

VOCABULARY

FOOD

1 A Work in pairs. How many types of food can you think of for each of the categories below? Make a list.

vegetables **desserts**
meat **fruit**

B Compare your lists with other students.

▷ page 157 **PHOTOBANK**

C Work in pairs. Discuss the questions.

- 1 What is your favourite food?
- 2 Do you ever eat food from other countries/cultures? If so, what?
- 3 Which of the dishes in the photos do you often/sometimes/never eat? Would you like to try any of them?

falafel



sushi



paella



burrito



LISTENING

2 A Work in pairs. Look at the pictures and read the sentences about food of the future. Do you think they are true (T) or false (F)?

1 In the future, more people may eat insects.



2 In the future, we will be able to make food from mud, wood and seaweed.



3 In the future, kitchen tools (e.g. knives) might give us information about the food in the kitchen.



B ▶ **6.3** Listen to an interview with a food expert and check your answers.

C Complete sentences 1–6. Then listen again to check.

- 1 We may see some changes, things that you might not understand as food g_____.
- 2 Insects are rich in protein, low in fat, and easy to f_____.
- 3 Scientists have already found ways to create meat in the l_____.
- 4 We're also looking at ways to make proteins out of things like mud and wood and also s_____.
- 5 Other developments on your kitchen table include an intelligent k_____.
- 6 Really giving people more i_____ about their food.

speaKout TIP

When we aren't sure of a word we hear, we can often guess: What letter does the word begin with? How many syllables does it have? Do we recognise the ending of the word (e.g. *-tion*, *-y*, *-ed*)? Does the context tell us the type of word (e.g. noun, verb, adjective)? After guessing, check with a friend, your teacher or the audio script.

Lesson 6.2 FOOD

1 Which of these foods do you a) never eat b) eat a lot of?

2 Which types of food/drink do you think are a) very good b) very bad for your health?

GRAINS



corn



wheat



oats

MEAT AND FISH/SEAFOOD



chicken



duck



beefsteak



leg of lamb



fish



shrimps



mussels



lobster

DAIRY



milk



cheese



cream



yoghurt

DESSERTS



jelly



cake



biscuits



ice cream



tea



coffee



orange juice



fizzy drink

VEGETABLES



soya beans



potatoes



carrots



spinach



broccoli



cabbage



lettuce



peas



onion



garlic



cucumbers



courgettes

FRUIT



pineapple



apple



orange



grapes



grapefruit



bananas



kiwi fruit



mango



melon



watermelon



plums

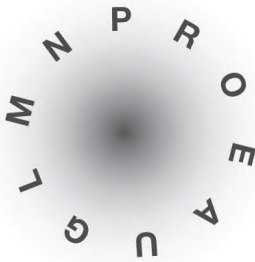


lemon

VOCABULARY

FOOD

- 1 Find seven types of fruit using these letters. You can use the letters more than once.



- 2 Complete the words in the menu and the recipe.

THE TERRACE BISTRO MENU

CHEF'S CHOICE

Tender baby ¹ch__ck__n grilled in a ²l__m__n
and herb sauce.

Served with rice and ³br__cc__l__.

MEAT-EATER'S DELIGHT

⁴B__fst__k marinated in a cream
and ⁵sp__n__ch sauce.

Served with ⁶p__t__t__es.

KING'S FEAST

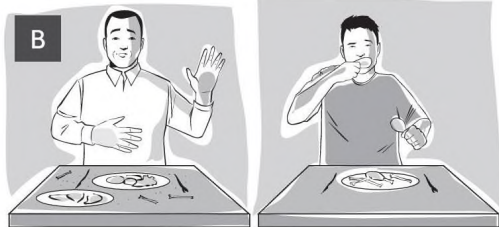
Roasted ⁷l__g__f l__mb with rice, ⁸c__bb__ge
and freshly steamed ⁹c__rg__tt__s.

Pasta Atlantica

- Fry 50g of ¹⁰shr__mps in a pan with a little butter.
- Add ¹__n__ns and ¹²g__rl__c to the pan.
- Boil 50g of ¹³m__ss__ls.
- Cook the pasta.
- Mix the pasta and seafood and put in a tray.
- Add a layer of ¹⁴ch__s__ on top and cook in the oven for twenty minutes until brown.

READING

5 A Read the text and match pictures A–D with paragraphs 1–4.



B Read the text again and circle the correct option.

- Why did Wansink do the experiments?
 - to improve the food we eat
 - to discover why people eat more than they need
- How did Wansink do his experiments?
 - He asked questions about what people ate.
 - He gave free food to people and then watched them.
- Who ate more?
 - the people who thought their food was expensive
 - the people who thought their food was cheap
- What was interesting about the popcorn experiment?
 - The popcorn didn't taste good.
 - The popcorn had different colours.
- Who ate more chicken?
 - the people with messy tables
 - the people with clean tables
- Who ate more sweets?
 - the people whose sweets had seven colours
 - the people whose sweets had ten colours

C Match the words in bold in the text with these meanings.

- giving your attention to something _____
- many different types of things _____
- scientific tests to find information _____
- based on a calculation of what most people do _____

How to eat less

Brian Wansink of Cornell University did some **experiments** to show why we eat too much. Here are some of the results.

1 Wansink invited a group of people to lunch. He told half of them they were eating something expensive and delicious: Royal Italian Bolognese with haricots verts. He told the other half they were eating cheap food from a can. In fact, both groups ate the same food. He secretly watched them. The ones who thought they were eating expensive food ate much more than the others.

CONCLUSION: If people think the food sounds good and is expensive, they think it tastes better.

2 Wansink did an experiment at a cinema in Chicago. He gave everyone a free bag of popcorn, but the popcorn was old and tasted bad. Most people noticed this, but they still ate almost all of it.

CONCLUSION: How much we eat depends on: where we are (in the cinema); what we are doing (**concentrating** on a film, not on food); what other people are doing (eating popcorn). These things may be more important than the taste of the food.

3 Wansink went to a sports bar and gave the customers free chicken. The waiters cleaned half the tables every few minutes and took away the chicken bones. No one cleaned the other tables. The people with clean tables ate seven pieces of chicken **on average**. The others ate five.

CONCLUSION: When we see how much we're eating, we eat less. When we can't see how much we're eating, we eat more.

4 Wansink invited people to watch a video. He gave them each a bag of sweets to eat during the film. Half the bags had sweets with seven different colours. The other bags had sweets with ten different colours. The people whose sweets had more colours ate forty-three more sweets than the others.

CONCLUSION: When there is a big **variety**, people want to try everything, so they eat more.