

# 5 Eat your heart out



## Vocabulary

### food

**1** Work in pairs. Look at the photos of daily diets from around the world and discuss the questions.

- 1 Which diet looks the most appealing?
- 2 Which diet looks the most similar to your own?
- 3 What can we tell about the countries by looking at these people's diets?

**2** Find out as much as you can about your partner's diet. Does your partner

- 1 snack between meals?
- 2 eat fast food regularly?
- 3 drink a lot of tea and coffee?
- 4 eat plenty of fresh fruit?
- 5 prefer to eat organic food?
- 6 avoid certain foods?

**3** Complete the phrases with the words in the box.

balanced fat free low vegetarian vitamins

- 1 a high-..... diet
- 2 a strict ..... diet
- 3 a diet rich in .....
- 4 a well-..... diet
- 5 a .....-salt diet
- 6 a dairy-..... diet

**4** Use the phrases in Activities 2 and 3 to describe the diet most people have where you live. How healthy is it? Which phrases would you use to describe the diet you should have?



## Expressions of quantity

► GRAMMAR REFERENCE p.149

- 5** How healthy do you think a Japanese sumo wrestler's diet is compared to other athletes?
- 6** Choose the correct option(s) in italics. Sometimes both options are possible.
- 1 Japanese sumo wrestlers consume *an enormous amount of/a great deal of* calories – ten times more than the recommended daily intake for an average man.
  - 2 Sumo wrestlers eat *very few/very little* eggs.
  - 3 Sumo wrestlers drink *a great deal of/an enormous amount of* beer.
  - 4 A sumo wrestler's diet only contains *a little/a few* salt.

**7** Work in pairs and discuss the questions.

- 1 Which of the expressions in the box can be used instead of the expressions of quantity in italics in Activity 6?

a bit of a lot of hardly any

- 2 Which expressions of quantity in Activity 6 and in the box above can be used with countable/uncountable nouns? Copy the table and complete it. Some can be used with both.

Countable	Uncountable

**8** Turn to page 149 for more practice with countable and uncountable nouns.

**9** What is the difference in meaning between these examples?

- 1 **A** The shop sells a few cakes.  
**B** The shop sells very few cakes.
- 2 **A** There's a little cheese left.  
**B** There's very little cheese left.

**10** Work in pairs. Ask and answer questions based on the sentences in Activity 9.

## Subject/Verb agreement

► GRAMMAR REFERENCE p.149

**11** Work in pairs. Choose the correct option in italics and explain your choices.

- 1 Not many people *like/likes* raw fish.
- 2 Two thousand five hundred calories per day *is/are* enough for the average man.
- 3 Everyone *need/needs* to eat a balanced diet.
- 4 Eating a lot of fresh vegetables and cheese *is/are* good for you.
- 5 There *is/are* a lot of advice on the internet about eating a healthy diet.
- 6 Most of my family *eat/eats* meat but I'm a vegetarian.

**12** Complete these sentences about eating habits so that they are true for you. Then compare with a partner.

- 1 Most of my family ...
- 2 Both of my parents ...
- 3 One of my friends ...
- 4 No one in my house ...

### LANGUAGE TIP

Don't get confused between *a few* and *few*.

*The party was OK; there were **a few** people I knew there. (a few = some)*

*The party wasn't a success; **few** people turned up. (few = hardly any). N.B. *hardly any* is more natural in spoken English.*

## Open cloze (Part 2)

► EXAM FOCUS p.186

**1** Work in pairs and discuss how far these statements are true for you.

- 1 I can't stand the taste of chilli. It's too hot.
- 2 I love food which has lots of spices and different flavours.
- 3 I am addicted to caffeine – I drink at least four cups of coffee a day.

**2** Read the text opposite quickly and choose the correct words in *italics*.

- 1 The writer *likes/doesn't like* chilli.
- 2 Chilli *can be/isn't* very addictive.

**3** Look at the gaps in the text. In which four gaps should you put an expression of quantity? Give reasons for your answers.

### EXAM TIP

In Part 2 you need to use a variety of grammatical forms, such as pronouns (*he, them*), prepositions (*at, about*), articles (*a, the*), auxiliaries (*do, are*), linking words (*although, next*), comparisons (*than, as*) and quantifiers (*any, many*).

**4** Now think of the word which best fits each gap. Use one word in each gap. There is an example at the beginning.

**5** Look at the expressions of quantity from the text. What other ways are there to say the same thing?

- 1 very few people
- 2 does not seem to have any addictive qualities
- 3 a large quantity of
- 4 lots of our favourite dishes

**6** Work in pairs and discuss the questions.

- 1 What do children generally dislike eating?
- 2 What foods did you hate at first, but enjoy now?
- 3 Is there any food that you refuse to eat? Why?



FOOD

## Why do people love chilli?


People don't wash their eyes in lemon juice or pour boiling hot tea over themselves, so why are we prepared to go through so (0) *much* pain for the sake of chilli?

Chilli is not the only strange thing that people seem to enjoy. For example, very (1) ..... people like the bitter taste of coffee to begin with but soon most of us (2) ..... used to it. But coffee contains caffeine, which has some addictive qualities, and this explains (3) ..... it is so popular. But capsaicin, the ingredient which makes chillies hot, does not seem to have (4) ..... addictive qualities whatsoever. (5) ..... we consumed a large quantity of it, it would kill us. And yet chillies have (6) ..... used in cooking in almost (7) ..... culture for thousands of years. Today, a third of the world's population eat chilli at least once a day. Lots of our favourite dishes just wouldn't taste right (8) ..... it.

## Sentence completion (Part 2)

▶ EXAM FOCUS p.188

- 1 Do most people still cook traditional dishes in your country? What new foods have become popular recently?
- 2 Look at question 1 in the text below. What kind of information do you think is missing? Give reasons for your answers.
  - A a meal
  - B a type of food
  - C an animal
- 3 Underline the key words in the text below and make sure you understand what each sentence means.

- 4  15 You will hear a food writer called Sarah Willis talking about the history of cooking. Follow the steps in Activity 2 for each answer, then listen and complete the sentences.

### EXAM TIP

You may hear more than one number/noun/adjective/verb that will fit grammatically. But only one of these will fit the meaning.

- 5 Read through your answers to check they make sense grammatically.
- 6 Work in pairs and discuss the questions. Give reasons for your answers.
  - 1 How much raw food do you eat?
  - 2 Do you think people should eat less meat?
  - 3 What would you like to eat more or less of?

## THE IMPORTANCE OF COOKING



Sarah says about 60 percent of a chimpanzee's diet consists of a mixture of (1) .....

There is no (2) ..... in a large percentage of the plants that chimpanzees eat.

The size of the human (3) ..... makes it difficult for people to eat large quantities of plants.

Before they discovered cooking, it could take a minimum of (4) ..... for people to eat their food.

One benefit of cooking was that (5) ..... could be kept until the following day.

Some scientists think cooking resulted in an increase in the size of the (6) .....

The idea of sharing a (7) ..... with the whole family probably started when people began to cook.

The risk from (8) ..... meant that female cooks needed protection.

New evidence from Africa shows that (9) ..... could have been used earlier than scientists previously thought.

During the last ice age the extra (10) ..... provided by cooked food helped people to survive.

## Multiple choice (Part 5)

► EXAM FOCUS p.187

### 1 Discuss the questions and give reasons for your answers.

- If you lived on your own, would you bother cooking?
- Would you ever replace a meal with an energy drink or smoothie?

### 2 Read the article quickly to find out three pieces of information about a food product called Soylent. Then compare with a partner.

#### EXAM TIP

Remember, when you are looking for the answers in this part, the questions will follow the order of the text. Always check your answers very carefully.

### 3 For questions 1–6, choose the answer (A, B, C or D) which you think fits best according to the text.

- Why did Rob Rhinehart initially create Soylent?
  - He saw it as a way of earning money to support his new company.
  - He felt that cooking was taking up too much of his time.
  - He wanted to live on a diet of nutritious food.
  - He thought that he would be able to live more cheaply.
- Following the interest in his blog, Rhinehart
  - couldn't keep up with the demand for Soylent.
  - had to choose which of his businesses to close.
  - improved the recipe for Soylent.
  - started producing big quantities of Soylent.
- The writer was surprised by the public reaction to Soylent because
  - liquid food has always been associated with ill health.
  - people were already familiar with the idea of liquid meal replacements.
  - there are lots of similar products available.
  - astronauts stopped using liquid food a long time ago.
- What does Rhinehart say about people's eating habits in the future?
  - They will feel less hungry at meal times.
  - They will prefer eating liquid food.
  - They will only cook when they feel like it.
  - They will appreciate eating out more than people do now.

- What point is made in the fifth paragraph?
  - Most of our food has been altered in some way.
  - Food production needs to get more efficient.
  - People are reluctant to eat food products they consider unnatural.
  - Plants which are easy to grow will soon replace more popular vegetables.
- In the final paragraph, the writer expresses
  - doubt that Soylent is only suitable for one group of people.
  - hope that Soylent may be a solution to a serious problem.
  - surprise about the predicted demand for Soylent products.
  - disagreement that products like Soylent are a risk to family life.

### 4 Work in pairs. Check your answers by matching key words in the options to what is stated in the text.

### 5 Work in pairs and discuss the questions.

- Would you consider trying Soylent? What do you think are its advantages and disadvantages?
- What would you give up if you wanted to save money?
 

A buying snacks	D your phone
B going out	E your car
C buying presents	F something else?

### 6 Match the underlined phrases in the article to their meanings 1–6.

- refuse to accept
- remove the need for
- discover by accident
- no longer possible to continue
- be limited to
- spread quickly on the internet

### 7 Work in pairs and decide whether both or only one of the verbs in italics collocates with the noun. Then check the meaning in a dictionary.

- Their crop of soya beans has *doubled/expanded* in size.
- The business *expanded/grew* rapidly.
- They *raised/grew* a huge family on very little money.
- No one *raised/introduced* any objections to the plan.
- The company had to *raise/increase* production to meet demand for the product.

### 8 Use the verbs in Activity 7 to talk about changes in your town/city, your workload and the cost of transport.

# THE DEATH OF COOKING?

Rob Rhinehart's idea for Soylent (the name is a hybrid of *soybeans* and *lentils*) dates back to when he was living on his own in San Francisco and struggling to build a wireless networking business. Desperate to preserve his rapidly declining funds, he identified food as one of his biggest costs and hit upon a novel way to economise. After researching the essential nutrients required for maintaining human health, he ordered the ingredients from the internet and blended them together to make a liquid concoction that would do away with the bother of cooking.

In a blog post entitled *How I Stopped Eating Food*, he wrote about how the idea of food was outdated. The posting went viral and, when his original wi-fi business finally reached the end of the line, Rhinehart decided to put all his energies into making Soylent a success. He raised money by getting small sums from hundreds of online investors. This enabled him to start producing Soylent on a large scale. Last year the company was said to be valued at \$100m. Now, the ready-to-drink version – Soylent 2.0 – is packaged in attractive white bottles and shipped across the USA and Canada and to other markets. More than 25m servings have been shipped since May 2014.

The public reaction which greeted Soylent was a little surprising, given that the idea of liquid food is nothing new. In hospitals it has been used for decades to feed patients that are too weak to digest solid food. Liquid meal replacements are also a regular feature of the diet industry and have been sold to people hoping to lose weight as a miraculous way of both satisfying hunger and minimising calorie intake. The concept of liquid food first caught the public imagination following the early expeditions into space when



astronauts survived on packets of powdered dried food, which had to be dissolved in hot water. These days, liquid meal replacements are no longer considered rocket science but what is new is the suggestion that these products should become a normal part of our everyday diet.

Rhinehart is convinced that we will start to abandon three meals a day and instead rely on meal replacement drinks which meet our dietary requirements. 'We don't work on farms, we don't work on assembly lines and I don't think we should eat like we do. I think people will switch to eating when hungry rather than eating on a schedule.' He stresses this does not mean the end of cooking or eating for pleasure; people will only cook when they have time or are in the mood, and will continue to enjoy socialising with friends in restaurants.

One of the ingredients for Soylent is oil from seaweed, which Rhinehart considers a wonder plant because it is both extremely nutritious and fast-growing. He believes that one day we will all cultivate seaweed or other forms of algae in our gardens. The main ingredients for Soylent are extracts from soya, lentils and

beetroot, plants which are known to be beneficial for health. Despite this, Rhinehart's product has drawn plenty of criticism from nutritionists, who say something is lost when giving up eating food in its natural state. Soylent's creator is having none of it. He argues that humans have always interfered with nature and that all of the crops that we produce have gradually been modified and adapted for human consumption over time.

Another objection to Rhinehart's theory about the future of food is that its appeal may be confined to single young people. The idea of families sitting around drinking from their individual Soylent bottles seems quite chilling as it reduces the traditional shared meal to a cold functional experience. But there are others who argue that meal replacement drinks like Soylent could be used in the battle against childhood obesity. According to Rhinehart, children love Soylent and he is considering bringing out flavoured versions which would appeal to them. Perhaps an unintended benefit of products like Soylent is that they could, with any luck, be a way to control our ever-increasing addiction to salt and sugar.

## Passive forms

► GRAMMAR REFERENCE p.150

**1** Read the sentences about celebrations. Decide whether it is better to use the active (sentence A) or passive (sentence B) form of the verb and say why.

- 1 **A** At weddings in Italy, *they often give* sugared almonds to guests.  
**B** At weddings in Italy, sugared almonds *are often given* to guests.
- 2 **A** Some people hate surprise parties that *people give* them on their birthdays.  
**B** Some people hate *being given* surprise parties on their birthdays.
- 3 **A** *We must make* a decision soon about which restaurant we should book for mum and dad's wedding anniversary.  
**B** A decision *must be made* soon about which restaurant we should book for mum and dad's wedding anniversary.
- 4 **A** *We will provide* flowers on all the tables at the wedding reception.  
**B** Flowers *will be provided* on all the tables at the wedding reception.
- 5 **A** I was really thrilled when *my sister asked me* to give a speech at her wedding.  
**B** I was really thrilled *to be asked by my sister* to give a speech at her wedding.

**2** Read the text about a celebration. What is unusual about it?

At the end of November an annual feast (1) ..... in Lopburi, Thailand. An enormous amount of fruit and vegetables (2) ..... by local people. Chefs (3) ..... to prepare a wonderful meal. Not so unusual, perhaps, except that the 3,000 guests are all monkeys! Monkeys (4) ..... everywhere in this jungle town and monkeys (5) ..... to bring wealth, in the form of tourism. The feast (6) ..... in 1989 by a local businessman as a way of saying thank you to them.

**3** Complete the text with the verb phrases in the box.

are believed   can be seen   have been invited  
was started   will be donated   will be taking place

### LANGUAGE TIP

- We use the passive form when we don't know/it doesn't matter/it's obvious who does the action.
- Use a form of *to be* + past participle.

**4** Work in pairs. Think of popular celebrations in your country. What food is typically eaten and how is it made? Try to use passive forms.

## Passive reporting verbs

**5** Look at sentences A, B and C. Which sentence(s) avoid(s) saying *who* believes? What is the difference in form?

- A** Thai people believe that monkeys bring wealth.
- B** Monkeys are believed to bring wealth.
- C** It is believed that monkeys bring wealth.

### LANGUAGE TIP

We can report opinions and beliefs with verbs such as *think* or *believe*.

- *it* + passive reporting verb + *that* clause
- subject + passive reporting verb + present/perfect infinitive

**6** Complete the second sentence so that it has a similar meaning to the first sentence, using the word given.

**1** People expect tourists to carry sticks to protect themselves from curious monkeys.

**ARE**

Tourists ..... sticks to protect themselves from curious monkeys.

**2** Most people think monkeys are a huge tourist attraction.

**BE**

Monkeys ..... a huge tourist attraction by most people.

**3** Newspapers claim that twenty top chefs have been invited to prepare the meal.

**BY**

It ..... newspapers that twenty top chefs have been invited to prepare the meal.

**4** The tourist office has estimated that over 10,000 visitors watch the feast.

**BEEN**

It ..... that over 10,000 visitors watch the feast.

**5** Everyone says monkeys can be very aggressive around food.

**TO**

Monkeys ..... be very aggressive around food.

**7** Work in pairs. Discuss stories which have been reported recently online or on TV.

**Example:** *The prime minister/president is said to be ...  
A new film about ... has been made recently.*



A



B

## Long turn (Part 2) comparing and giving a reaction

► **EXAM FOCUS** p.190

Both these photos show people eating out in restaurants. Compare the photos and say why the people might choose to eat in places like these.

### EXAM TIP

Listen carefully to the question and make sure you answer it. There are usually two parts to the question.

**1** Look at the photos and the exam task, and tick the statements you agree with. Can you think of any other points of comparison between the photos?

- 1 Although the food in an expensive restaurant may be wonderful, the atmosphere isn't as friendly as in fast-food restaurants.
- 2 In expensive restaurants you often have to have full meals, whereas you can usually just get a snack in fast-food places.
- 3 While fast-food restaurants are quick and cheap, they usually serve unhealthy junk food.
- 4 Both formal and fast-food restaurants are popular with young people.

**2** Underline the linking expressions in Activity 1 which are used to compare and contrast.

**3** Work in pairs. Match the sentences 1–6 to the types of restaurant in the photos, A and B.

- 1 You don't have to dress up.
- 2 You can't hear yourself speak.
- 3 It's overpriced.
- 4 They're good for special occasions.
- 5 The atmosphere is more casual.
- 6 The food's a bit basic.

**4**  **16** Listen to Danuta doing the task and answer the questions.

- 1 What differences does she mention between the photos?
- 2 How does she respond to the second part of the question?

**5** Look at the audio script on page 211. What adjectives does Danuta use?

**6** Work in pairs. Turn to page 134 and complete Task 1. Then turn to page 136 and swap roles for Task 2.

## Describing a personal experience

1 Read the restaurant review and tick the things that are mentioned.

- staff
- writer's expectations
- location
- décor
- other diners
- experience
- prices
- food



2 Work in pairs and discuss the questions.

- 1 Would you go to Franco's after reading this review?
- 2 Do you prefer to read restaurant reviews or to get personal recommendations from friends before going to a new restaurant?
- 3 How good do you think the restaurants are where you live? Which ones would you recommend to a visitor to your town/city?
- 4 Have you ever been disappointed or pleasantly surprised by a meal in a restaurant?

3 In which paragraph(s) does the writer

- A give details about the food?
- B say who she recommends the restaurant for?
- C describe her experience?
- D express negative points?

### LANGUAGE TIP

*Recommend* can be followed by *-ing* or a clause.  
 I would strongly recommend **booking/that you book** in advance.

4 Copy the table and complete it with words/phrases from the review.

food	staff	experience
best pizza in the city, ...		

5 Underline examples in the text where the writer uses

- A adverbs for emphasis.
- B the passive.
- C expressions for giving opinions.

## Franco's

Franco's on Canal Street is said to be the best pizza restaurant in the city but I'd always avoided going there because of their no-bookings policy; there's nothing I hate more than having to queue for ages. But last week a friend insisted on taking me there and although we did have to wait about 20 minutes for a table, it was definitely worth it.

There are only six pizzas on the menu, which may disappoint some who expect to have a wider selection on offer, but for me it's the quality of the ingredients that counts – not the size of the menu. The pizzas here actually taste authentically Neapolitan, which isn't that surprising given that the owner is from Naples and had the wood-fired pizza oven specially designed there.

The service was very efficient – but not too efficient. We didn't get the impression that the waiters were under pressure to serve us quickly so that they could squeeze in more customers. In fact, they couldn't have been friendlier or more helpful.

The only downside was that it was extremely hot as we were given a table quite close to the pizza oven. But on the whole, it was a first-rate experience – so much better than going to one of the characterless pizza chains. I'd strongly recommend going to Franco's. It's a great place for a top-quality, affordable meal out with friends.

## Review (Part 2)

▶ WRITING REFERENCE p.172

6 Read the exam task and write a review, using some of the ideas and language from the review of Franco's. You should write 140–190 words.

You see this advertisement in the local paper.

### WANTED: RESTAURANT CRITICS!

Have you tried a new restaurant in your area recently? We'd like to know your opinion, not only of the food but also the staff, the atmosphere and the prices. Tell us whether you would recommend the restaurant to other people.

The best review will be published in next week's paper.

Write your **review**.

### EXAM TIP

You should include both positive and negative comments but don't forget to state your overall opinion.



**1 Choose the best answer (A, B, C or D) to complete the sentences.**

- 1 He snacks a lot ..... meals.  
A besides B on C between D from
- 2 It's important to eat a diet ..... in vitamins.  
A rich B high C full D plenty
- 3 People would be healthier if they ate less ..... food.  
A fast B quick C hurried D speedy
- 4 Never add salt to any dish without ..... it first to see if it's needed.  
A tasting B cooking C flavouring D pouring
- 5 Some cultures are known ..... their spicy food.  
A by B for C about D with
- 6 What ..... are needed to make that dish?  
A parts B items C ingredients D pieces
- 7 A lot of children are addicted ..... sugar.  
A for B on C to D by
- 8 The price of coffee ..... by more than 20 percent last year.  
A raised B increased C expanded D doubled

**2 Complete the sentences with one word.**

- 1 We've got very ..... cheese left. Can you go to the shops for me?
- 2 I don't eat ..... eggs these days; just two a week.
- 3 There's only a tiny ..... of cake left. Who's eaten it all?
- 4 She eats ..... any chocolate these days.
- 5 Eating ..... of fruit is very good for you.
- 6 There are only a ..... calories in a strawberry.
- 7 There's a great ..... of salt in this dish.
- 8 We cooked an enormous ..... of food for the party.

**3 Choose the correct word in italics to complete the sentences.**

- 1 A high percentage of people *is/are* allergic to nuts.
- 2 Both coffee and tea *contain/contains* a lot of caffeine.
- 3 Only one of my brothers *is/are* a good cook.
- 4 Neither of my parents *eat/eats* meat.
- 5 The government *has/have* introduced new rules about food labels.
- 6 Information on ways to improve your diet *is/are* available on the website.
- 7 The Spanish *eat/eats* a lot of fish.
- 8 Four hundred pounds *is/are* an awful lot of money to spend on one meal.

**4 Complete the sentences with the correct passive form of the verb in brackets.**

- 1 Children ..... (*teach*) about healthy eating in many schools.
- 2 This restaurant ..... (*review*) in six newspapers recently.
- 3 The onions must ..... ( *fry*) until they are soft.
- 4 That chef ..... (*say*) to be extremely talented.
- 5 All the cake ..... (*eat*) last night.
- 6 Only fifty people ..... (*invite*) to their wedding, which is on Saturday.