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Keep it  
**REAL!**

# 5

# Fantastic food!

**Vocabulary:** Food and drink;  
Adjectives: health

**Grammar:** Countable and uncountable nouns +  
*some* and *any*; Quantifiers: *much*, *many*, *a lot of*

**Speaking:**  
Ordering food

**Writing:**  
A recipe

## VOCABULARY Food and drink

### 1 Complete the food words.

hot chocolate

- |                  |           |
|------------------|-----------|
| 1 ___andwich     | 5 ___ggs  |
| 2 ___otatoes     | 6 ___asta |
| 3 ___alad        | 7 ___eans |
| 4 orange ___uice | 8 ___ish  |

### 2 Write the words under the correct pictures.

potatoes   ~~beans~~   eggs   milk   fish   fruit



beans



3 \_\_\_\_\_



1 \_\_\_\_\_



4 \_\_\_\_\_



2 \_\_\_\_\_



5 \_\_\_\_\_

### 3 What am I? Match clues 1-6 with food words a-f.

- |  |                        |
|--|------------------------|
| 1 I'm a word for food like apples, bananas and oranges.  | <b>a</b> milk          |
| 2 You put butter and jam on me and eat me for breakfast. | <b>b</b> fruit         |
| 3 I am a white drink. I come from a cow.                 | <b>c</b> cereal        |
| 4 I'm a hot, sweet, brown drink.                         | <b>d</b> potato        |
| 5 You put milk on me and eat me for breakfast.           | <b>e</b> toast         |
| 6 I'm a vegetable. You make chips and crisps with me.    | <b>f</b> hot chocolate |

### 4 5.1 Look at the pictures and complete the sentences. Listen and check.

I usually put jam on my toast.



1 Sarah often has a \_\_\_\_\_ for lunch.



2 We eat a lot of \_\_\_\_\_.



3 For breakfast, I eat toast or \_\_\_\_\_.



4 Let's have \_\_\_\_\_ for lunch.



5 Why don't we have \_\_\_\_\_?



### 5 5.2 Look at the pictures. What items of food and drink can you see? Listen and check.



toast



- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## READING

1 Before you read, match the underlined words in the article with the pictures.



Time to phone for a pizza?

**No!**

Young people don't cook – they think it's boring. They only eat fast food, like burgers and chips. This is what everybody says, but now I'm not so sure ...

It's the summer holidays and I'm staying with my sister and her two daughters, Olivia, 14, and Zoe, 12. Right now, I'm sitting on the sofa and my lovely nieces are in the kitchen. They're cooking tonight's meal. Isn't that nice? Olivia and Zoe love cooking and they're very good at it – a lot better than me! And the great thing is, they can cook a really good meal when there isn't much



food in the house. There isn't any meat or fish in the fridge and there aren't any eggs.

There are some vegetables – one or two – but they look a bit old. It's raining and no one wants to leave the house and go shopping for food. I ask, 'Time to phone for a pizza?' 'No,' says Olivia. She opens the fridge and finds some nice cheese. Then she looks in the cupboard and finds some beans and potatoes. 'We can make a really good meal from these,' she says.

Who says young people can't cook? Not me!

2 5.3 Read and listen to the article. What is the author's opinion? Choose a, b or c.

- a Young people can't cook.
- b Young people can cook.
- c Young people don't like cooking.

3 5.3 Read and listen again. Are the sentences true (T) or false (F)?

- It's winter.  **F**
- 1 The author is staying at her sister's house.
- 2 The author is cooking with her nieces.
- 3 Olivia and Zoe are cooking some meat.
- 4 They decide to have pizza for dinner.
- 5 Olivia and Zoe want to cook a meal with cheese, beans and potatoes.

## GRAMMAR Countable and uncountable nouns + *some* and *any*

### 1 Tick (✓) the sentences that are true.



There is some chocolate.

- 1 There are some cookies.
- 2 There isn't any milk.
- 3 There is some jam.
- 4 There aren't any eggs.
- 5 There's some pasta.
- 6 There's some milk.


### 2 5.4 Choose the correct answers. Listen and check.

Abbie: It's one o'clock. Why don't we have lunch?

Lucas: Good idea! Have you got *some* / *any* eggs?

Abbie: Mmm, let's look in the fridge ... No, I haven't got <sup>1</sup>*any* / *some* eggs but there's <sup>2</sup>*some* / *any* chicken. Do you like chicken?

Lucas: Yes, I love it! We can have chicken sandwiches! Wait, have you got <sup>3</sup>*any* / *some* bread?

Abbie: Yes, there's <sup>4</sup>*any* / *some* nice bread and there's <sup>5</sup>*some* / *any* butter.

Lucas: Great! There are <sup>6</sup>*any* / *some* cookies, too! We can have those after the sandwiches.

Abbie: Lovely!

### 3 Match 1-6 with a-f.

- |                |                            |
|----------------|----------------------------|
| 1 There aren't | a some milk in this cup.   |
| 2 There isn't  | b some lemons in this bag. |
| 3 There's      | c any eggs.                |
| 4 Are there    | d any pasta?               |
| 5 There are    | e any juice.               |
| 6 Is there     | f any cookies?             |

### 4 5.5 Change the underlined words so that the sentences are correct. Listen and check.

There isn't some apple.

There isn't an apple.

- 1 There's a pasta in the cupboard.  
\_\_\_\_\_
- 2 Let's have any ice cream!  
\_\_\_\_\_
- 3 I don't want some milk, thanks. I don't drink milk.  
\_\_\_\_\_
- 4 Do you want a drink? We've got any apple juice.  
\_\_\_\_\_
- 5 I've got a apple in my bag.  
\_\_\_\_\_
- 6 There are any lemons in the kitchen.  
\_\_\_\_\_
- 7 There isn't some milk in the fridge.  
\_\_\_\_\_
- 8 Is there a bread in the cupboard?  
\_\_\_\_\_

### 5 5.6 Complete the sentences with *some* or *any*. Listen and check.

There's some rice on my plate.

- 1 Is there \_\_\_\_\_ bread?
- 2 Emily always has \_\_\_\_\_ toast and honey for breakfast.
- 3 We can't make a cake - there isn't \_\_\_\_\_ butter.
- 4 Look - there's \_\_\_\_\_ juice in the fridge.
- 5 Are there \_\_\_\_\_ potatoes in the cupboard?
- 6 There are \_\_\_\_\_ vegetables in that bag.
- 7 Is there \_\_\_\_\_ pasta in the kitchen?
- 8 There aren't \_\_\_\_\_ cookies in the packet.

## VOCABULARY and LISTENING Adjectives: health

### 1 Put the words in the correct columns.

unhealthy fit active lazy healthy unfit

Positive adjectives (+)	Negative adjectives (-)

### 2 Choose the correct answers.

Amy's very *fit* / unfit / *healthy* because she never does any exercise.

- You eat a lot of *unhealthy* / *healthy* / *active* food like chips and burgers.
- Is there any food? I'm really *hungry* / *unfit* / *thirsty*!
- He runs and swims and he goes climbing on Saturday so he's very *fit* / *unfit* / *lazy*.
- Harry watches TV all day. He's very *fit* / *active* / *lazy*!
- I eat a lot of fruit and vegetables and I do a lot of exercise. I'm quite *healthy* / *unfit* / *unhealthy*.
- Lucy swims every day and she rides her horse at the weekend. She's very *active* / *lazy* / *thirsty*.

### 3 5.7 Complete the sentences, using the pictures to help you. Listen and check.



Hannah eats lots of healthy food.



3 We don't eat \_\_\_\_\_ food.



1 I'm so \_\_\_\_\_!



4 Come on, Jake, don't be so \_\_\_\_\_!



2 Rosie's very \_\_\_\_\_.



5 Tom's very \_\_\_\_\_!

### 4 Complete the sentences with an adjective from Exercise 1.

My dad's really fit. He goes running three times a week.

- His school is only 1 km from Tom's house but he usually goes to school by bus. He's really \_\_\_\_\_!
- Sarah is very \_\_\_\_\_ at the moment because she doesn't do any sport.
- My sister only eats \_\_\_\_\_ food - she never eats burgers or chips.
- My grandma is very \_\_\_\_\_. She does yoga twice a week and she walks to the supermarket every day. She's always busy.
- Adam has a very \_\_\_\_\_ diet. He eats lots of burgers and he never eats fruit.

### 5 5.8 Listen to Oscar and Beth talking about what they eat.



Who ...

- likes eating bread?
- doesn't like eating vegetables?
- loves ice cream?

Oscar Beth

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

### 6 5.8 Listen again. Are the sentences true (T) or false (F)?

- Oscar says he eats very healthy food. F
- Oscar eats fish. \_\_\_\_\_
  - Oscar loves toast. \_\_\_\_\_
  - Oscar often eats toast for lunch. \_\_\_\_\_
  - Oscar eats a lot of vegetables. \_\_\_\_\_
  - Oscar eats three pieces of fruit a day. \_\_\_\_\_
  - Beth loves vegetables. \_\_\_\_\_
  - Beth doesn't like chocolate. \_\_\_\_\_
  - Beth never eats ice cream. \_\_\_\_\_

## GRAMMAR Quantifiers: *much, many, a lot of*

### 1 Are these nouns countable (C) or uncountable (UC)?

sister	<u>C</u>	5 money	___
milk	<u>UC</u>	6 tablet	___
1 rice	___	7 snow	___
2 egg	___	8 aunt	___
3 laptop	___	9 sandwich	___
4 water	___	10 cereal	___

### 2 5.9 Put the words in the correct order to make affirmative or negative sentences and questions. Listen and check.

a lot / bananas. / there / of / are  
**There are a lot of bananas.**

- doesn't / my dad / coffee. / drink / much  
\_\_\_\_\_
- plays / basketball. / of / Tom / a lot  
\_\_\_\_\_
- in a day? / how / eat / you / apples / many / do  
\_\_\_\_\_
- potatoes. / eat / I / a lot / don't / of  
\_\_\_\_\_
- much / how / you / do / drink? / orange juice  
\_\_\_\_\_

### 3 Choose the correct answers.

There isn't *many* / *much* flour.

- There are *much* / *a lot of* flowers in the garden.
- There aren't *many* / *much* rooms in the house.
- How *much* / *many* languages do you speak?
- 'Is there any sugar in the cupboard?' 'Yes, but not *many* / *much*.'
- 'Are there any cookies?' 'Yes, but not *many* / *much*.'
- How *much* / *many* exercise does Alice do?
- 'Does he eat many vegetables?' 'Yes, *a lot* / *many*.'
- 'Have you got any butter?' 'Yes, *much* / *a lot*.'

### 4 Complete the questions with *How much* or *How many*.

How many pets have they got?

- \_\_\_\_\_ milk do you drink?
- \_\_\_\_\_ vegetables do you eat in a day?
- \_\_\_\_\_ children has Sophie got?
- \_\_\_\_\_ sugar do you eat?
- \_\_\_\_\_ skateboards has Jacob got?
- \_\_\_\_\_ people live in your town?

### 5 Match 1-6 with a-f.

- How much fruit do you eat in a day? c
- How many friends have you got here? \_\_\_
- How much sugar does Jack put in his coffee? \_\_\_
- How many basketball matches do you play in a month? \_\_\_
- How much homework do you get in a week? \_\_\_
- How much exercise do you do? \_\_\_

- Not many - we usually have two or three matches.
- A lot! We usually get homework every day!
- A lot! I usually have two or three ~~bananas~~ and some oranges.
- Not much. I sometimes go swimming but not very often.
- Not much - only half a teaspoon.
- Not many - I don't know many people in this town.

### 6 5.10 Complete the dialogue with *How much*, *How many* or *a lot of*. Listen and check.



- Ben: There are a lot of people at this party, Lucy! <sup>1</sup> \_\_\_\_\_ people are there?
- Lucy: About 50, I think.
- Ben: Wow! You've got <sup>2</sup> \_\_\_\_\_ friends!
- Lucy: Yes, I have!
- Ben: <sup>3</sup> \_\_\_\_\_ food have you got?
- Lucy: Oh, it's OK, we've got <sup>4</sup> \_\_\_\_\_ food, especially cake. We've got <sup>5</sup> \_\_\_\_\_ cakes!
- Ben: <sup>6</sup> \_\_\_\_\_ cakes are there?
- Lucy: Six!

## SPEAKING Ordering food and drink

- 1 **5.11** Complete the dialogue with the words in the box. Listen and check.



have (x2)    ~~can~~    else    here    coming  
take away    anything    like

Server: Hello. Can I help?  
Zoe: I'd <sup>1</sup> \_\_\_\_\_ the vegetarian bean burger, please.  
Server: Sure. <sup>2</sup> \_\_\_\_\_ to drink?  
Zoe: Can I <sup>3</sup> \_\_\_\_\_ an apple juice?  
Server: Of course. Anything <sup>4</sup> \_\_\_\_\_? Any dessert?  
Zoe: Yes, please. I'll <sup>5</sup> \_\_\_\_\_ a yoghurt.  
Server: Is that to eat in or <sup>6</sup> \_\_\_\_\_?  
Zoe: To eat in.  
Server: OK, that's £8.90, please.  
Zoe: <sup>7</sup> \_\_\_\_\_ you are.  
Server: Thank you. Your food is just <sup>8</sup> \_\_\_\_\_.

- 2 **5.12** Listen to the dialogue. Put the phrases in the order that you hear them. Listen and check.

- a  Is that to eat in or take away?  
b  I'd like ..., please.  
c  Can I have ...?  
d  Your food is just coming.  
e  Anything to drink?  
f  1 What can I get you?  
g  Here you are.

- 3 Match sentences 1-4 with responses a-d.

- 1 That's £6.25, please.  
2 Anything to drink?  
3 Is that to eat in or take away?  
4 Anything else? Any dessert?  
a To eat in.  
b Yes, please. I'll have a piece of chocolate cake.  
c Can I have a milkshake?  
d Here you are.

- 4 **5.13** Put Noah's words (a-e) in the correct spaces to complete the dialogue. Listen and check.

Server: Hello. What can I get you?  
Noah: 1 I'd like a chicken sandwich, please.  
Server: Sure. Anything to drink?  
Noah: 2 \_\_\_\_\_  
Server: OK. Anything else? Any dessert?  
Noah: 3 \_\_\_\_\_  
Server: Is that to eat in or take away?  
Noah: 4 \_\_\_\_\_  
Server: OK, that's £10.50, please.  
Noah: 5 \_\_\_\_\_  
Server: Thank you. Your food is just coming.

- a Can I have a bottle of water, please?  
b To take away.  
c ~~I'd like a chicken sandwich, please.~~  
d Here you are.  
e Yes, please. I'll have a chocolate cookie.

- 5 **5.14** Complete the dialogue. Listen and check.



Server: Hello, what can I get you?  
David: Hi. I'd like fish and chips, please.  
Server: Sure. <sup>1</sup> \_\_\_\_\_?  
David: <sup>2</sup> \_\_\_\_\_ a lemonade, please?  
Server: Of course. <sup>3</sup> \_\_\_\_\_?  
<sup>4</sup> \_\_\_\_\_?  
David: Yes, please. <sup>5</sup> \_\_\_\_\_ a fruit salad.  
Server: <sup>6</sup> \_\_\_\_\_?  
David: To eat in.  
Server: <sup>7</sup> \_\_\_\_\_ 'll be £12.75, please.  
David: <sup>8</sup> \_\_\_\_\_.  
Server: Thank you. <sup>9</sup> \_\_\_\_\_.

# Easy Bean Stew



A great dish for a cold winter day. It's healthy, it's cheap and it's so good!



## Ingredients (for 4 people)

1 red pepper	500g tomato sauce
2 onions	Olive oil
1 clove of garlic	Salt and pepper
500g cooked beans	400g rice

## Instructions

- 1 First, cut the onion, garlic and red pepper into small pieces.
- 2 Then, fry the onions and garlic in some oil. After five minutes, add the red pepper. Fry for another five minutes.
- 3 Next, add the tomato sauce and beans and mix everything together. Cook for about 20 minutes. Add some salt and pepper.
- 4 Finally, cook the rice in water for about fifteen minutes.
- 5 Put the rice on the plates and add the bean stew. Serve with a green salad. Enjoy!

### 1 Write answers to these questions.

Is this recipe expensive?

No, it isn't. It's cheap.

- 1 How many people is the recipe for?  
\_\_\_\_\_
- 2 Which two vegetables do you fry first?  
\_\_\_\_\_
- 3 Which vegetable do you add to the onions and garlic?  
\_\_\_\_\_
- 4 How long do you cook the rice for?  
\_\_\_\_\_
- 5 What do you serve with the bean stew?  
\_\_\_\_\_

### 2 Match 1-5 with a-e.

- |                     |                                   |
|---------------------|-----------------------------------|
| 1 Cook the pasta    | a to the sauce.                   |
| 2 Fry the onion     | b in water for about ten minutes. |
| 3 Add some salt     | c into small pieces.              |
| 4 Serve the chicken | d with some salad and bread.      |
| 5 Cut the potatoes  | e in oil for about five minutes.  |

### 3 Choose the correct answers.

#### Fruit and chocolate pancakes

<sup>1</sup>Finally / First, cut some fruit and chocolate into small pieces. <sup>2</sup>Then / Finally, put the flour, eggs, milk and oil into a bowl and mix everything together.



<sup>3</sup>First / Next, fry the pancakes in hot oil for two minutes. <sup>4</sup>First / Finally, put the pancakes on plates and serve with fruit and chocolate.

### 4 Think of your favourite dish. Write a recipe for the dish using the language on this page.

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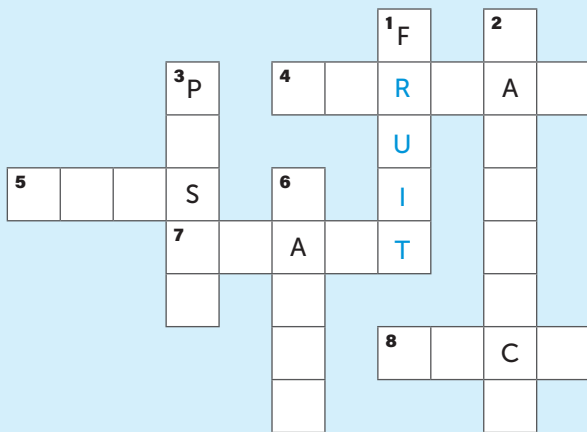
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## REVIEW UNIT 5

1 Use the pictures to complete the crossword.



2 **5.15** Complete the sentences with *some*, *any*, *a* or *an*. Listen and check.

Is there any flour in the cupboard?

- There's \_\_\_\_\_ food in the kitchen.
- I haven't got \_\_\_\_\_ money.
- Are there \_\_\_\_\_ plates on the table?
- For lunch, I usually have \_\_\_\_\_ sandwich and \_\_\_\_\_ orange.
- There isn't \_\_\_\_\_ rice but there are \_\_\_\_\_ potatoes.

3 Match 1-6 with a-f.

- |  |                           |
|--|---------------------------|
| 1 Tom wants to eat.                                | a He likes healthy food.  |
| 2 He usually eats fish and vegetables for dinner.  | b He's very fit.          |
| 3 Joshua watches TV all day.                       | c He's very thirsty.      |
| 4 Alfie wants a drink.                             | d He eats unhealthy food. |
| 5 Jacob runs ten miles every day.                  | e He's very hungry.       |
| 6 Ben usually eats a burger or a pizza for dinner. | f He's very lazy.         |

4 Complete the sentences with the food words in the pictures.



- We've got a lot of \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.
- We haven't got many \_\_\_\_\_ or \_\_\_\_\_.
- We haven't got much \_\_\_\_\_ or \_\_\_\_\_.

5 **5.16** Change the underlined words to make the sentences correct. Listen and check.

We haven't got many sugar.

We haven't got much sugar.

- My dad drinks much coffee.  
\_\_\_\_\_
- There's many butter in this cake.  
\_\_\_\_\_
- There aren't much chairs in this room.  
\_\_\_\_\_
- How much people can you see?  
\_\_\_\_\_
- You've got much video games!  
\_\_\_\_\_

### LEARNING TO LEARN

#### Now I can...

- talk about food and drink
- talk about health
- use countable and uncountable nouns with *some* and *any*
- use the quantifiers *much*, *many*, and *a lot of*
- order food and drink in a restaurant or café
- write a simple recipe