

Food and Drinks

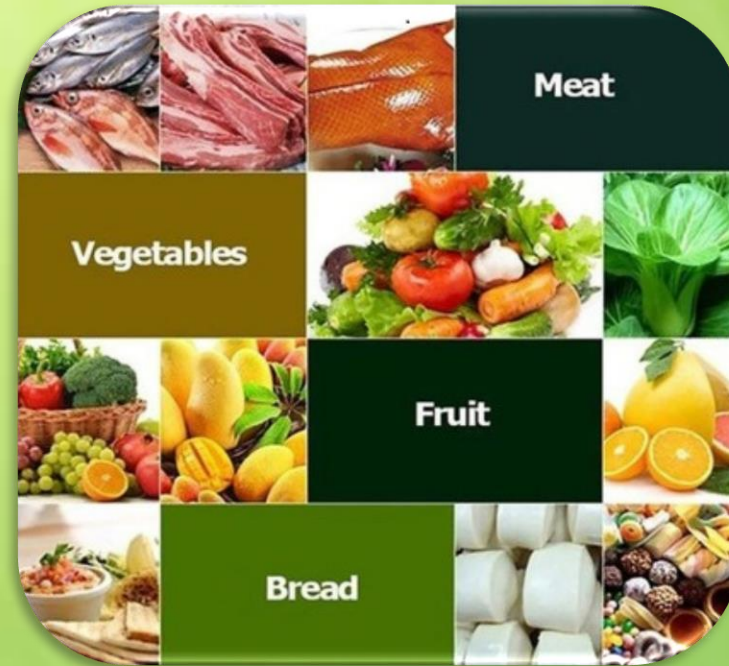


Комплекс вправ для 10-го класу

Food and Drinks

TASK 1. Put the food from the box into the correct category. Some foods can go into more than one category. You can also add other food you know.

sweets wholemeal bread olive oil pear jam
 pasta chocolate apple rolls cream rice pork
 lemon grapes tomato cereal cottage cheese butter
 cucumber lettuce fizzy drink French fries carrots
 crisps biscuits yoghurt salmon trout fruit juice
 turkey sausages peas French beans nuts potatoes
 cauliflower chicken



TASK 2. Unscramble the words to complete expressions 1-8

1. a TRAONC _____ of orange juice
2. a UJG _____ of milk
3. a ICEEP _____ of cake
4. a HERRSA _____ of bacon
5. a TOP _____ of tea
6. a FLOPUNOS _____ of sugar
7. a OXB _____ of tea bags
8. a BUTE _____ of tomato paste

Fruits and vegetables	
Starchy foods	
Meat, fish, eggs	
Foods high in fats or sugar	
Milk and dairy food	

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TASK 3. Read the questions and check that you understand the words in *red*. Which of the words can you use to talk about pictures below?

1. What is a typical *starter* in a restaurant in your country?
2. What is a popular *main course*?
3. What is your favourite national *dish*?
4. What is your favourite *dessert*?
5. When do you usually have a *snack*?
What do you have?



TASK 4. Choose the correct word to complete the questions

1. Do you usually check the information about the *nutritional/culinary* content of the foods you buy?
2. Do you make an effort to avoid foods with too many *preservatives/conservatives*?
3. Does your family usually eat *ready/fast* meals at home or cook using fresh *materials/ingredients*?
4. Do you have a sweet *mouth/tooth*? What kind of desserts do you like?
5. Have you tried *giving up/cutting down* on the amount of sugary snacks you eat?
6. Do you know anyone who has tried *having/going on* diet to lose weight? Did they succeed?

TASK 5. Work in pairs. Ask and answer the questions in exercise 4.

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TASK 6. Work in small groups. Decide what you think are three best reasons for learning how to cook. Explain why.

TASK 7. Listen to the conversation. What is each chef making?

Jasmine:

Ben:



TASK 8. Listen again. Both chefs are doing something wrong in the kitchen. Match the person to the problems and make notes about why it's a problem.

<i>Person</i>	<i>Problem</i>	<i>Why?</i>
Jasmine	olive oil apron and hair jewellery	
Ben	knife and chopping board	



* Audio recording

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TASK 9. With a partner answer the questions before reading

What kind of food do you think is better to eat ...?

- for lunch if you have an important exam or meeting
- for breakfast
- for your evening meal
- if you are feeling stress

TASK 10. Read the article

Mood food

We live in a stressful world, and daily life can sometimes make us feel tired, stressed or depressed. Some people go to the doctor's for help, others try alternative therapies, but the place to find a cure could be somewhere completely different: in the kitchen.

Dr. Paul Clayton? A food expert from Middlesex University, says "The brain is affected by what you eat and drink , just like every other part of your body. Certain types of food contain substances which affect how you think and feel."

For example, food which is high in carbohydrates can make us feel more relaxed. It also makes us feel happy. Research has shown that people on diets often begin to feel a little depressed after two weeks because they are eating fewer carbohydrates.

On the other hand, food which is rich in protein makes us feel awake and focused. Research has shown that schoolchildren who eat a high-protein breakfast often do better at school than children whose breakfast is lower in protein. Also, eating the right kind of meal at lunchtime can make a difference if you have an exam in the afternoon or a business meeting where you need to make some quick decisions. In an experiment for a BBC TV programme two chess players, both former British champions, had different meals before playing each other. Paul had a plate of prosciutto and salad (full of protein from the red meat), and his opponent Terry had pasta with a creamy sauce (full of carbohydrate). In the chess match Terry felt sleepy and took much longer than Paul to make decisions about what moves to make. The experiment was repeated several times with the same result.

Another powerful mood food could become a secret weapon in the flight against crime. In Bournemouth in the south of England, where late-night violence can be a problem, some nightclub owners have come up with a solution. They give their clients free chocolate at the end of the night. The results have been dramatic, with a 60% reduction in violent incident.

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Why does chocolate make people less aggressive? First, it causes the brain to release feel-good chemicals called endorphins. It also contains a lot of sugar, which gives you energy and can help stop late-night tiredness turning into aggression. These two things, together with a delicious taste, make chocolate a powerful mood changer.

Mood food – what the experts say

- Blueberries and cocoa can raise concentration levels for up to five hours.
- Food that is high in protein helps your brain to work more efficiently.
- For relaxation and to sleep better, eat carbohydrates.
- Dark green vegetables (cabbage, spinach) and oily fish (salmon) eaten regularly can help to fight depression.

TASK 11. Look at the title of the article. What do you think it means?

TASK 12. Find adjectives in the article for the verbs and nouns in the list.

stress (noun) (x2) relax (verb) wake (verb) sleep (verb) power (noun) violence (noun) oil (noun)

TASK 13. Ask and answer questions with a partner

1. What time of day do you normally eat protein and carbohydrates? How do they make you feel?
2. How often do you eat chocolate? Does it make you feel happier?
3. After reading the article, is there anything you would change about your eating habits?



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TASK 14. Look at the photos of places where you can eat. What would you like to order there? Describe pictures.



TASK 15. Food Quiz

Can you think of...?

ONE red fruit, **ONE** yellow fruit, **ONE** green fruit
TWO kinds of food that some people are allergic to
THREE kinds of food that come from milk
FOUR vegetables that you can put in salad
FIVE containers that you can buy food in
SIX things that people sometimes have for breakfast

TASK 16. Answer following questions

1. Is there any food or drink that you couldn't live without?
2. What is your favourite fruit/vegetable?
3. Are there any that you really don't like?
4. When you eat out do you normally order meat, fish or vegetarian?
5. What is your favourite dish?

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