszenie. Popraw błędy w podkreślonych czasownikach.



Get Mail Write Contacts Reply Forward Delete Print

(a)
 The exams are over and I have a party on Friday to celebrate. (b) ? We go to the Bombay Café in Chinley. We meet there at seven. We order their party menu so there's something for everyone – and it's cheap! After the meal we go dancing at the Peak Club, so (c) That's eight till late! (d) (e) by Thursday! (f)
 Jose

- 2 Przeczytaj podane zwroty/wyrażenia. Uzupełnij e-mail w ćwiczeniu 2., wpisując sześć zwrotów/wyrażeń w odpowiednie luki (a–e).

please bring your own drinks
 See you
 Hi everyone!
 let me know
 it's starting at six
 bring your dancing shoes
 Can you come
 I've got some food
 Hope you can come

- 3 Przeczytaj zwroty/wyrażenia w poszczególnych grupach. W każdej z nich wskaż jeden/jedno, który/które nie pasuje do pozostałych.

- 1 Inviting
 - a Would you like to come?
 - b See you there.
 - c Can you come?
 - d Please come!
- 2 Asking for a reply
 - a Please let me know.
 - b Let me know if you can come.
 - c Tell me if you can make it.
 - d Don't be late.
- 3 Where and when to go
 - a It's starting at seven o'clock.
 - b We're meeting at Fosters.
 - c Can you come?
 - d You can come when you like.
- 4 What (not) to bring
 - a We're going to the cinema.
 - b Can you bring some burgers?
 - c I've got some drinks.
 - d Don't forget your guitar.

- 4 Pisziesz e-mail do swojego przyjaciela Sama. Wymień trzy sposoby rozpoczęcia oraz trzy sposoby zakończenia wiadomości. Pamiętaj o nieformalnym stylu wiadomości.

starting

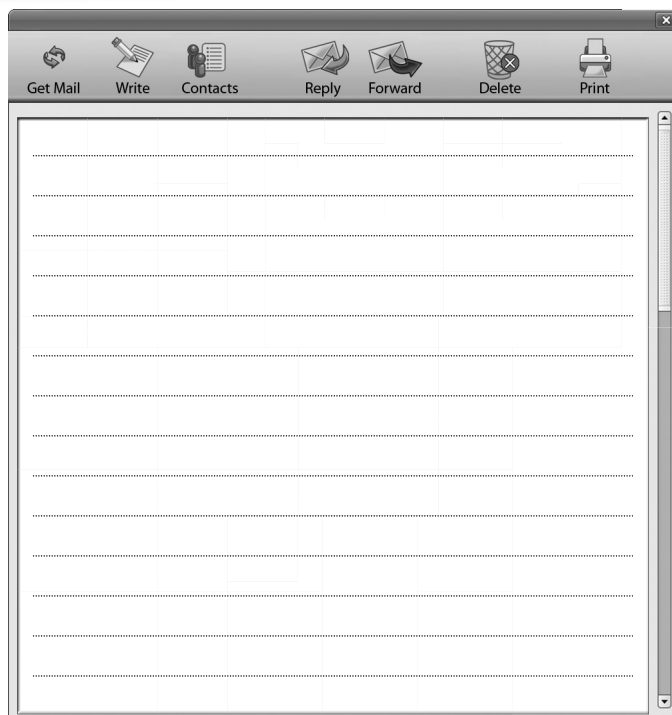
finishing

.....

- *5 Planujesz spotkanie ze znajomymi. Przeczytaj notatki i napisz zaproszenie. Użyj właściwego rozpoczęcia i zakończenia wiadomości oraz opisz, co będziecie świętować.



Party time – Saturday 14th!
 barbecue by our new swimming pool
 towels here, bring swimsuits
 4–10 pm
 we've got food and drinks
 bring CDs for dancing later

Get Mail Write Contacts Reply Forward Delete Print

.....

1 Dopasuj pytania 1–6 do odpowiednich kategorii w tabeli.

1. The text is about shops for
 - A. vegetarians.
 - B. vegans.
 - C. muslims.
2. The main ingredient of Spanish paella is
 - A. rice.
 - B. flour.
 - C. meat.
3. The author of the text
 - A. instructs the readers how to cook cheap meals.
 - B. recommends a cheap meal.
 - C. advertises cheap meals.
4. The author couldn't cook the soup because he didn't have any
 - A. meat.
 - B. salt.
 - C. tomatoes.
5. The writer of the text
 - A. recommends the best pizzeria in Rome.
 - B. describes the best pizzeria in Rome.
 - C. criticises the best pizzeria in Rome.
6. The text advertises
 - A. a food processor.
 - B. a coffee maker.
 - C. a blender.

Pytania o główną myśl tekstu	Pytania o intencje autora	Pytania o szczegółowe informacje

2 Połącz fragmenty tekstów z odpowiednimi rodzajami tekstów.

blog e-mail advertisement restaurant review recipe

1. Put the eggs into a bowl. Add salt and pepper to the eggs and mix them well with a fork.
2. Creamy Sensation Yoghurt. Now in three new fantastic flavours: apple, cappuccino and orange. Your breakfast will never be the same!
3. How is everyone doing this cold, rainy Sunday? I think you all feel like eating pancakes with maple syrup. By the way, do you know that pancakes are quite healthy food?
4. Jenny, I'm afraid I don't remember how to make mum's apple pie. Could you please send me the recipe?
5. Delicious food, friendly staff and a good atmosphere! The place is small but very pleasant. The prices are reasonable. Don't forget to make a reservation!

3 Przeczytaj ponownie fragmenty tekstów z ćwiczenia 2. i zdecyduj jakie były intencje autora każdego z tekstów.

1. to describe a meal/to give instructions/to recommend a meal
2. to compare products/to criticise a product/to recommend a product
3. to share information/to give instructions/to give advice
4. to apologise/to ask for information/to complain
5. to criticise a restaurant/to recommend a restaurant/to learn about a restaurant

► **Zadanie maturalne**

4 Przeczytaj trzy teksty związane z jedzeniem. Z podanych odpowiedzi wybierz właściwą, zgodną z treścią tekstu. Zakreśl literę A, B albo C.

1. I travel a lot and I believe that travelling not only broadens your mind, but also makes you very hungry. Trying different kinds of food while you are abroad is the best way to get to know local people and their way of life. However, in order to enjoy eating out while abroad, you must follow a few simple rules. First of all, always drink bottled water, especially if you travel to India or Africa. In fact, you should even brush your teeth with bottled water! Secondly, never eat food that looks or smells bad. Also, avoid eating unwashed fruit and vegetables. Last but not least, if you don't want to catch salmonella, don't eat uncooked or soft-boiled eggs, even if you love them.

- 4.1.** The author of the text
- A. recommends food to travellers.
 - B. criticises foreign products.
 - C. advises travellers which food to avoid.

2. Dear Mary,
Thank you for your e-mail. I'm glad you like my recipes. The chocolate cake recipe that I am sending you isn't very complicated. There're only a few very important things you have to remember. Firstly, preheat the oven to 180°C and secondly, add boiling water to the mixture and not vice versa. Also, when you remove the cake from the oven, allow it to cool completely before you take it out of the tin. This cake is perfect for your son's birthday! Write soon and tell me all about Marcus' birthday party. It's such a pity I can't come. Take care,
Lucy

- 4.2.** Mary has to remember to
- A. leave the cake in the tin until it's cool.
 - B. put the cake in the tin when it's cool.
 - C. put the cake in a tin into a cool oven.

3. We visit Curry Flurry regularly because we work nearby. We usually have lunch there but from time to time we also come at the weekend to have a proper meal. The prices are quite high but we don't mind since the food is delicious. It's true that there are a lot of restaurants in the neighbourhood which are much cheaper, but they aren't as pleasant as Curry Flurry and the food they serve is a lot worse. Some people complain about the decorations – they say they are awful but I don't think so. The interior is very colourful and cosy. Anyway, food is much more important than decorations, and I'm sure no one can complain about the meals in Curry Flurry.

- 4.3.** The text is about
- A. a good restaurant.
 - B. a cheap restaurant.
 - C. an awful restaurant.