

a) Look at the menu. Which of the dishes are: hot and spicy, high fibre, creamy, sweet, sour, juicy, raw, salty, vegetarian, oily, crunchy, low fat?

Menu

Starters

- Watermelon melon
- Wild mushrooms
- Waffles
- Whipped cream mousse

Main course

- Spicy curry and rice
- Grilled steak
- Grilled chicken
- Vegetable and potato bake

Side dishes

- Pickled vegetables
- Mashed potatoes
- Boiled vegetables
- Baked potato

Desserts

- Toffee tart
- Chocolate cake
- Fruit salad
- Home-made

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c) Look at the shopping list and act out a similar dialogue.

- spaghetti (1)
- pasta sauce (1)
- tuna (2)
- ice cream (1)
- orange juice (1)
- shampoo (2)

Listening

11 Listen and match the foods to what they cure, then make sentences, as in the example.



- a) headaches
- b) tiredness and lack of energy
- c) colds and flu
- d) indigestion

If you suffer from headaches, you should eat celery and cherries.

Project

Use the information in Ex. 11 to write an article entitled "Foods that Cure".

Speaking

12 You have come back from a two-week trip abroad. In a conversation with your friends, talk about:

- what the food was like
- why you liked/didn't like it
- what the food was like in comparison to the food in your country

13 In pairs, ask and answer.

- What's/Where's your favourite restaurant?
- Who do you go there with? • What's it like?
- What kind of food/drink can you order there?
- Do you need to book a table in advance?
- Do you leave a tip?

10 a) Match the containers to the items in the list.

- packet • tube • jar • bottle • tin • box
- carton • tub • cup

- biscuits • crisps • toothpaste • jam • ketchup
- ice cream • shampoo • soup • flour • milk • coffee
- tomato paste • handcream • peanut butter • tissues
- soy beans • orange juice • sardines • margarine

b) Fill in the correct words.

- A: Do you want anything from the supermarket, Sue?
- B: Oh yes, please. I'd like two 1) of biscuits. We haven't got any left.
- A: OK. Anything else?
- B: Yes, we also need a 2) of peanut butter and a 3) of toothpaste.
- A: Hmm! I think I'd better make a list! Anything else?
- B: Yes, please. I'd like a 4) of milk, a 5) of ketchup and a 6) of sardines.
- A: Right. Will that be all?
- B: Yes, thank you.