



Name:  
Group / Class:  
Date:  
Score:

## ► VOCABULARY

Choose the correct answer.

1. Parmesan is my favourite **cheese** / oil.
2. Fresh vegetables like **green beans** / **grapes** are important for a healthy diet.
3. I'm a vegetarian, so I don't eat **beef** / **cabbage**.
4. We eat lots of fish at home – especially **tuna** / **lettuce** and salmon.
5. Carbohydrates such as **butter** / **bread** are a good source of energy.
6. **Milk** / **Chicken** contains calcium and is good for your bones.
7. I have a **pepper** / **peach** or some strawberries for a snack. Fruit is really good for you.

## ► VOCABULARY

Match the food words below with their definitions.

chopsticks fork glass jug knife  
napkin packet plate slice ~~teaspoon~~

1. You use this to put sugar in your tea or coffee. teaspoon
2. You can use this to protect your clothes when you are eating. \_\_\_\_\_
3. Bread and cheese can be cut into one of these. \_\_\_\_\_
4. You cut your food with this. \_\_\_\_\_
5. Food such as crisps come in this. \_\_\_\_\_
6. People in China and Japan eat food with these. \_\_\_\_\_
7. You can fill this with water and put it on the table. \_\_\_\_\_
8. You drink from this. \_\_\_\_\_
9. You put your food on this. \_\_\_\_\_
10. ou use this to eat your food. \_\_\_\_\_

## ► GRAMMAR

Complete Mary's blog about her holiday using the past simple of the verb in brackets.

I always eat healthily. In the morning I eat <sup>0</sup> some cereal with milk or <sup>1</sup> \_\_\_\_\_ fruit. I don't usually eat <sup>2</sup> \_\_\_\_\_ bread or butter. For lunch I have a sandwich with <sup>3</sup> \_\_\_\_\_ cheese or a salad. A great snack I like is <sup>4</sup> \_\_\_\_\_ dried fruit in yogurt. It's healthy and doesn't contain <sup>5</sup> \_\_\_\_\_ fat or sugar. I'm a vegetarian, so I don't eat <sup>6</sup> \_\_\_\_\_ meat. For dinner I usually eat <sup>7</sup> \_\_\_\_\_ fish, pasta or rice with vegetables. As there is <sup>8</sup> \_\_\_\_\_ meat in my diet, I eat other sources of protein such as nuts. There is <sup>9</sup> \_\_\_\_\_ chocolate or sweet food like cake in my house. They're very unhealthy. I prefer to have <sup>10</sup> \_\_\_\_\_ fruit such as apples or grapes.

## ► GRAMMAR

Tick (✓) the correct sentence, a or b.

1. a. Do you take sugar with your tea? ✓  
b. Do you take a sugar with your tea?
2. a. There is cup of coffee on the table. \_\_\_\_  
b. There is a cup of coffee on the table. \_\_\_\_
3. a. There is cup of coffee on the table. \_\_\_\_  
b. There is a cup of coffee on the table. \_\_\_\_
4. a. You can eat banana at break time. \_\_\_\_  
b. You can eat a banana at break time. \_\_\_\_
5. a. There is some lettuce and peppers we can have in our salad. \_\_\_\_  
b. There is an lettuce and some peppers we can have in our salad. \_\_\_\_
6. a. I have a onion, some tomatoes and some cheese in my sandwich. \_\_\_\_  
b. I have an onion, some tomatoes and some cheese in my sandwich. \_\_\_\_

## ► GRAMMAR

Write the questions about quantities to complete the conversations.  
Use *how much* or *how many*.

1. How many chocolates do you have?  
I have lots. Have one!
2. \_\_\_\_\_ napkins are there?  
There are a lot on the table.
3. \_\_\_\_\_ cheese is there?  
There is a lot in the fridge.
4. \_\_\_\_\_ strawberries do you eat?  
I eat a lot.
5. \_\_\_\_\_ fat is there in this butter?  
There's a lot. Butter always contains a lot of fat.
6. \_\_\_\_\_ forks are there?  
There are about ten.

## ► GRAMMAR

Put the words in order to make sentences.

1. lots / coffee / put / of / milk / please / in / my  
Put lots of milk in my coffee, please.
2. fish / any / menu / there / on / is / the / ?  
\_\_\_\_\_
3. plate / there / a / slices / are / of / bread / few / on / the  
\_\_\_\_\_
4. aren't / a / restaurants / lot / in / of / town / my / there  
\_\_\_\_\_
5. like / would / you / little / lemon / a / in / tea / your / ?  
\_\_\_\_\_
6. juice / a / there / bit / left / in / carton / the / is / of  
\_\_\_\_\_

## ► GRAMMAR

Choose five words from the box and write true sentences about the food in your kitchen. Use the quantifiers *(not) a lot of, lots of, a little, a few, not much or not many*. Don't use the same quantifier more than once.

beef cabbage cheese ~~chicken~~ cucumber  
lemon onions peas peppers prawns  
rice salmon tomatoes yogurt

1. There is a lot of chicken.
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

## ► READING

Read the text and decide if the sentences are true or false. Correct the false sentences.



Hi! I'm George, and I'm from Greece. Food is very important to people in my country, and we have many traditional recipes. We eat lots of different food such as meat, pasta, vegetables and rice. And we also eat a lot of cooked fish. Dinner time is a time to talk with your family, and eating together is very important.

We normally use a knife and fork to eat. Sometimes we use a fork and hold a slice of bread in our other hand to push the food onto the fork. Before we eat, we always say 'Kali Oreksi', which is like 'Buon Appetito' in Italian. In Greece, you always eat all your food to show you enjoyed the meal. It is very rude to start your dinner before everyone else has their own plate of food.

People in Greece eat a wide variety of food, and some of our recipes, like Moussaka, are very famous. A popular salad is called 'Village Salad', and it contains lots of cucumber, a few tomatoes, an onion, green peppers and some cheese. In many areas of Greece, people also put a bit of lettuce in the salad, too.

1. George is from Italy.  
False. George is from Greece.
2. In Greece, they eat a lot of raw fish.  
\_\_\_\_\_

3. Greeks often have dinner with their families.

4. They never eat with a knife and fork.

5. In Greece, you eat all your food to show you enjoyed your meal.

6. Some people put green beans in the Village Salad.

## READING

Read the text again and complete the table.




Hi! I'm George, and I'm from Greece. Food is very important to people in my country, and we have many traditional recipes. We eat lots of different food such as meat, pasta, vegetables and rice. And we also eat a lot of cooked fish. Dinner time is a time to talk with your family, and eating together is very important.

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	Eating in Greece
Common foods	1
Three things Greeks use to eat	2
What Greeks say before they eat	3
What not to do	4
Four ingredients of Greek Village Salad	5

## LISTENING

 track 5 Listen to a radio program about healthy eating with Dr Sharon Gray and complete the sentences using the words below.

fat balanced calories carbohydrates  
energy ~~healthy~~ information portions  
sandwich snack salmon

1. The program is about healthy lifestyle.
2. Dr Gray is giving some \_\_\_\_\_ about healthy eating.
3. Dr Gray says we all need to eat a \_\_\_\_\_ diet.
4. Cakes and biscuits contain a lot of \_\_\_\_\_.
5. Dr Gray says to be careful with food that contains a lot of \_\_\_\_\_.
6. We need five \_\_\_\_\_ of fruit and vegetables every day.
7. Fruit makes a healthy \_\_\_\_\_.
8. Food that gives us \_\_\_\_\_ helps us every day at school and work.
9. Bread is a good source of \_\_\_\_\_.
10. For lunch you can eat a \_\_\_\_\_ with cheese, tomato and lettuce.
11. Dr Gray's recipe for the day contains \_\_\_\_\_, potatoes and green beans.

**▶ LISTENING**



 track 5 Listen again and choose the correct answer.

1. Dr Gray says cakes and **meat / biscuits** have a lot of fat.
2. It is important to eat lots of **fresh / raw** food.
3. **Nuts / Biscuits** have less fat, which is better for you.
4. We can eat fruit such as **lettuce / grapes** with our lunch.
5. **Pasta / Flour** gives us lots of energy throughout the day.
6. Dr Gray's sandwich contains two **slices / packets** of bread.

## WRITING

**Write an article for your school magazine about what you like to eat at the weekend in 100–125 words. Include the following information:**

- what you eat for breakfast
- what you eat in the afternoon
- what time you have dinner
- your favourite food
- how you prepare your favourite meal and what the ingredients are
- whether you eat out

[illegible]

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