

# 7

## Food for thought

### VOCABULARY food items • describing food

1) Write the names of the food products. Then write the name of the food category they belong to.

- 1 marchewki carrots, vegetables
- 2 kielbaski \_\_\_\_\_, \_\_\_\_\_
- 3 ser \_\_\_\_\_, \_\_\_\_\_
- 4 bułka \_\_\_\_\_, \_\_\_\_\_
- 5 burglary wołowe \_\_\_\_\_, \_\_\_\_\_
- 6 czipsy \_\_\_\_\_, \_\_\_\_\_
- 7 truskawki \_\_\_\_\_, \_\_\_\_\_
- 8 krewetki \_\_\_\_\_, \_\_\_\_\_

2) Choose the correct answers.

- 1 Which of these is a green vegetable?  
a cucumber    b onion    c grapes
- 2 Which of these is fish?  
a pork    b beef    c salmon
- 3 Which of these is NOT made with milk?  
a cream    b pancakes    c sausages
- 4 Which of these isn't fruit?  
a lemon    b broccoli    c grape
- 5 Which of these isn't sweet?  
a tomato    b honey    c cake

3) Complete the sentences with the missing words.

- 1 Is it healthy to always eat **c** \_ \_ \_ \_ **l** for breakfast?
- 2 She's allergic to dairy products – she can't even put a tiny bit of **b** \_ **t** \_ **r** in a sandwich.
- 3 You can mix fresh fruit and dairy products, like strawberries and **y** \_ \_ \_ \_ **t**, to make a healthy dessert.
- 4 When I want something sweet, I have a few **b** \_ **s** \_ \_ \_ **t** \_ with my tea.
- 5 If you want a healthy diet, start eating more fish, for example \_ \_ **n** \_.
- 6 Try to eliminate \_ \_ **z** \_ **y** drinks from your diet, such as cola.

4) Choose the correct words to complete the text.



The beginning of spring is a perfect moment to start eating more healthily. Why don't you change one thing in each of the meals you eat?

For a start, have a bowl of <sup>1</sup>**cream** / **cereal** with milk or yoghurt for breakfast. Then, when you are preparing your dinner, replace <sup>2</sup>**crisps** / **chips** with brown rice – it's a lot healthier! And make sure there are some vegetables on your plate too, like <sup>3</sup>**peppers** / **plums** or broccoli.

Finally, have some <sup>4</sup>**seafood** / **dairy** for supper, but not just a tuna sandwich – try grilled salmon instead. And remember to avoid too many <sup>5</sup>**sweets** / **chips**, as the sugar they contain can make you fat.

5) The words in bold do not match the sentences. Replace them with the appropriate words.

- 1 If I feel like eating something sweet, I sometimes eat a whole **slice** of chocolate. \_\_\_\_\_
- 2 I used almost the whole **bottle** of honey for the cake, but it still wasn't very sweet. \_\_\_\_\_
- 3 It's no wonder you've got stomach ache – you ate a **box** of crisps for breakfast. \_\_\_\_\_
- 4 When you are at the supermarket, get me a **jar** of mineral water, please. \_\_\_\_\_
- 5 The scrambled eggs will be tastier if you add a **packet** of bacon. \_\_\_\_\_
- 6 Why don't you buy her some flowers and a **bar** of chocolates? \_\_\_\_\_



### Vocabulary challenge!

6) Write appropriate adjectives to answer the questions. Then add examples of the food products that these adjectives could describe.

How do you describe

- 1 food that makes you put on weight? fattening, chips
- 2 food that makes you feel full? \_\_\_\_\_, \_\_\_\_\_
- 3 products which taste extremely good? \_\_\_\_\_, \_\_\_\_\_
- 4 something that makes a cracking sound when you bite it? \_\_\_\_\_, \_\_\_\_\_
- 5 fruit that contains a lot of juice? \_\_\_\_\_, \_\_\_\_\_
- 6 the taste of a lemon? \_\_\_\_\_, \_\_\_\_\_
- 7 food which tastes awful? \_\_\_\_\_, \_\_\_\_\_

7) Write 2–3 sentences to answer the questions.

- 1 What did you have for breakfast this morning?  
\_\_\_\_\_
- 2 What kind of food do you hate most?  
\_\_\_\_\_  
\_\_\_\_\_
- 3 What was the most unhealthy meal you had last week?  
\_\_\_\_\_  
\_\_\_\_\_

1> Read the text. Are the sentences true (T) or false (F)?



«previous

### Monica's blog

next»

I like to believe my diet is a well-balanced one. I make sure my meals include lots of vegetables and fish, I avoid ready meals and cook everything at home. I also try to eat regularly. Unfortunately, there is one thing I can't resist – it's crisps. I have no problem eating a large packet between meals, I sometimes have one in the evening just before I go to bed. Luckily, this only happens occasionally. But last week I woke up hungry in the middle of the night and had a handful of red pepper flavoured crisps. Can you believe it?



- |  |       |
|--|-------|
| 1 Monica cooks ready meals at home.              | T / F |
| 2 She doesn't eat junk food every day.           | T / F |
| 3 She eats crisps at different times of the day. | T / F |

2> MP3 10 Listen to four people talking about food. Are the sentences true (T) or false (F)? Correct the false ones.

- |  |       |
|--|-------|
| 1 Donna doesn't want anybody to know that she eats chip butties. | T / F |
| 2 Lucy always has a chocolate cake when she's at a restaurant.   | T / F |
| 3 Josie often makes cupcakes for her friends.                    | T / F |
| 4 Ned eats fast food only when he's with friends.                | T / F |
| 5 The speakers are discussing what they usually eat.             | T / F |

3> Match the words and phrases with their Polish equivalents.

- |                    |                          |                         |
|--------------------|--------------------------|-------------------------|
| 1 naughty          | <input type="checkbox"/> | a w karcie              |
| 2 guilty pleasures | <input type="checkbox"/> | b nałogowiec            |
| 3 addict           | <input type="checkbox"/> | c niegrzeczny           |
| 4 common           | <input type="checkbox"/> | d grzeszne przyjemności |
| 5 on the menu      | <input type="checkbox"/> | e powszechny            |

4> Complete the sentences with the words from exercise 3.

- Try this one – it's the best meal they've got \_\_\_\_\_.
- Everybody has their \_\_\_\_\_ – what's yours?
- My little brother is sometimes very \_\_\_\_\_ and he won't listen to anybody.
- She's a chocolate \_\_\_\_\_ – once she starts eating chocolate, she cannot stop.
- The idea of going on a wonderful new diet that will make you look slim very quickly is quite \_\_\_\_\_.

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5> Choose the correct answers.

- Takeaway is food that you
  - take to school with you.
  - buy in a restaurant or café and eat at home.
- A ready meal is something you can
  - get in a restaurant.
  - heat up in a microwave.
- Vegetarian food has no ... in it.
  - fruit
  - pork
- Junk food is full of
  - fat and sugar.
  - vitamins and minerals.
- A well-balanced meal
  - has got healthy products in it.
  - is eaten at the same time each day.

6> Complete the sentences with the appropriate words from exercise 5.

- Catherine hasn't eaten meat for six months now, so we need to make something that is \_\_\_\_\_ for her.
- When we order \_\_\_\_\_ food, it's usually a pizza.
- I don't mind buying \_\_\_\_\_ meals, but my mum's dinners are so much better!
- You can't eat yoghurt all the time – you need something \_\_\_\_\_ which contains fruit, vegetables and meat.
- The first step to a healthy diet is to stop eating all kinds of \_\_\_\_\_ food, including snacks.

### Vocabulary challenge!

7> Find and correct the mistakes in the sentences. Two sentences are correct.

- I find it difficult to keep with my diet. \_\_\_\_\_
- I can't resist drink cola. \_\_\_\_\_
- I think Sara's put on weight recently. \_\_\_\_\_
- Since mum went for a diet, I've had to change some of my eating habits, too. \_\_\_\_\_
- He's got thinner only by cutting down on bread. \_\_\_\_\_
- My dad started going to the gym to lose on weight. \_\_\_\_\_

8> Complete the text with appropriate words.

My older sister has recently decided to go on a <sup>1</sup>\_\_\_\_\_. It's mainly because she has put on a lot of <sup>2</sup>\_\_\_\_\_ recently, because her diet wasn't healthy. She just couldn't <sup>3</sup>\_\_\_\_\_ eating junk food and sweets! So, she's cut <sup>4</sup>\_\_\_\_\_ on chocolate, cupcakes, burgers, chips and she has already managed to <sup>5</sup>\_\_\_\_\_ two kilograms. Well done, Sis! I only hope she can <sup>6</sup>\_\_\_\_\_ to her diet and get even slimmer.





Articles: *a/an, the, zero article*

**Rzeczowniki policzalne** to nazwy przedmiotów i osób, które można policzyć. Mogą one występować w liczbie pojedynczej lub mnogiej:  
*a chair – chairs, an apple – apples, a person – people.*

**Rzeczowniki niepoliczalne** to nazwy cieczy, mas, uczuć lub pojęć abstrakcyjnych, których nie można policzyć. Rzeczowniki niepoliczalne występują tylko w liczbie pojedynczej i używamy ich bez rodzajnika *a/an*: *water, butter, love, time.*

**A/an**

Przedimka nieokreślonego **a** używamy z rzeczownikami policzalnymi w liczbie pojedynczej, gdy:

- mówimy o kimś lub o czymś po raz pierwszy:  
*She cooked **a** meal.*
- mówimy, że coś lub ktoś ma jakąś cechę lub należy do pewnego typu czy klasy osób bądź przedmiotów:  
*'Eat Locals' is **a** new restaurant in the city centre.*  
*Julia is **a** cook.*

Przedimka nieokreślonego **an** używamy przed wyrazami zaczynającymi się od samogłoski:  
*an orange, an apple*

**The**

Przedimka określonego **the** używamy:

- gdy mówimy o czymś lub o kimś po raz kolejny:  
*Chris cooked **a** meal. **The** meal was healthy and tasty.*
- przed przymiotnikami w stopniu najwyższym:  
*'La Strada' is **the** best Italian restaurant in town.*
- gdy chcemy zaznaczyć, że istnieje tylko jedna rzecz określonego typu lub gdy jest mowa o osobie pełniącej określoną funkcję:  
*the centre of London, the President, the sun*

**Przedimek zerowy**

Przedimków nie stosujemy przed:

- rzeczownikami niepoliczalnymi, gdy mówimy o czymś w sposób ogólny:  
*I think English food is not very good.*
- rzeczownikami w liczbie mnogiej, jeśli mówimy o kimś lub o czymś po raz pierwszy lub wspominamy kogoś lub coś w sposób ogólny:  
*Vegetables are very healthy.*  
*I often buy carrots and apples here.*
- nazwami posiłków:  
*He had breakfast at 7 o'clock.*
- imionami, nazwami ulic, miast i większości państw:  
*Lucas, Kensington Street, Warsaw, England*

**Grammar challenge!**

W wielu utartych zwrotach z czasownikami **be** i **go**, przed rzeczownikami oznaczającymi miejsca i instytucje (*bed, school, hospital, university*) oraz gdy w tych zwrotach występują rzeczowniki – nazwy różnych przedmiotów zastosowanych zgodnie z ich przeznaczeniem lub funkcją, nie stosujemy przedimka **the**. W tych zwrotach rzeczowniki nabierają znaczenia abstrakcyjnego.

- a** *It's late. I'm going to bed.*  
(Jest późno. Idę do łóżka spać.)
- b** *Look! There's a cat under the bed.*  
(Popatrz! Kot jest pod łóżkiem. – niezgodnie z jego funkcją.)
- c** *He was sick and had to go to hospital.*  
(Był chory i musiał pójść do szpitala. – żeby się leczyć.)
- d** *He went to the hospital to visit his grandpa.*  
[Poszedł do szpitala (budynku), aby odwiedzić dziadka.]

## 1) Divide the nouns below into countable and uncountable.

water biscuit pancake rice pork roll bread  
pineapple ice cream plum orange ham onion cheese

COUNTABLE	UNCOUNTABLE

## 2) Write the plural form where possible.

- 1 burger \_\_\_\_\_ 5 butter \_\_\_\_\_  
2 milk \_\_\_\_\_ 6 time \_\_\_\_\_  
3 country \_\_\_\_\_ 7 orange \_\_\_\_\_  
4 potato \_\_\_\_\_

3) Complete the sentences with **a** or **an**.

- 1 Can I have \_\_\_\_\_ sandwich, please?  
2 You need \_\_\_\_\_ onion and two carrots.  
3 Look! There is \_\_\_\_\_ old banana in your bag!  
4 I had \_\_\_\_\_ big orange for breakfast.  
5 She cooked \_\_\_\_\_ delicious meal on Sunday.

4) Complete the sentences with **a/an** or put [-] for no article.

- 1 He's \_\_\_\_\_ vegetarian – he won't prepare \_\_\_\_\_ meat for dinner.  
2 I had \_\_\_\_\_ salad for \_\_\_\_\_ lunch.  
3 \_\_\_\_\_ Tom Jenkins is \_\_\_\_\_ old friend of mine.  
4 'I'm hungry.' 'Why don't you have \_\_\_\_\_ biscuit?'  
5 Do you take \_\_\_\_\_ sugar in your coffee?  
6 I've found \_\_\_\_\_ old recipe and I'd like to try it out.  
7 My mum is \_\_\_\_\_ teacher and my dad is \_\_\_\_\_ army officer.

5) Complete the sentences with **the** or write [-] when no article is necessary.

- 1 \_\_\_\_\_ best café in the neighbourhood serves both \_\_\_\_\_ coffee and \_\_\_\_\_ tea.  
2 On \_\_\_\_\_ Sundays we always visit my \_\_\_\_\_ grandparents.  
3 Do you know any interesting \_\_\_\_\_ facts about \_\_\_\_\_ Earth?  
4 There are about 38 million people living in \_\_\_\_\_ Poland.  
5 While we were having \_\_\_\_\_ dinner, he told us \_\_\_\_\_ stories about his childhood.  
6 When I cut \_\_\_\_\_ onions, I always cry like a baby.  
7 Have you ever been to \_\_\_\_\_ Paris? It's \_\_\_\_\_ most romantic city in \_\_\_\_\_ world.

## Grammar challenge!

## 6&gt; Choose the correct answers.

- I met \_\_\_\_\_ yesterday. Her name was Martha.  
a the nice girl    b a nice girl    c nice girl
- \_\_\_\_\_ are good for your health.  
a Vegetables  
b The vegetables  
c A vegetable
- It's \_\_\_\_\_ I've ever tasted.  
a a most disgusting soup  
b most disgusting soup  
c the most disgusting soup
- Their office is in \_\_\_\_\_.  
a Grand Street in Milan  
b the Grand Street in Milan  
c Grand Street in the Milan
- \_\_\_\_\_ orbits the Earth every 27 days.  
a Moon    b A moon    c The moon
- \_\_\_\_\_ joined our class last week. \_\_\_\_\_ has moved here from the UK.  
a The new student; A boy  
b A new student; The boy  
c New student; The boy

## 7&gt; Find and correct seven mistakes in the text.



My parents and I went out for the dinner to 'Mouth Heaven' – a Italian restaurant in the London. A restaurant was full of people. We had to wait an hour for a table, but it's best restaurant in the city and we really wanted to eat there. Unfortunately, we were very disappointed, I had a pasta, but it was too salty. My parents had a pizza, but it was burnt. I'm not going to recommend a restaurant to anybody!

## 8&gt; Match the parts of the sentences.

- |   |                          |
|---|--------------------------|
| 1 Tom had to go to hospital               | <input type="checkbox"/> |
| 2 He went to the hospital                 | <input type="checkbox"/> |
| 3 She doesn't like going to school        | <input type="checkbox"/> |
| 4 Claire doesn't like going to the school | <input type="checkbox"/> |
| 5 I didn't go to church                   | <input type="checkbox"/> |
| 6 I didn't go to the church               | <input type="checkbox"/> |
| 7 Fiona's in bed –                        | <input type="checkbox"/> |
| 8 The bag is on the bed,                  | <input type="checkbox"/> |
- a when he broke his leg.  
b because she always learns that her son has done something wrong.  
c but I normally go to the service on Sunday.  
d because she thinks the lessons are boring.  
e she was tired and fell asleep quickly.  
f at least that's where I put it.  
g but I saw all the other attractions.  
h to talk to his mum, who is a nurse.

## 9&gt; Complete the sentences with a/an, the or write [-] when no article is necessary.

- I'm getting hungry. I only had \_\_\_\_\_ juice for \_\_\_\_\_ breakfast.
- We live in \_\_\_\_\_ old, but comfortable house in the suburbs of \_\_\_\_\_ Warsaw.
- A There was \_\_\_\_\_ nasty accident here yesterday. Did you see it?  
B Yes, I did. The driver of the lorry was badly injured and they took him to \_\_\_\_\_ hospital.
- Pete wants to study \_\_\_\_\_ marketing and would like to work for \_\_\_\_\_ large, international corporation.
- It's \_\_\_\_\_ most tiring journey I've ever been on. I hope \_\_\_\_\_ Rome is worth it!

## Some, any, much, many; a few, a little; a lot of

Określ **some** i **any** używamy przed rzeczownikami niepoliczalnymi oraz rzeczownikami policzalnymi w liczbie mnogiej.

**Some** stosujemy w zdaniach twierdzących, a **any** w zdaniach przeczących i pytaniach:

There is **some** milk in the fridge.

There are **some** oranges on the table.

There isn't **any** bread. There aren't **any** biscuits.

Is there **any** coffee? Are there **any** apples?

Z rzeczownikami policzalnymi używamy następujących określeń ilości:

- many** (dużo, wiele), **a lot of** (wiele), **a few** (kilka):

I don't eat **many** sweets.

We need **a lot of** potatoes to make enough chips for all of us.

Can you buy **a few** onions, please?

Z rzeczownikami niepoliczalnymi używamy następujących określeń ilości:

- much** (dużo), **a lot of** (dużo), **a little** (trochę):

Do you drink **much** water?

I need **a lot of** sugar to make the cake.

Now add **a little** salt.

## Uwaga!

Określ **much** i **many** zwykle używamy w zdaniach przeczących i pytaniach, a określenie **a lot of** w zdaniach twierdzących:

Julia has **a lot of** friends at school.

How **many** English books do you have?

Pete doesn't drink **much** milk.

## 1&gt; Complete the sentences with some or any.

- Is there \_\_\_\_\_ bread left? We could make \_\_\_\_\_ sandwiches.
- We need \_\_\_\_\_ milk to make the pancakes.
- There were \_\_\_\_\_ people waiting for me outside.
- Haven't you bought \_\_\_\_\_ vegetables?
- Here, have \_\_\_\_\_ water and you'll feel better.
- They didn't have \_\_\_\_\_ desserts on the menu.
- I'm afraid we haven't got \_\_\_\_\_ butter left.
- Don't worry about supper – I'll make \_\_\_\_\_ chips.
- Is there \_\_\_\_\_ coffee left for Tom?



## 2) Choose the most appropriate words.

- I'm afraid I haven't made **a lot of / much** tea.
- Have you got **many / a lot of** friends at school?
- Many / A lot of** people hate spinach.
- How **many / much** water do you drink a day?
- How **many / much** cups of coffee have you had today?
- Do you have **many / much** homework for tomorrow?
- Tom's invited **many / a lot of** people to his birthday dinner.
- They haven't got too **many / much** sandwiches – they might get hungry.

3) Complete each gap with **a little, a few or a lot of**.

- The weather was bad and only \_\_\_\_\_ people came to the concert.
- Now add \_\_\_\_\_ milk and mix everything together.
- \_\_\_\_\_ people order takeaway food instead of cooking at home.
- I can't leave yet – I've got \_\_\_\_\_ work to do.
- Mum let Jerry have only \_\_\_\_\_ chocolates, but he ate the whole box.
- We need \_\_\_\_\_ more time to finish this exercise, perhaps ten minutes.
- Sheila buys ready meals \_\_\_\_\_ times a week.
- I found \_\_\_\_\_ interesting recipes on her blog.

## 5) Complete the text with the words below. There is one extra phrase.

too much    how many    a little    a few    a lot    how much

I've invited <sup>1</sup> \_\_\_\_\_ guests for supper tonight and I want to make a cake. Remember the recipe you gave me? So, <sup>2</sup> \_\_\_\_\_ cups of sugar do I need? I think I added <sup>3</sup> \_\_\_\_\_ milk. Is it OK to put in more flour?

Yes, add <sup>4</sup> \_\_\_\_\_ more flour and the cake will be fine. Let me know if it's tasty.

OK, I will. Bye for now – I've got <sup>5</sup> \_\_\_\_\_ of work to do.

Good luck!

## Cumulative grammar

## 6) Read the dialogue and choose the correct answers.

**Carol** Phew! ... the trip was great and <sup>1</sup> \_\_\_\_\_ Brighton is lovely, but it's good to be back home. I'm starving, what about you?

**Ann** Yes, me too. Have a look in the fridge. What have we got?

**Carol** Not <sup>2</sup> \_\_\_\_\_. There are <sup>3</sup> \_\_\_\_\_ eggs, only four in fact, and <sup>4</sup> \_\_\_\_\_ cheese. No, forget the cheese. It's very old.

**Ann** And we haven't got <sup>5</sup> \_\_\_\_\_ bread at all. So, forget about having sandwiches. How about bacon or ham?

**Carol** Sorry, there isn't any, but the good news is there are <sup>6</sup> \_\_\_\_\_ vegetables. Let me see. We've got <sup>7</sup> \_\_\_\_\_ onion, a cucumber and <sup>8</sup> \_\_\_\_\_ tomatoes. Why don't we make a salad?

**Ann** I don't know. That won't fill me up. Let's go to <sup>9</sup> \_\_\_\_\_ restaurant, shall we?

**Carol** Well ... <sup>10</sup> \_\_\_\_\_ restaurant downstairs is still open. The food may not be <sup>11</sup> \_\_\_\_\_ best quality, but it's cheap.

**Ann** OK, let's go!

- |           |            |            |
|-----------|------------|------------|
| 1 a a     | b the      | c –        |
| 2 a many  | b much     | c some     |
| 3 a many  | b a few    | c a little |
| 4 a some  | b much     | c any      |
| 5 a much  | b any      | c a        |
| 6 a some  | b a little | c any      |
| 7 a the   | b an       | c a        |
| 8 a a few | b a little | c any      |
| 9 a a     | b –        | c the      |
| 10 a a    | b an       | c the      |
| 11 a a    | b some     | c the      |

4) Complete the sentences with **some, any, many, much, a few, a little, or a lot of**.

- How \_\_\_\_\_ times do I have to tell you not to make so \_\_\_\_\_ noise?!
- A** Is there \_\_\_\_\_ mineral water in the fridge?  
**B** Yes, there's some, but only \_\_\_\_\_.
- He's a quiet man and doesn't say \_\_\_\_\_.
- I can't make the salad – there aren't \_\_\_\_\_ tomatoes left.
- A** When are you going on holiday?  
**B** In \_\_\_\_\_ days. I am really looking forward to it.
- Why are you typing so fast? You're making too \_\_\_\_\_ mistakes!
- Hanna spends \_\_\_\_\_ time studying English, but she hasn't got \_\_\_\_\_ good marks.
- Tell Mark to buy \_\_\_\_\_ cola and orange juice.



1) Match the words with their Polish equivalents. Use a dictionary if necessary.

- |                        |                          |                                 |
|------------------------|--------------------------|---------------------------------|
| 1 powdered             | <input type="checkbox"/> | a gorzki                        |
| 2 bitter               | <input type="checkbox"/> | b w formie stałej (nie płynnej) |
| 3 search for something | <input type="checkbox"/> | c w proszku                     |
| 4 solid                | <input type="checkbox"/> | d zapobiec                      |
| 5 deal with something  | <input type="checkbox"/> | e szukać czegoś                 |
| 6 prevent              | <input type="checkbox"/> | f poradzić sobie z czymś        |
| 7 sweeten              | <input type="checkbox"/> | g posłodzić                     |

2) Read the text in exercise 3 and answer the questions.

- What was once called 'the bitter drink'? \_\_\_\_\_
- Who first created chocolate? \_\_\_\_\_
- Why are the Swiss mentioned in the article? \_\_\_\_\_
- What does the author say about strawberries in supermarkets? \_\_\_\_\_



3) Read the text again. Match headings a-e with paragraphs 1-4. There's one extra heading.

- Growing problems
- The best chocolate in the world
- The biggest chocolate consumers
- The future of chocolate
- Not just a sweet snack



1 \_\_\_\_\_

Although it's hard to believe today, the first people to use cocoa – the Aztecs and the Mayas – drank cocoa only during religious ceremonies and called it 'the bitter drink'. That's because they drank it with some added spices but without any sugar. When the Spanish conquistadores brought cocoa to Europe, the European aristocrats didn't think it was very tasty until they sweetened it. It became a fashionable dessert but also a medicine. This may be not such a bad idea because cocoa contains many healthy substances, which are good for your brain, circulation and can help prevent heart problems.

2 \_\_\_\_\_

In the 19th century the Europeans created a recipe for the world's favourite dessert – solid chocolate – from three basic ingredients: cocoa, powdered milk and sugar. Today over 7 million tons of chocolate are eaten worldwide every year and Europe is the undisputed leader here. The country at the top of the list is the home of the delicious Lindt or Milka chocolate, Switzerland, where people eat more than 9kg (over 90 bars!) a year per person.

3 \_\_\_\_\_

As people eat so much chocolate every year, you might think that chocolate producers do not need to worry about their future. This, however, is not true. Many people are worried that one day we may run out of cocoa. There are many reasons for this. For the last few years, as a result of bad weather conditions, cocoa farmers have been producing less cocoa than we consume. At the same time, this consumption has been increasing every year. Furthermore, dark chocolate, which includes more cocoa than milk chocolate, is becoming more popular these days.

4 \_\_\_\_\_

The chocolate companies and farmers are searching for ways to deal with the problem. One idea is to grow new varieties of cocoa trees, which will produce more cocoa. Although it could bring more cocoa to the markets, this might not be good news. The new type of cocoa beans may be less tasty, similar to other mass-produced fruit and vegetables, like the tomatoes or strawberries we buy in the supermarkets today. They might look delicious, but they don't have much taste.



- 4) Complete 1–5 with the phrases below. Check your answers with the text on page 69.

be hard be good have a reason at the top

- 1 \_\_\_\_\_ no taste
- 2 \_\_\_\_\_ for your heart
- 3 \_\_\_\_\_ for the problems
- 4 \_\_\_\_\_ of the list
- 5 \_\_\_\_\_ to believe

- 5) Complete the sentences with the phrases from exercise 4.

- 1 This soup has no \_\_\_\_\_, I think it needs more spices in it.
- 2 It's \_\_\_\_\_ to believe, but she's lost 15 kg in 3 months.
- 3 Strawberry cheesecake is \_\_\_\_\_ the top of the list of my favourite desserts.
- 4 Milk is good \_\_\_\_\_ your bones, that's why children should drink a lot of it.
- 5 Eating fast food can be a reason \_\_\_\_\_ many health problems.



## Revision ■ Student's Book pages 82–83

- 6) Match 1–6 with a–f to make phrases. Sometimes more than one answer is possible.

- |           |                          |              |
|-----------|--------------------------|--------------|
| 1 bake    | <input type="checkbox"/> | a apples     |
| 2 boil    | <input type="checkbox"/> | b a cake     |
| 3 chop up | <input type="checkbox"/> | c chicken    |
| 4 fry     | <input type="checkbox"/> | d an egg     |
| 5 roast   | <input type="checkbox"/> | e meat       |
| 6 peel    | <input type="checkbox"/> | f vegetables |

- 7) Find the English translations of these words in the wordsearch.

- 1 gotować ↓ \_\_\_\_\_
- 2 kolacja → \_\_\_\_\_
- 3 książka kucharska → \_\_\_\_\_
- 4 kuchnia (danego regionu) → \_\_\_\_\_
- 5 obiad/obiadokolacja → \_\_\_\_\_
- 6 podwieczorek ↓ \_\_\_\_\_
- 7 przekąska ↓ \_\_\_\_\_
- 8 przepis ↓ \_\_\_\_\_
- 9 przyprawy → \_\_\_\_\_
- 10 składnik → \_\_\_\_\_
- 11 śniadanie → \_\_\_\_\_

## Vocabulary challenge!

- 8) Choose the correct word to complete each sentence.

### 1 grill / barbecue

It's going to be a nice weekend. Let's have a \_\_\_\_\_.

Use a little salt and pepper, \_\_\_\_\_ the steak for 2–3 minutes on both sides and serve with a fresh salad.

### 2 can / tin

Could you get me a \_\_\_\_\_ of cola, please?

The fridge is almost empty. We only have a few eggs and a \_\_\_\_\_ of sardines.

### 3 dish / course

My favourite Italian \_\_\_\_\_ is lasagna.

What would you like to have for the main \_\_\_\_\_?

### 4 tasty / tasteful

This is a very elegant restaurant with \_\_\_\_\_ decorations.

Try the strawberry pancakes, they're very \_\_\_\_\_.

### 5 cooker / chef

Gordon Ramsay is a very famous British \_\_\_\_\_, who is the star of many cookery shows.

Careful! The \_\_\_\_\_ is very hot – I've just heated up some baked beans.

### 6 desert / dessert

The Sahara is the hottest \_\_\_\_\_ in the world, but it isn't the biggest.

And for \_\_\_\_\_ I think I'll have the apple pie with vanilla ice cream.

### 7 receipt / recipe

This Death by Chocolate is delicious! Could you give me the \_\_\_\_\_ please? I'd like to make it for my mum's birthday.

The food cost £27.95. It's in these bags, and here's the \_\_\_\_\_ if you want to check the prices.

E	R	P	S	Z	Q	X	O	T	P	I	A	C
S	E	K	Q	S	U	P	P	E	R	R	U	S
N	C	K	P	C	O	O	K	B	O	O	K	U
A	I	N	G	R	E	D	I	E	N	T	T	D
C	P	X	S	B	R	E	A	K	F	A	S	T
K	E	Y	K	H	R	C	W	E	P	B	S	E
X	C	D	C	P	I	D	I	N	N	E	R	A
L	V	A	O	R	E	S	P	I	C	E	S	C
U	Q	Y	O	C	U	I	S	I	N	E	S	O
W	P	C	K	O	K	C	B	D	X	Y	T	L

### 1) Complete the sentences with the missing words.

- What kind of water would you like? **S** \_\_\_\_\_ or **s** \_\_\_\_\_?
- I don't drink coffee. I'd **I** \_\_\_\_\_ a green tea, please.
- Two coffees to **t** \_\_\_\_\_ away, please.
- A **s** \_\_\_\_\_ or double hamburger for you?
- Would you like some extra **t** \_\_\_\_\_ on your pizza?
- 'How **m** \_\_\_\_\_ i \_\_\_\_\_ it?'  
'**T** \_\_\_\_\_ £11, please.'
- How long **w** \_\_\_\_\_ I **h** \_\_\_\_\_  
**t** \_\_\_\_\_ wait?
- Would you like to pay by **c** \_\_\_\_\_ or by credit card?

### 2) Match the questions with the answers. Sometimes more than one answer is possible.

- Hello, what can I get for you?
- Is that to take away?
- Would you like any extra garlic sauce with it?
- My friend is a vegetarian. Do you have any pasta without meat?
- Anything to drink?
- Black or white?
- Anything else?

☐  
☐  
☐  
☐  
☐  
☐  
☐

- How about the one with a mushroom and cream sauce?
- No, thanks, just the regular tomato one.
- No, eat in, please.
- White, please.
- No, thanks. That's all.
- Hi, I'd like a medium pizza, please, with pepperoni and onions.
- Two orange juices, please. And two small coffees.



### 3) Write a short dialogue. Use the phrases and ideas from exercises 1 and 2 to help you.

#### EXAM TASK ⌚ 4 minuty

Pracujesz jako kelner/kelnerka w pizzerii i rozmawiasz z klientem, który zamawia jedzenie dla siebie i rodziny (żona jest wegetarianką, a dziecko ma 5 lat). W rozmowie porusz poniższe cztery kwestie.

dania główne  
i napoje

desery

ceny i formy  
płatności

czas oczekiwania  
na posiłek

Rozmowę rozpoczyna zdający.

### 1) Find and correct a mistake in each sentence.

- Why don't ask everybody to bring something to eat?  
\_\_\_\_\_
- I have a birthday party on Saturday.  
\_\_\_\_\_
- Thank you for invite me.  
\_\_\_\_\_
- I suggest to buy one big present from everybody.  
\_\_\_\_\_
- Please get with touch as soon as possible so we can start the preparations.  
\_\_\_\_\_
- Maybe you could help me in that?  
\_\_\_\_\_
- I could baking the birthday cake.  
\_\_\_\_\_

### 2) Complete the sentences with the words below.

know invite place make (x2) sort touch throw

- I guess the first thing we need to do is get in \_\_\_\_\_ with everybody.
- I'm writing to invite you to a barbecue party at my \_\_\_\_\_ next Friday.
- Maybe Jake could \_\_\_\_\_ this out?
- I think it would be fun to \_\_\_\_\_ a party like that.
- I'm afraid I won't be able to \_\_\_\_\_ it.
- We need to \_\_\_\_\_ sure they can come.
- Maybe we could \_\_\_\_\_ Paul too.
- Let me \_\_\_\_\_ what you think about this!

### 3) Read the instructions and do the exam task.

Use the phrases from exercises 1 and 2 to help you.

**EXAM TASK** Postanowiłeś/Postanowiłaś zorganizować urodzinowe przyjęcie-niespodziankę (*surprise birthday party*) dla swojego przyjaciela. Napisz e-mail (80–130 słów) do koleżanki, która mogłaby pomóc w organizacji przyjęcia i:

- zaproponuj czas i miejsce imprezy, podając uzasadnienie;
- zapytaj o sugestie dotyczące listy gości i prezentów;
- powiedz, co Ty chcesz przygotować;
- poproś o pomoc w organizacji poczęstunku i przygotowaniu miejsca.

Rozwiń swoją wypowiedź w każdym z czterech podpunktów.





1) Choose the answer a, b or c which means the same as the Polish parts of the sentences in brackets.

- Thank you \_\_\_\_\_ (*ze zaprosiłaś mnie*) to your party!  
a for inviting me  
b that she invited me  
c on your invitation
- \_\_\_\_\_ (*Ile*) sandwiches do you have?  
a How much  
b What number  
c How many
- I think you need to add \_\_\_\_\_ (*trochę*) cream and it will be perfect.  
a some  
b a few  
c a little
- \_\_\_\_\_ (*Lody*) we ate yesterday tasted delicious, do we have more?  
a Ice cream  
b An ice cream  
c The ice cream
- I found \_\_\_\_\_ (*przepis na*) a healthy snack that contains my two favourite things – salmon and pineapple.  
a a recipe for  
b the guide to  
c a cookbook with

2) Choose the correct answers to complete the mini-dialogues.

- X I'd like a bottle of still water, please.  
Y \_\_\_\_\_  
a Sorry, we've run out of it. Is sparkling OK?  
b Are you still looking for it?  
c I don't. I prefer sparkling.
- X A large coffee, please.  
Y Anything else with that?  
X \_\_\_\_\_  
a Yes, with milk and sugar.  
b No, thanks, that's all.  
c Anything you like.
- X \_\_\_\_\_  
Y It's 10 pounds, please.  
a Do you have any money?  
b A large pizza with dessert costs 8 pounds.  
c How much is it?
- X How long will we have to wait?  
Y \_\_\_\_\_  
X That's too long. We'll have a coffee to take away then.  
a About half an hour.  
b We don't have to wait if you don't want to.  
c We've been waiting for almost an hour. I'm tired.

Challenge!

3) Read the text and choose the correct answers.

Are you one of these people who find it difficult to lose weight before the summer season? And summer is definitely the worst time to <sup>1</sup> \_\_\_\_\_ a diet. Everywhere you look, there is something <sup>2</sup> \_\_\_\_\_ that you just have to try. There are fruit cakes, strawberries with cream, and of course <sup>3</sup> \_\_\_\_\_ ice cream. On the other hand, in the summer there are a lot of fresh vegetables, so you could probably live on salads for some time. After all it's very easy to <sup>4</sup> \_\_\_\_\_ up some vegetables and mix them together. But would people really enjoy it for the whole summer? Most of us simply can't <sup>5</sup> \_\_\_\_\_ a bowl of chocolate ice cream, or two, or three. But that's the problem with sweets – people tend to either eat a lot of them or they try not to eat <sup>6</sup> \_\_\_\_\_ sweets at all, which is simply impossible. This year do something different. Try to cut <sup>7</sup> \_\_\_\_\_ on sweets slowly. It's much easier! And if you also do some exercise, you might be pleasantly surprised!



- |                |            |             |            |
|----------------|------------|-------------|------------|
| 1 a go on      | b get to   | c keep up   | d be at    |
| 2 a disgusting | b topping  | c delicious | d sour     |
| 3 a the        | b an       | c a         | d –        |
| 4 a peel       | b chop     | c fry       | d boil     |
| 5 a resist     | b disagree | c lose      | d miss     |
| 6 a some       | b a few    | c any       | d a little |
| 7 a off        | b in       | c down      | d with     |


Error correction

4) Find and correct a mistake in each sentence.

- We don't have some juice.  
\_\_\_\_\_
- We have a little slices of pizza, do you think that's enough for dinner?  
\_\_\_\_\_
- I'd like a bar of biscuits, please.  
\_\_\_\_\_
- I don't like sandwiches without the butter, they're too dry.  
\_\_\_\_\_
- My favourite meat is beaf.  
\_\_\_\_\_
- Everybody know that vegetables are good for you.  
\_\_\_\_\_
- ★ Harry is studying restaurant management at the university.  
\_\_\_\_\_
- ★ She shouldn't eat such fattening foods, she has put up a lot of weight recently.  
\_\_\_\_\_

- 1) **EXAM TASK** Przeczytaj poniższe teksty. Z podanych odpowiedzi wybierz właściwą, zgodną z ich treścią. Zakreśl literę A, B albo C.

Tekst 1.

 I love eating out! In my town there's a wide choice of restaurants – Chinese, Italian, Mexican – whatever you want. I really enjoy trying different dishes, but trying to recreate their recipes at home is even more fun. It's like solving a puzzle. What are the main ingredients? How much salt and sugar should I add? Did they use any spices? Unfortunately, some of my experiments taste absolutely disgusting, but if I finally get it right, they're often better than the original!

- 1 This text is about  
A the town's new restaurants.  
B somebody who can't cook.  
C a culinary hobby.

Tekst 2.

Hi Jennifer,  
So, here's my news. Guess what? I went to that new Italian place you told me about. I wanted to invite Ann, but she won't be back from Paris for another three weeks, so I took my sister instead. I must say the food was great. Unfortunately, we had to wait half an hour just to place an order and then another hour to get our food. And that spoiled all the fun. Can you imagine that when I told the waiter about the situation, he was really rude? Why didn't you tell me to just order a takeaway there? That seems the only smart thing to do. Anyway, write back soon!  
Ben

- 2 Ben wrote this email to  
A complain about the service.  
B invite somebody to a restaurant.  
C explain why he went to the restaurant.

Tekst 3.

## COME AND CHECK OUT OUR NEW Restaurant

We have a huge variety of tasty dishes for everybody. Our menu includes tasty vegetarian meals dishes, excellent meat dishes as well as many delicious desserts. All of the food is based on traditional local ingredients, put together in new original ways.

Our dishes are never what you think they will be! And every weekend this summer different celebrities, such as famous chefs or cookbook writers, will be cooking their favourite dishes for you.

So, don't wait, book a table today.  
We're open Tuesday to Sunday 5–11 p.m.

- 3 The advertisement says that this restaurant  
A has a famous chef.  
B serves unusual dishes.  
C is not suitable for those who eat meat.

- 2) Divide phrases 1–7 into two groups.

Making a choice	Rejecting the other options

- I definitely wouldn't order it because ...
- I think I'd choose it because ...
- I'd prefer ... because ...
- I don't think I'd choose ... because ...
- What's more, it isn't as tasty / healthy as ...
- It looks good because ...
- Moreover, I'm not really keen on ...

- 3) Do the exam task and answer the two questions. Use the phrases from exercise 2 to help you.

**EXAM TASK** ⌚ 5 minut

Masz ochotę na lunch. W barze koło szkoły są do wyboru trzy dania.

- Wybierz jedno z nich i uzasadnij swój wybór.
- Wyjaśnij, czemu odrzucasz pozostałe dania.



- What does it mean to have a healthy diet?
- Some people say that school shops should not sell any sweets or crisps. Do you agree? Why?/Why not?

- 4) Read the instructions and do the exam task.

**EXAM TASK** Zbliża się rocznica ślubu Twoich rodziców i razem z rodziną postanowiliście zorganizować dla nich przyjęcie w restauracji. Znalazłeś/Znalazłaś w Internecie restaurację, której menu bardzo Ci odpowiada. Napisz do tej restauracji e-mail (80–130 słów) i:

- wyjaśnij, jakie przyjęcie chcesz zorganizować i w jakim terminie;
- napisz, jakie rodzaje potraw Cię interesują;
- podaj ilość gości i zapytaj o cenę takiego przyjęcia;
- zapytaj o możliwość zamówienia tortu oraz dekoracji sali i podaj szczegóły.

Rozwiń swoją wypowiedź w każdym z czterech podpunktów. Oceniana jest umiejętność pełnego przekazania informacji (4 punkty), spójność i logika wypowiedzi (2 punkty), bogactwo językowe (2 punkty) oraz poprawność językowa (2 punkty).

Dear Sir/Madam  
I would like to organise a party in your restaurant.

Best wishes,  
XYZ