

# 6

## More than food

### VOCABULARY food and technology • cooking

#### 1) Choose the correct answer.

- The article I've read \_\_\_\_\_ all vegan restaurants in Warsaw according to popularity.  
a ranks                      b regulates                      c doubles
- One way of fostering healthy eating habits among school children is to \_\_\_\_\_ information about the potential consequences of poor diets.  
a develop                      b disseminate                      c discard
- Recent research has shown that \_\_\_\_\_, such as, for example, common potatoes and yams, have some important nutritional benefits.  
a herbs                      b grains                      c tubers
- Some chefs use very imprecise measurements in their recipes, such as a \_\_\_\_\_ of butter or a handful of flour.  
a clove                      b block                      c knob
- Some people rinse pasta after \_\_\_\_\_ and add a bit of olive oil to make the noodles less sticky.  
a heating                      b draining                      c trimming

#### 2) Replace the words and phrases in bold with the words below that have a similar meaning. Then put the sentences in the correct order to make two separate texts.

resistance    delectable    bring in    discard    disseminate  
employ

- However, sometimes the **appetizing** peppers you can see at a greengrocer's are full of pesticides and fertilizers, and they do not contribute to well-being at all.
- Hence the need arises to **spread** information about the potential threats of conventional farming.
- So it might be a good idea to **get rid of** the beautiful vegetables grown on chemicals and switch over to some worse-looking yet much healthier ones.
- Unfortunately, others will do just about anything to **gather** harvests and use synthetic chemicals, even at the cost of contaminating underground water.
- Due to the high content of vitamin C, red peppers help you build **immunity** to infections.
- Some farmers **make use of** organic agricultural methods, which means they avoid all artificial fertilizers and pesticides.

#### 3) Match the words in A and B below to make phrases. Then use the phrases to complete the gaps (1–6) in the text. There is one extra phrase.

- A increased genetic crop food soil deleterious destructive  
B fertility waste modification shelf-life pests effect yields

We cannot unequivocally state whether the influence of technology on agriculture is beneficial or harmful. On the one hand, up-to-date farming methods can help food producers get rid of <sup>1</sup> \_\_\_\_\_ attacking crops or boost <sup>2</sup> \_\_\_\_\_, and thus sustain plant growth. On the other hand, technological advancements are usually introduced to generate greater profits for food production companies by increasing <sup>3</sup> \_\_\_\_\_ or ensuring <sup>4</sup> \_\_\_\_\_ of food products. From this perspective, there is nothing that can justify using <sup>5</sup> \_\_\_\_\_ techniques and manipulating the plants DNA, especially since GMOs might one day prove to have a <sup>6</sup> \_\_\_\_\_ on our health.

#### 4) Translate the sentences into Polish.

- Sprinkle the dish with coriander leaves and decorate the plate with a lime wedge.
- Some modern farming methods up production, but they turn traditional agriculture on its head.
- You might consider swapping kale for chard leaves.
- Prepare the ingredients: chop the celery stalks and cube the potatoes.
- It's been suggested that some technological innovations could be adopted for the sake of reducing food waste.

#### Vocabulary challenge!

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

- My mum makes delicious and extremely smooth raspberry jam without any \_\_\_\_\_.
- Do you know how to weave onions to make a perfect \_\_\_\_\_?
- Remember – apple \_\_\_\_\_ are thrown into the bin with organic waste.
- In the 17th century Amsterdam, tulip \_\_\_\_\_ were a precious commodity.
- The \_\_\_\_\_ of the pears was so sweet, soft and juicy that I had three of them.
- If you don't know how to get rid of an avocado \_\_\_\_\_, just watch a tutorial on YouTube.

#### 6) Write 4–5 sentences to answer one of the questions below.

Which special diets:

- are popular these days?
- would you like to try?
- do you believe make sense to follow?



1) Match the words in bold from the text with the definitions below.

- |  |                                |
|--|--------------------------------|
| 1 amazed and surprised _____                 | 5 hard yet easily broken _____ |
| 2 a mass of bubbles formed on a liquid _____ | 6 rich shellfish soup _____    |
| 3 decorated _____                            | 7 small bites _____            |
| 4 undecided _____                            | 8 shade of colour _____        |

2) Read the text below. Match the sentences (A–F) with the gaps (1–5). There is one extra sentence.

## MOLECULAR FOOD FOR THOUGHT



The platter in front of me looks amazing. An orange cube is sitting on something that appears to be a cracked piece of green glass. Next to it, there's a tiny bouquet of flowers and leaves **adorned** with golden pearls. In my glass floats a bluish ball that appears to be fizzy inside. Only how do I go about consuming all of it? And *all* of it? Flowers included? Apparently, yes. We're celebrating my friend's birthday with a bang – at a molecular restaurant.

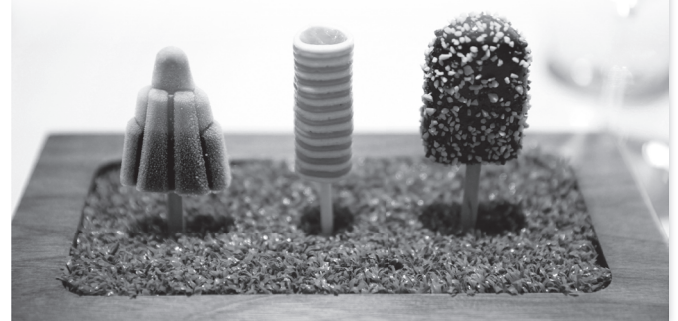
Molecular cuisine fuses cooking and science in an attempt to turn a meal into a multisensory experience. Instead of full plates, patrons are usually served so-called one-bite wonders, whose form, colours, texture and aromas combine with flavours to create the final effect. <sup>1</sup> \_\_\_\_\_. Where the ones dabbling in molecular cuisine go the extra mile however, is in introducing an element of surprise.

This is achieved in two ways. <sup>2</sup> \_\_\_\_\_. Black caviar tastes like olives, what looks like cappuccino turns out to be lobster **bisque**, and peas and carrots are made from butter, herb mix and chicken. Alternatively, guests can be **bewildered** by dishes that look nothing like any known foodstuff. See-through ravioli with colourful stuffing or strange 3D shapes, colourful spheres floating in liquids of an unusual **hue**, stones, flowers, coal lumps – the chefs outdo themselves cooking up recipes for courses that have never before landed on our plates.

The preparation of these wonders takes a huge detour before arriving at the cutting board. It takes more than an old recipe and a dash of imagination. <sup>3</sup> \_\_\_\_\_. These, and many other tools, are used to make powders, pearls, bubbles, spheres, **foam**, and gels; to extract flavours and infuse with them; to lock liquids and smoke inside solid cubes and **brittle** domes; and finally, to give the dishes all the colours of the rainbow.

Like any unorthodox concept, molecular cuisine has as many **staunch** supporters as it has harsh critics. <sup>4</sup> \_\_\_\_\_. They claim that the element of surprise sharpens our senses, enhancing the experience. Opponents refer to the chefs' creations as pretentious parlour tricks and declare them unhealthy because of all the additives which are used (though in all fairness, I need to mention that these are all of marine, plant, or animal origin, and thus safe for consumption). They also point out that the preparation process, together with the necessary equipment, involves such costs that the customer is served only small **morsels** of food at exorbitant prices.

As for my personal take on it, I must say that I left the restaurant **straddling the fence**. <sup>5</sup> \_\_\_\_\_. While it was indeed an out-of-this-world experience, we left still hungry and with sizable holes in our wallets. So, is it worth it? I guess that's something everyone needs to figure out for themselves.



- A While the variety of these dishes is endless, they do have one thing in common – they are usually rather tiny, so that instead of eating one dish, you eat five or six and might still not fill full.
- B It leads through scientific analysis of the physical and chemical properties of food to kitchens resembling laboratories equipped with syringes, siphons and liquid nitrogen.
- C Supporters extol the spectacular plate arrangements complemented by mind-blowing combinations of textures and flavours.
- D Both sides have arguments that, put together, create a very apt description of the courses we indulged in at that birthday dinner.
- E The first plays on our preconceived notions, when the visual and the gustatory information we receive are at odds with each other.
- F A very sensible approach, since we do tend to eat with our eyes, which is naturally also taken into consideration by regular chefs around the globe.



## Vocabulary Revision ■ Student's Book page 67

### 3> Translate the Polish parts of sentences in brackets into English.

- We'll be hiking in the Rocky Mountains for a week, so we've packed all kinds of c \_\_\_\_\_ (*produkty spożywcze*) such as dry food and power bars.
- It's so unfair that while some developing countries (*nieustannie nękanie głodem*) \_\_\_\_\_ b \_\_\_\_\_ f \_\_\_\_\_, the developed world is \_\_\_\_\_ h \_\_\_\_\_ with \_\_\_\_\_ (*przepełniony nadmiarem jedzenia*) to the point where wasting it doesn't even bother many of us anymore.
- Your diet is (*bogata w węglowodany*) \_\_\_\_\_ and (*uboga w błonnik*).  
No wonder you're not feeling well.
- While fans of molecular cuisine (*wychwalają to unikalne doświadczenie*) e \_\_\_\_\_, its critics say it's just culinary snobbery.
- Trying to have a healthy diet, (*moja rodzina wystrzega się jedzenia*) \_\_\_\_\_ e \_\_\_\_\_ with many additives.
- Scones taste best (*podawane z dużą ilością*) \_\_\_\_\_ l \_\_\_\_\_ of clotted cream and plenty of English tea to wash them down.

### 4> Match words in A and B to create phrases. Then use them to complete sentences 1–4.

**A** emblazoned food firm willing spoilt indiscriminately digestive blanket

**B** adopted to swallow condition grounding demonisation for choice with slogans insecurity

- Before you start any diet, make sure it has a \_\_\_\_\_ in nutritional and medical knowledge. Unfortunately, many unhealthy diets are \_\_\_\_\_ just because they're advertised to have miraculous results.
- Did you know that I counted 173 kinds of breakfast cereals in the supermarket today? We really are \_\_\_\_\_! And looking at the packaging \_\_\_\_\_ like "full of vitamins and minerals" – too bad they forget to mention they're also full of sugar!
- According to their ads, their herbal teas will cure any \_\_\_\_\_ you're suffering from, which is just too good to be true. But I guess some people are so desperate they're \_\_\_\_\_ anything.
- We might not know everything about GM foods yet, but their \_\_\_\_\_ seems unjustified. New weather-resistant grains might offer hope to countries which face the problem of \_\_\_\_\_.

## Vocabulary challenge!

### 5> Complete the rules below with the correct prepositions.

- We use *made* \_\_\_\_\_ to talk about the ingredients of a product.
- We use *made* \_\_\_\_\_ to talk about the material that was processed to create something.
- We use *made* \_\_\_\_\_ to talk about the material that a product consists of.

### 6> Complete each gap with one word.

- The cookies taste best when made \_\_\_\_\_ pecan or hazelnuts.
- If you're looking for good knives, consider getting those made \_\_\_\_\_ ceramic.
- All our packaging is made \_\_\_\_\_ recycled materials.
- If George said he'd give you a job, you're as good as hired – he's the \_\_\_\_\_ cheese in this company.
- The meatloaf wasn't that great, so all her compliments were probably just her way of buttering \_\_\_\_\_ her new mother-in-law.
- He's a rich, spoilt child who always had everything handed to him on a \_\_\_\_\_ platter.
- It won't be easy to convince her of your point of view, she's a really \_\_\_\_\_ nut.
- This old rocking chair belonged to my granny, and I wouldn't trade it for a new one for all the tea in \_\_\_\_\_.
- My mom is a homemaker taking care of all three of us, while my dad \_\_\_\_\_ home the bacon.
- Applying to only one university is putting all your eggs in one \_\_\_\_\_ – if they don't accept you, you'll end up missing a year.
- Lounging around with food at the party is a bit boring, so let's spice things \_\_\_\_\_ a little bit with some games and contests.
- You need to work really hard if you want to work at that restaurant. The chefs who work there are the cream of the \_\_\_\_\_.



## Passive voice

## 1) Complete the missing sentences in the table.

Tense	Active	Passive
Present simple	They drink a lot of coffee.	
Present continuous	The dog is eating a bone.	
Present perfect		His suitcase has been stolen.
Present perfect continuous	She has been reading this magazine for an hour.	× × × × × × × × × × × × × × × ×
Past simple		Some students were caught on the school premises at night.
Past continuous	At that time, we were growing cherry tomatoes on the balcony.	
Past perfect	Had he sent you any emails before then?	
Past perfect continuous		The preparations for the dinner had been in progress for a long time.
Future simple		One of you will be chosen for the new leader.
Future continuous	I will be selling home-made pastries at the fair.	× × × × × × × × × × × × × × × ×
Going to	Someone is going to wake you up at 6.	
Modal verbs		You might not be informed about the details.

## 2) Rewrite the sentences in the passive

- Someone saw Lucy leave the headmaster's office.  
\_\_\_\_\_
- They will send a certificate to everyone that passes the exam. (2 passives)  
\_\_\_\_\_  
\_\_\_\_\_
- We need to hand in the report by the end of the week.  
\_\_\_\_\_
- My son carried all the groceries for me.  
\_\_\_\_\_
- Dinner preparation is in progress – dad is chopping the vegetables, mum is boning the chicken, and Luke is laying the table.  
\_\_\_\_\_
- Schoolmates always laughed at him, but they still chose him to be the class president ever year.  
\_\_\_\_\_

## 3) Complete the sentences with the correct forms of the verbs in brackets. Then rewrite the sentences in the passive where possible.

explain resemble instruct announce make own  
hear occur

- I hope the teacher \_\_\_\_\_ the most problematic issues to us before giving us the test.  
\_\_\_\_\_
- It \_\_\_\_\_ to Monica that she hadn't eaten.  
\_\_\_\_\_
- Last Friday the teacher \_\_\_\_\_ us stay after the lessons to decorate the classrooms for Mother's Day.  
\_\_\_\_\_
- Mr Jacobs \_\_\_\_\_ almost one third of the land, which makes him the wealthiest farmer in the district.  
\_\_\_\_\_
- A few days ago, I \_\_\_\_\_ my mum say that she was planning to change our diet completely.  
\_\_\_\_\_

- Before it started, a man \_\_\_\_\_ us to be quiet during the entire presentation.  
\_\_\_\_\_

- Someone \_\_\_\_\_ just \_\_\_\_\_ the arrival of the celebrity to the crowd.  
\_\_\_\_\_

- The conditions the plants have been kept in strongly \_\_\_\_\_ the natural environment.  
\_\_\_\_\_

## 4) Complete the text with the correct passive or active forms of the verbs in brackets.

## Polish superfoods

The worldwide trend for superfoods <sup>1</sup>\_\_\_\_\_ (*welcome*) enthusiastically in Poland. And it doesn't refer to goods that <sup>2</sup>\_\_\_\_\_ (*import*) from abroad. In other words, just like any other country, Poland has its own local products, regular intake of which may help you fight some diseases and <sup>3</sup>\_\_\_\_\_ (*boost*) your immune system. Here are a few examples.

## Beetroot

This vegetable <sup>4</sup>\_\_\_\_\_ (*contain*) important minerals, such as iron, potassium, or magnesium. It <sup>5</sup>\_\_\_\_\_ (*advise*) to drink juice that <sup>6</sup>\_\_\_\_\_ (*make*) from raw beetroots, as the most precious minerals <sup>7</sup>\_\_\_\_\_ (*dissolve*) in water when beetroots are cooked. In natural medicine, beetroots <sup>8</sup>\_\_\_\_\_ (*recommend*) for problems with the circulatory system.

## Parsley

<sup>9</sup>\_\_\_\_\_ (*you/force*) to eat these green leaves as a child and winced every time you did? Well, parsley is an ingredient very frequently used in Polish cuisine. It is rich in vitamins C and A, beta-carotene and iron. It also <sup>10</sup>\_\_\_\_\_ (*improve*) digestion and sight. Clearly, something has <sup>11</sup>\_\_\_\_\_ (*do*) to stop children's aversion to parsley!





## Grammar challenge!

5> Match the parts of the sentences. Then put the verbs in brackets in the correct form (active or passive). Add *by*, *with*, or *for* where necessary.

- 1 To be honest, I'd rather the shopping \_\_\_\_\_ (do)
- 2 If this room \_\_\_\_\_ (clean),
- 3 Margaret expected \_\_\_\_\_ (inform) about the exam results
- 4 The chef in the culinary course I had attended \_\_\_\_\_ (expect)
- 5 The new technology to improve soil fertility \_\_\_\_\_ (develop)
- 6 Before to the exam, all the regulations \_\_\_\_\_ (read out)
- 7 The film 'Julie and Julia' \_\_\_\_\_ (present)

- A very advanced cooking skills from the participants.  
 B someone else — I hate visiting crowded supermarkets at weekends.  
 C someone from the university, but no one contacted her.  
 D to us to make sure we didn't violate any of them.  
 E a duster, it would probably take half a day.  
 F the life of a famous American chef and is based on a true story.  
 G a group of scientists at the University of Columbia.

6> Complete the sentences with the correct forms of the verbs in brackets. Then write 1–2 sentences to answer the questions.

- 1 \_\_\_\_\_ (you / ever / ask) to cook for others? How did you feel?
- 2 When was the last time you \_\_\_\_\_ (offer) some strange food?
- 3 \_\_\_\_\_ (you / would like / teach) how to cook by a master chef? Why?/Why not?

## Passive constructions with the infinitive; causative *have/get*



## Grammar Tip

- A We use **have/get something done** when someone does something for us which we ask or instruct them to do.  
 B We use **have something done** when something bad happens or when we are affected by an action which we did not cause.

1> Read the Grammar Tip. Complete the sentences with the correct form of *get* or *have*. Write two forms if they are both possible.

- 1 When will you finally \_\_\_\_\_ this leaking roof fixed?
- 2 Thomas \_\_\_\_\_ his wallet stolen during the trip to Barcelona.
- 3 Since Ben \_\_\_\_\_ his arm broken in a fight, he hasn't been able to do any sports.
- 4 Don't you think it's high time we \_\_\_\_\_ the car serviced?

- 5 The authorities fear that hundreds of people \_\_\_\_\_ their homes destroyed by the hurricane that's expected to hit in two days.
- 6 If we \_\_\_\_\_ the pizza delivered on time, we wouldn't have had to eat in such a hurry.

2> Choose the correct form. Sometimes, both answers are correct.

- 1 The damage to the soil is reported to **be** / **have been** extensive and will take decades to reverse.
- 2 Last night, the Queen was announced to **make** / **be making** a quick recovery.
- 3 I believe these plants need **being watered** / **watering** or else they will wither.
- 4 Martha Stewart is considered to **become** / **have become** the first celebrity chef on TV.
- 5 The restaurant is known to **be given** / **be giving** the leftovers to the homeless.
- 6 A new watering system needs **installing** / **to be installed** in the garden.

3> Rewrite the headlines as full sentences starting with the words given.

**Fast food restaurant customers expect compensation**  
*It is expected that fast food customers will receive compensation.*

- 1 **FAMOUS CHEF WITH FRAUD ALLEGATION**  
A famous chef \_\_\_\_\_.
- 2 **MP known to be lobbying against local farmers**  
It \_\_\_\_\_.
- 3 **PUBLIC THINKS UN OFFICIAL WAS WRONG**  
The UN official \_\_\_\_\_.
- 4 **Diet plan claims green tea can help with weight loss**  
Green tea \_\_\_\_\_.
- 5 **FARMERS BELIEVED TO BE PLANNING A STRIKE**  
It \_\_\_\_\_.

4> Rewrite the sentences using the words in bold.

- 1 Why don't you hire someone to landscape the garden for you? **get**
- 2 People believe that the Prime Minister resigned for personal reasons. **to**
- 3 The recipe says that if the apples have a thick skin, you have to peel them. **peeling**
- 4 They expect the Queen will make a speech. **is**
- 5 Thanks to his exceptional culinary skills, they let him keep his position as chef. **was**
- 6 Ask someone to book a table for us, will you? **have**

5> Write a short paragraph about one of the topics in the headlines from exercise 2. Use at least three different passive forms.

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## 1&gt; Match the parts of the sentences. Then put the sentences in the correct order.

- 1 In order to understand how technology influenced the lives of people in Victorian times, it is worth examining the domestic
- 2 Luckily, in the course of time, the technological advancements made the tedious
- 3 They were responsible for a number of laborious chores,
- 4 And now, a hundred years and tens of inventions later, we cannot imagine living without ready-made
- 5 For instance, the maids had to provide fresh
- 6 Back in those day, it was actually so difficult to run a large household that those who could



- A produce and then prevent it from spoilage – a task unimaginable to be done without a fridge these days.
- B business of managing a household a lot easier.
- C meals heated up in microwave ovens or fresh coffee brewed by a coffee machine.
- D afford it employed kitchen maids.
- E practices typical of that period.
- F most of which were done without the assistance of kitchen appliances.

## 2&gt; MP3 09 Listen to a lecture about changes in cooking methods over the past century. Put the information from the text in the order in which you hear it.

- A The appliances invented in the middle of the last century couldn't be used in all households at first.
- B The invention of the microwave oven triggered major changes in people's eating habits.
- C Historians tend to overlook the development that took place in household management.
- D Changing the way a household is run can significantly influence people's lifestyle.
- E Various appliances for processing food invented during the last century have significantly reduced the amount of kitchen chores.
- F Household duties in Victorian England included buying groceries.

## 3&gt; Complete the sentences with the words below. There are two extra words.

pungent culinary edible squeamish delectable  
complex tender

- 1 She might be able to make a few basic dishes, but her \_\_\_\_\_ skills still leave a lot to be desired.
- 2 Linda was so \_\_\_\_\_ that she would never even look at snails.
- 3 The high content of herbs and spices give the marinated meat a somewhat \_\_\_\_\_ taste, which will not appeal to everyone.
- 4 His secret of making such \_\_\_\_\_ meat is choosing the right ingredients – he always uses only farmhouse chicken breast.
- 5 Nothing will complete the meal better than a choice of \_\_\_\_\_ dessert and mouth-watering pastries.

## 4&gt; Translate the Polish parts of the sentences in brackets into English. Use the words in bold.

- 1 I'm afraid I (*bywam niecierpliwym*) \_\_\_\_\_ when I cook and have to wait between steps. **PRONE**
- 2 Occasionally, I (*pozwalam sobie na*) \_\_\_\_\_ a piece of cake or a creamy pastry. **TREAT**
- 3 Tony didn't use to eat healthy, but a year ago, he (*zmienił się o 180 stopni*) \_\_\_\_\_, and he now follows a balanced diet. **MAJOR**
- 4 When my mum gives me a recipe, she often tells me to add (*odrobinę czegoś*) \_\_\_\_\_, but how am I supposed to know how much that is? **OF**
- 5 I can't make soft boiled eggs (*bez względu na to jak bardzo się staram*) \_\_\_\_\_, they're either undercooked or too hard. **SAVE**
- 6 During the holiday, I kept (*dogadzać sobie*) \_\_\_\_\_ ice-creams and waffles with whipped cream and gained almost three kilos in over a fortnight. **IN**

## 5&gt; Write 4–5 sentences about a dish you loved as a child. Use the questions below.

What was it? Why did you like it? Who made it for you?  
Do you know the recipe? Have you ever cooked it yourself?

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# SPEAKING

role-play • negotiating

1) Write sentences from the prompts. Use the correct form of the words. Add any necessary words such as articles, prepositions or auxiliary verbs.

1 What / survey / imply / fact / calorie content / mean / next / nothing / we / .

2 It / generally / feel / fast food restaurants / resort / all kinds / tricks / exert / influence / young people / food choices / .

3 Of / fifty students / who / surveyed / half / were / opinion / our family / eating habits / have / profound / influence / our culinary preferences / .

4 Over / one / three / felt / food choices / their peers / influence / they / enormous / .

5 Majority / replied / they / wish / they / attach / more importance / what / they / eat / .

6 On / whole / most / young people / believe / food advertising / still / carry / a lot / weight / .

2) Complete the sentences with the correct form of the words below.

favour important percent prefer bear  
consider decide

- 1 A significant \_\_\_\_\_ would rather eat home-cooked dishes than eat out.
- 2 It's of paramount \_\_\_\_\_ that we think critically about fashionable diets before adopting them.
- 3 While our family eating habits have \_\_\_\_\_ significance, fashionable diets don't seem to have a \_\_\_\_\_ influence on us.
- 4 What the media say about dieting has a significant \_\_\_\_\_ on what young people eat.
- 5 A small proportion expressed their \_\_\_\_\_ for extremely exotic dishes.
- 6 About one quarter commented \_\_\_\_\_ on the idea of making some traditional dishes healthier.

3) Conduct a survey among your friends and classmates to find out what influences their eating choices. Consider different factors which can influence eating habits such as family, food marketing and advertising, current dieting trends and fads, and our culinary culture. Write at least six questions of your own. Prepare a short presentation to share your results with the class.

- 1 When you prepare your meals, what recipes do you use? family recipes / those found in the media / those recommended by your friends?
- 2 How often do you consume products simply because you've seen them advertised?



# WRITING

a review – formal and informal register

6

1) Complete each sentence with one word.

- 1 \_\_\_\_\_ a nutshell, it's a place with great food and wonderful atmosphere.
- 2 I have no qualms \_\_\_\_\_ recommending this place to anyone.
- 3 You can't go \_\_\_\_\_ with this app.
- 4 Just click on the meal, choose the time of delivery, and you're all \_\_\_\_\_. Your meal is on its way.
- 5 \_\_\_\_\_ struck me was that it was so easy to navigate the first time I used it.
- 6 You can have fries or a salad \_\_\_\_\_ the side.

2) Read the review and rewrite it in a more formal style.

A Replace the underlined expressions (1–6) with their more formal equivalents. Use the correct forms of the words below.

convince response/requests addition  
good/reputation honesty truly/feature

B Rewrite the italicized sentences in a–d using the hints below.

- a) replace the personal anecdote with a more impersonal statement (e.g. use the third person, make a general conclusion, use the phrase *personal experience*)
- b) rewrite using passive and a subordinate clause with *which*
- c) rewrite using the passive
- d) rewrite using inversion with *not only*

<sup>1</sup>Because you've all been asking me \_\_\_\_\_ to review calorie counting and dieting apps, I will devote a few entries to them, starting with the very popular Calorie Count Down. I must say it <sup>2</sup>*lives up to the hype* \_\_\_\_\_!

<sup>3</sup>*A totally epic thing* \_\_\_\_\_ are the daily reports which summarize not only the calories but the nutritional value of each day's meals. a) *I've dieted before, and I've always ended up with some vitamin or mineral deficiencies, like the last time when I almost became anaemic* \_\_\_\_\_. This is because there is more to healthy dieting than just reducing calories. The app will help you calculate the percentage of the recommended daily intake (RDI) of each nutrient in the food on your plate.

<sup>4</sup>*The thing that really sold me* \_\_\_\_\_ is that the app has ready-made diets suitable for various ages and lifestyles, which can be further tailored to personal needs.

<sup>5</sup>*To be up-front about it* \_\_\_\_\_, b) *that was my preferred option, but in fact, the majority of users also choose it* \_\_\_\_\_. <sup>6</sup>*As if that wasn't enough* \_\_\_\_\_,

c) *at the beginning of your diet the app creates your avatar and motivates you by visualizing* \_\_\_\_\_ your weight loss on it. That's a great way to keep you from giving up.

To summarize, d) *it's easy to navigate and user friendly. It's informative. It's effective.* \_\_\_\_\_ I highly recommend it.

3) Read the instructions and do the writing task.

**EXAM TASK** Na prośbę gazety młodzieżowej przetestowałeś/przetestowałaś popularną aplikację na telefon. Napisz **artykuł** (200–250 słów), w którym opiszesz swoje doświadczenia oraz zarekomendujesz tę aplikację lub nie, uzasadniając swoje zdanie.

## 1) Complete each set of sentences with the words given.

## 1 stock whisk wedge

- A Fish and seafood plates are traditionally served with a lime or lemon \_\_\_\_\_.
- B My grandma doesn't like to use an electric mixer, she prefers her old wire \_\_\_\_\_.
- C Chicken \_\_\_\_\_ is the base of most soups.

## 2 awash with wide range of lashings of

- A I think there should be a(n) \_\_\_\_\_ vegetarian dishes available at the reception.
- B The market is \_\_\_\_\_ gluten free foods, so even people allergic to gluten can have a varied diet.
- C To make your chocolate cake more delicious, heap \_\_\_\_\_ whipped cream on top of each serving.

## 3 disseminated discarded dismissed

- A The chef was \_\_\_\_\_ after the disastrous dinner for the heads of the state.
- B Freegans live on food \_\_\_\_\_ by restaurants and supermarkets.
- C The information about the new school canteen regulations was \_\_\_\_\_ to schools via email.

## 4 drain grate mince

- A If you want to help, wash and \_\_\_\_\_ the lettuce, and garnish the platters with it.
- B To make the stuffing for the meat pie, \_\_\_\_\_ pork and liver well, and add the spices.
- C Please \_\_\_\_\_ some cheese and sprinkle it over the pizza.

## 5 core pit pips

- A You can give the apple \_\_\_\_\_ to my rabbit, it'll be happy to munch on it.
- B Please make sure that no \_\_\_\_\_ get into the salad when you squeeze lemon juice into it.
- C Did you know that if you make avocado guacamole and then put the \_\_\_\_\_ back in, it won't turn brown so fast?

## 2) Choose the correct answers to complete the text.

Ice-cream is everyone's favourite summertime dessert. Brits eat about £1bn worth of the stuff. Some people love light fruit sorbets, while others prefer to <sup>1</sup> \_\_\_\_\_ in creamy chocolate or vanilla. Or hazelnut. Or mocha. Or salted caramel. The list goes on and on. Indeed, we're spoilt <sup>2</sup> \_\_\_\_\_ in the ice cream flavour department. Apparently, some ice cream makers are still not satisfied with the range they offer, though, because they've been exploring some new and quite surprising flavour territories that could make the most adventurous ice cream lover <sup>3</sup> \_\_\_\_\_. Would you care for some raw horse flesh ice cream? How about a tub of Chocolate Covered Bacon? Would you be <sup>4</sup> \_\_\_\_\_ or disgusted by a scoop of pear with blue cheese? From Tokyo to New York, ice cream shops try <sup>5</sup> \_\_\_\_\_ their income by attracting customers with ice creams prepared <sup>6</sup> \_\_\_\_\_ real meat, seafood, and vegetables. And <sup>7</sup> \_\_\_\_\_ that they have many satisfied customers who <sup>8</sup> \_\_\_\_\_ down the stuff faster than you can say 'two scoops please.'

- 1 A indulge B ingest C intake D indiscriminate
- 2 A at variety B for choice C with alternative D in options
- 3 A squeamish B delectable C beset D acute
- 4 A brought it B blown away C worked up D knocked over

- 5 A maximize B maximizing C maximized D to maximize

- 6 A with B by C of D in

- 7 A have them stressed B it needs to be stressed  
C it has stressed D they had it stressed

- 8 A wolf B pull C pig D clean

## 3) Complete the sentences with the correct forms of the words in brackets. Add any necessary words. Do not use more than five words.

- 1 'I'm so happy you agree this is the best solution.'  
'I \_\_\_\_\_ (hope / you / say) that.'
- 2 Tim \_\_\_\_\_ (hear / say) he'd never eaten meat on more than one occasion.
- 3 300 people were questioned, \_\_\_\_\_ (one / five / who) said they'd be interested in such an app.
- 4 Kale \_\_\_\_\_ (consider / be) very healthy because it contains plenty of lutein and vitamins K and C.
- 5 \_\_\_\_\_ (let / I / explain / you) how this kitchen appliance works.
- 6 Call that restaurant again! I ordered that pizza 2 hours ago so \_\_\_\_\_ (it / should / deliver) by now.
- 7 \_\_\_\_\_ (it / be / considerable / importance) to not only watch your calorie intake, but also to make sure your diet is balanced.
- 8 \_\_\_\_\_ (it / not / be) my grandma's secret recipe, I wouldn't have won the baking competition.

## Challenge!

## 4) Rewrite the underlined parts of the sentences using the words below. You might need to change their form.

bone bird butter cream egg nut platter  
spice stick

- 1 The bartender flipped and juggled the bottles while pouring drinks which really made the reception more exciting.
- 2 No wonder she's so thin, she eats hardly anything.
- 3 With such an excellent reputation, the company can take their pick of candidates from the best of the best.
- 4 I'm not the one to use all of my resources towards a single goal that might not bring results, so while I'm doing my best to become a professional swimmer, I'm not neglecting my university education.
- 5 She truly is the best of friends; she never left my side through the darkest moments of my life.
- 6 Our mom might pretend to be difficult to talk to, but if we try to be extra nice to convince her using homemade cookies and sweet words, she'll let us do anything.
- 7 He didn't hesitate to tell me straight up that he didn't like my meatballs.
- 8 As a child, Tara was never taught the value of work, everything was simply given to her.



- 1> **MP3 10 EXAM TASK** Usłyszysz dwukrotnie cztery wypowiedzi na temat mrożonek. Do każdej wypowiedzi (1– 4) dopasuj odpowiadające jej zdanie (A–E). Wpisz rozwiązania do tabeli. Jedno zdanie zostało podane dodatkowo i nie pasuje do żadnej wypowiedzi.

This speaker

- A blames the media for disinformation about certain frozen products.
- B suggests a way to guarantee the food in your freezer doesn't go bad.
- C gives reasons why he/she avoids freezing certain products by himself/herself.
- D appreciates the package labelling on the frozen foods he/she consumes.
- E explains why frozen products can be less harmful to the environment than fresh ones.

1	2	3	4

- 3> Read the writing task in exercise 4. Which of the following arguments could be used to refer to the two aspects mentioned in the task: costs and varied diet? Which arguments are unrelated to the topic?

- A I can eat dishes which I wouldn't know how to cook.
- B People buy mostly unhealthy foods like pizzas and burgers.
- C Home-cooked meals are cheaper.
- D Exotic ingredients are too expensive for an average person to buy.
- E If you can't cook, you can take a cooking course.
- F Home-cooked meals can be varied – it's up to you.
- G Ready-made meals save time.
- H 'Milk bars' in Poland offer decently priced food.

COSTS: \_\_\_\_\_

VARIED DIET: \_\_\_\_\_

- 4> Read the instructions and do the writing task.

**EXAM TASK** Wiele osób, zamiast gotować w domu samodzielnie, woli kupować posiłki na wynos w restauracjach lub mrożone w supermarketach. Napisz **rozprawkę** (200–250 słów), w której przedstawisz swoją opinię na ten temat, biorąc pod uwagę problem kosztów oraz kwestię urozmaicenia diety.

- 2> Read the instructions and do the speaking task. Then answer the two questions below.

**EXAM TASK** Twoja koleżanka z USA organizuje wraz ze szkołą zbiórkę żywności dla potrzebujących. Poprosiła Cię o pomoc w wyborze plakatu reklamującego tę akcję. Masz do wyboru trzy opcje.

- Wybierz tę, która Twoim zdaniem najlepiej zachęci uczniów szkoły do wzięcia udziału w tej akcji, i uzasadnij swój wybór.
- Wyjaśnij, dlaczego odrzucasz pozostałe opcje.



- 1 Buzz Aldrin once said: 'If we can conquer space, we can conquer childhood hunger.' How do you understand this quote?
- 2 What could be done to reduce food waste in developed countries?

1) Are the sentences true or false? Correct the wrong sentences.

- 1 Livestock are wild animals hunted for food, leather or wool.
- 2 Legumes, such as chickpeas or beans, are rich in protein.
- 3 Sugar, milk and bread are examples of comestibles.
- 4 Predators are animals that eat both plants and meat.
- 5 Red tape is a way of speeding up various official procedures.
- 6 Bone marrow for a transplant can be taken from the donor's hip.

2) Match the parts of the sentences. Then match the phrases with their correct meanings.

- 1 I'm afraid most people are still **blissfully**
- 2 A gluten-free diet is often followed by people with no serious **digestive**
- 3 We have recently witnessed a **blanket**
- 4 My fiancée and I did a psychological test to verify our **relationship**
- 5 Since the beginning of this journey, we have been forced to stick to a very **strict**
- 6 Kathy has always been reluctant to satisfy the **overblown**

**A demonization** of lactose, which most consumers are not allergic to.

**B aspirations** of her parents, and she usually does what she wants.

**C ignorant** of the harmful effects that artificial fertilisers may have on human health.

**D compatibility**, and it turned out we were perfect for each other.

**E itinerary** and have had very little free time.

**F condition** and seems to be more of a fad these days.

- |                            |                    |
|----------------------------|--------------------|
| a widespread disapproval   | d romantic match   |
| b exaggerated expectations | e happily unaware  |
| c rigid plan               | f gastric problems |

3) Complete each pair of the sentences with one word.

- 1 a That year, severe flooding led to \_\_\_\_\_ failure and a widespread famine.
- b Our graduates are considered to be the cream of the \_\_\_\_\_ and can get top positions in international companies.
- 2 a If you don't like our proposal, what \_\_\_\_\_ of action do you recommend instead?
- b The police say the results of the investigation will be announced in due \_\_\_\_\_.



- 3 a This annoying drilling sound is going to \_\_\_\_\_ me round the twist if it doesn't stop any time soon!
- b According to recent research, the \_\_\_\_\_ to succeed is a strong predictor of future professional achievement.
- 4 a No wonder she's such a \_\_\_\_\_ brat! She's been given everything she wants her entire life.
- b With such a myriad of restaurants in the Old Town, you will be \_\_\_\_\_ for choice while looking for a place to eat.
- 5 a She'd always been so \_\_\_\_\_-to-earth that no one could believe she's taken up Samurai sword collecting.
- b Why did she decide to take over a run-\_\_\_\_\_ restaurant which had been making losses for the last few years?

4) Complete the second sentence so that it means the same as the first. Use the words given.

- 1 The teacher didn't let us leave before the end of the test. **ALLOWED**  
We \_\_\_\_\_ we finished writing the test.
- 2 There is a rumour that Mike got food poisoning after having dinner in his own restaurant. **HAVE**  
Mike \_\_\_\_\_ from food poisoning after having dinner in his own restaurant.
- 3 Please make sure someone sends these letters by tomorrow morning. **HAVE**  
Please \_\_\_\_\_ by tomorrow morning
- 4 If nobody repairs my car, I can't drive it anymore. **GET**  
Unless \_\_\_\_\_, I can't drive it anymore.
- 5 It was Bea's second attempt at getting into Master Chef. **TIME**  
It \_\_\_\_\_ to get into Master Chef.
- 6 People without work should receive financial help from the government. **THE**  
The government \_\_\_\_\_ financially.

5) Find and correct the mistakes in the text: 5 missing words and 3 wrong verb forms.

TV SPOT – NEW! Wednesday, 8 a.m.

Were I choose one culinary programme to follow this fall, I would choose 'The Great British Bake Off'. Mel Giedroyc and Sue Perkins are once again on the lookout for Britain's best amateur baker. Again, twelve contestants are going to be challenged three tasks each week. These are including a signature bake, believed to have tested the bakers' creativity; a technical bake, during which the contestants show their experience, and a showstopper bake, designed to verify the culinary skills of participants. Which of the challenges faced the competitors is going to be your favourite? Who will be lucky winner this season? I strongly recommend that you will switch on the telly on Wednesday at 8.

6) Look at the photograph on the left and write a headline and first paragraph of an article that matches the photograph. Use at least two passive structures and some of the words below.

mince eschew edible emblazoned discard  
extol swallow