

## Food and drink

1 Translate the food and drink words into your language.



apples  
manzanas



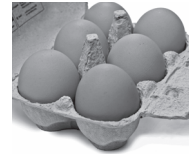
1 bread



2 cheese



3 chips



4 eggs



5 fish



6 juice



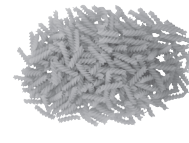
7 meat



8 milk



9 olives



10 pasta



11 rice



12 salad



13 strawberries



14 tomatoes



15 water

## Healthy living

2 Look at the healthy habits and find the seven verbs in bold in the wordsearch.

- |                                     |                                  |
|-------------------------------------|----------------------------------|
| go to bed early                     | 5 don't <b>be</b> late           |
| 1 <b>study</b> for tests            | 6 <b>do</b> exercise             |
| 2 don't <b>watch</b> TV all evening | 7 <b>eat</b> healthy food        |
| 3 <b>be</b> on time                 | 8 don't <b>eat</b> fast food     |
| 4 go to bed late                    | 9 don't <b>drink</b> soft drinks |

|   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|
| A | V | O | B | E | Y | K | S |
| Z | G | P | W | R | N | B | J |
| R | M | W | H | I | G | R | L |
| P | D | G | R | E | A | T | A |
| D | A | D | A | Y | N | L | E |
| Q | J | H | W | A | T | C | H |
| R | M | X | S | T | U | D | Y |
| D | O | M | K | R | L | U | I |

3 Match the sentences 1–5 with the healthy living phrases a–f.

I'm at school at eight o'clock every morning. c

- 1 I go to bed at nine o'clock. \_\_\_\_
- 2 We get 10s in all our subjects. \_\_\_\_
- 3 She gets up at seven o'clock. \_\_\_\_
- 4 They have pizza and chips every day. \_\_\_\_
- 5 I have fish, salad and fruit for lunch. \_\_\_\_

- a get up early
- b eat healthy food
- ~~c be on time~~
- d go to bed early
- e eat fast food
- f study for tests

## Countable and uncountable nouns: *a, an, some* and *any*

1 Complete the table with the words in the box.

~~an apple~~ an olive a tomato bread chips  
eggs meat milk strawberries

| Countable nouns<br>(singular) | Countable nouns<br>(plural) | Uncountable<br>nouns |
|-------------------------------|-----------------------------|----------------------|
| <u>an apple</u>               | 3 _____                     | 6 _____              |
| 1 _____                       | 4 _____                     | 7 _____              |
| 2 _____                       | 5 _____                     | 8 _____              |

2 Complete the table with the words in the box.

a an any are is isn't some

|             | Countable<br>nouns<br>(singular) | Countable<br>nouns<br>(plural)      | Uncountable<br>nouns              |
|-------------|----------------------------------|-------------------------------------|-----------------------------------|
| Affirmative | There's<br><u>a</u><br>tomato.   | There are<br><u>2</u><br>olives.    | There<br><u>5</u><br>some cheese. |
| Negative    | There isn't<br><u>1</u><br>egg.  | There aren't<br><u>3</u><br>apples. | There<br><u>6</u><br>any juice.   |
| Questions   | Is there an<br>egg?              | <u>4</u><br>there any<br>apples?    | Is there any<br>juice?            |

3 Choose the correct words.

There **are** / **is** an orange on the table.

- Is there **a** / **any** banana in your shopping bag?
- Are there **any** / **some** eggs for dinner?
- There **are** / **is** some strawberries for the cake.
- There aren't **a** / **any** chips.
- There **are** / **is** a tomato for the salad.
- There is **any** / **some** bread for the sandwiches.

## How often ... ? and adverbs of frequency

4 Complete the tables with the words in the box.

always do does ~~how often~~ never sometimes

| Questions with <i>How often</i> ... ? |         |                        |               |
|---------------------------------------|---------|------------------------|---------------|
| <i>How often</i>                      | 1 _____ | I / you / we /<br>they | eat<br>chips? |
|                                       | 2 _____ | he / she / it          |               |

| Adverbs of frequency |            |
|----------------------|------------|
| 3 _____              | 0% ○       |
| rarely               | 10% ●      |
| 4 _____              | 40% ●●     |
| often                | 65% ●●●    |
| usually              | 80% ●●●●   |
| 5 _____              | 100% ●●●●● |

5 Complete the sentences with the correct adverbs of frequency.

Martina often eats in the canteen. ●●●

- We \_\_\_\_\_ have strawberries for dessert. ●●
- I \_\_\_\_\_ drink milk for breakfast. ●●●●●
- Lilly \_\_\_\_\_ makes dinner for her family. ○
- They \_\_\_\_\_ watch TV in the evenings. ●●●●
- We \_\_\_\_\_ go to bed late on Saturdays. ●●●
- You \_\_\_\_\_ play sports after school. ●

6 Complete the questions with *do* or *does*.

How often do you go to bed early?

- How often \_\_\_\_\_ Josh eat fast food?
- How often \_\_\_\_\_ we get homework?
- How often \_\_\_\_\_ your brother do exercise?
- How often \_\_\_\_\_ you drink soft drinks?
- How often \_\_\_\_\_ you eat salad?

## Food and drink

1 Complete the food and drink words with the missing letters.



a p p l e s



1 b r \_ \_ d



2 c h \_ \_ s \_



3 c h \_ p s



4 \_ g g s



5 f \_ s h



6 j \_ \_ c \_



7 m \_ \_ t



8 m \_ l k



9 o l \_ v \_ s



10 p \_ s t \_



11 r \_ c \_



12 s \_ l \_ d



13 s t r \_ w b \_ r r \_ \_ s



14 w \_ t \_ r



15 t \_ m \_ t \_ \_ s

2 Complete the sentences with the food and drink words in the box.

apples eggs fish juice meat ~~pasta~~ strawberries

Spaghetti and macaroni are types of pasta.

- 1 Salmon is a type of \_\_\_\_\_.
- 2 \_\_\_\_\_ are small, red fruit.
- 3 I drink orange \_\_\_\_\_ for breakfast.
- 4 I don't eat \_\_\_\_\_ because I'm a vegetarian.
- 5 \_\_\_\_\_ are a green and red fruit. They grow on trees.
- 6 You need \_\_\_\_\_ to make an omelette.

## Healthy living

3 Find six more verbs. Then use them to complete the good and bad habits.

|   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|
| A | V | O | B | E | Y | K | S |
| Z | G | P | W | R | N | B | J |
| R | M | W | H | I | G | D | L |
| P | D | G | R | E | A | T | O |
| D | A | D | A | Y | N | L | E |
| Q | J | H | W | A | T | C | H |
| R | M | X | S | T | U | D | Y |
| D | O | M | K | R | L | U | I |

go to bed early

- 1 \_\_\_\_\_ for tests
- 2 don't \_\_\_\_\_ TV all evening
- 3 \_\_\_\_\_ on time
- 4 don't \_\_\_\_\_ to bed late
- 5 don't \_\_\_\_\_ late
- 6 \_\_\_\_\_ exercise
- 7 \_\_\_\_\_ healthy food
- 8 don't \_\_\_\_\_ fast food
- 9 don't \_\_\_\_\_ soft drinks

4 Complete the healthy living phrases in the sentences.

I'm at school at eight o'clock every morning. I'm on time.

- 1 I go to bed at nine o'clock. I go to \_\_\_\_\_ early.
- 2 We get 10s in all our subjects. We always \_\_\_\_\_ for tests.
- 3 She gets up at seven o'clock. She gets up \_\_\_\_\_.
- 4 They have pizza and chips every day. They eat \_\_\_\_\_ food.
- 5 I have fish, salad and fruit for lunch. I eat \_\_\_\_\_ food.

## Countable and uncountable nouns: *a, an, some* and *any*

- 1 Complete the sentences and questions with the words in the box.

a any any are is is some

There is an orange on the table.

- 1 Is there \_\_\_\_\_ banana in your shopping bag?
- 2 Are there \_\_\_\_\_ eggs for dinner?
- 3 There \_\_\_\_\_ some strawberries for the cake.
- 4 There aren't \_\_\_\_\_ chips.
- 5 There \_\_\_\_\_ a tomato for the salad.
- 6 There is \_\_\_\_\_ bread for the sandwiches.

- 2 Complete the affirmative (✓) and negative (x) sentences and questions (?). Use *a, an, some, and any*.

|                | on the table | for breakfast | in the cake | on the menu |
|----------------|--------------|---------------|-------------|-------------|
| apple          | ✓            |               |             |             |
| 1 strawberries |              |               | ?           |             |
| 2 egg          |              | ?             |             |             |
| 3 chips        |              |               |             | x           |
| 4 banana       | x            |               |             |             |

There's an apple on the table.

- 1 Are there \_\_\_\_\_
- 2 Are there \_\_\_\_\_
- 3 There aren't \_\_\_\_\_
- 4 There isn't \_\_\_\_\_

- 3 Complete the conversation with *there is, there are, there isn't, there aren't, Is there* or *Are there*.

**Mum** Have you got the food for the party?

**Dad** Yes, I have. It's in the kitchen.

**Mum** Great! Are there any crisps?

**Dad** Yes, <sup>1</sup>\_\_\_\_\_. <sup>2</sup>\_\_\_\_\_ some olives, too.

**Mum** Great. What about fruit? <sup>3</sup>\_\_\_\_\_ any strawberries?

**Dad** Yes, there are. <sup>4</sup>\_\_\_\_\_ a mango, too.

**Mum** What about meat?

**Dad** <sup>5</sup>\_\_\_\_\_ some burgers, but <sup>6</sup>\_\_\_\_\_ any hot dogs.

**Mum** Wait! The cake! <sup>7</sup>\_\_\_\_\_ a cake?

**Dad** No, <sup>8</sup>\_\_\_\_\_! Oh no! What do we do?

## How often ... ? and adverbs of frequency

- 4 Look at the percentages (%) and complete the sentences with the adverbs of frequency.

always often ~~often~~ never rarely  
sometimes usually

Martina often eats in the canteen. (65%)

- 1 We \_\_\_\_\_ have strawberries for dessert. (40%)
- 2 I \_\_\_\_\_ drink milk for breakfast. (100%)
- 3 Lilly \_\_\_\_\_ makes dinner for her family. (0%)
- 4 You \_\_\_\_\_ play sports after school. (10%)
- 5 They \_\_\_\_\_ watch TV in the evenings. (80%)
- 6 We \_\_\_\_\_ go to bed late on Saturdays. (65%)

- 5 Order the words to make sentences and questions.

for school. / She is / always late

She is always late for school.

- 1 sports. / My dad / often plays  
\_\_\_\_\_
- 2 easy. / are never / Maths lessons  
\_\_\_\_\_
- 3 They / all evening. / never watch / TV  
\_\_\_\_\_
- 4 How often / eat / fast food? / do you  
\_\_\_\_\_
- 5 on time / always / for school. / I'm  
\_\_\_\_\_

- 6 Put the adverbs of frequency in the correct position in the sentences.

Tom \_\_\_\_\_ is always late for school. (always)

1 I \_\_\_\_\_ help \_\_\_\_\_ with cooking. (sometimes)

2 Science \_\_\_\_\_ is \_\_\_\_\_ boring. (never)

3 We \_\_\_\_\_ play \_\_\_\_\_ sports four afternoons a week. (usually)

4 My sister \_\_\_\_\_ does \_\_\_\_\_ chores. (never)

5 Dad \_\_\_\_\_ works \_\_\_\_\_ late in the evening. (often)

# Unit 3 Reading

- 1 Read the email. What bad habit does Olivia have? Complete the sentence.**

She has breakfast \_\_\_\_\_  
\_\_\_\_\_.

Message
Options
+

Send
Forward
Attach

From: Olivia  
To: Emma  
Subject: Re: Hello from New York!

Hi Emma,

How are you? Thanks for the email and the picture of your family. Your dog is very big!

It's Saturday today and it's my favourite day. You see, I never get up before 9.30. I have a shower and then I have breakfast in front of the TV. Mum doesn't like that. She says it's a bad habit!

I sometimes meet my friends Dave and Cathy for lunch. They have burgers and soft drinks. But I have pasta because I don't eat meat. Then at 2.30 p.m., I go to a dance lesson with Annie. It's cool! After the lesson, we sometimes go to the cinema or we go to the swimming pool. Then I go home for dinner. Before I go to bed, I always go online and check my emails and write to my friends.

Love,  
Olivia



- 2 Read the email again. Choose the correct answers.**

Who has a big dog?

- ☒ a Emma
- b Olivia
- c Annie

- 1 Why is Saturday Olivia's favourite day?

- a She has breakfast in bed.
- b She gets up late.
- c She watches TV before breakfast.

- 2 Who is vegetarian?

- a Olivia
- b Dave
- c Cathy

- 3 Where does Olivia go at 2.30 p.m.?

- a to the cinema
- b to the swimming pool
- c to a dance lesson

- 4 When does Olivia write her emails?

- a before dinner
- b before bed
- c after dance practice

- 3 Find these words in the email.**

a city: New York

- 1 an animal: \_\_\_\_\_

- 2 a day of the week: \_\_\_\_\_

- 3 three meals: \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_

- 4 Three food words: \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_

- 5 One drink word: \_\_\_\_\_

# Unit 3 Writing

## A blog post

### 1 Choose the correct words.

I don't eat meat **so** / **because** I am a vegetarian.

- They never do exercise, **so** / **because** they aren't very healthy.
- We eat a lot of vegetables **so** / **because** they're good for you.
- We often have fish on Sundays **so** / **because** it's our favourite meal.
- My friend goes to bed very late, **so** / **because** he is always tired.

### 2 Read Jason's blog post about food. Answer the questions.

What does he have for breakfast on weekdays?

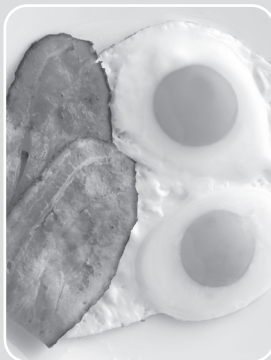
juice and toast

- Where does he have lunch on weekdays?  
\_\_\_\_\_
- What time does he have breakfast on Saturdays?  
\_\_\_\_\_
- What does he have for dinner on Saturdays?  
\_\_\_\_\_

Hi! This week's post is about food.

On weekdays, I have juice and toast for breakfast. There's a break at school at 12.00 p.m. I usually have crisps. Not very healthy – sorry! I have lunch at home with my mum because I don't like the food at school. We have meat or fish with vegetables. In the evening, we often have pasta.

On Saturdays, I have breakfast at 11.30 a.m. because I get up late. My brother sometimes cooks eggs and bacon. I don't like bacon, so I never have any. In the evening, we always have pizza and ice cream. Yum!



### 3 Complete Paula's blog post with the words in the box.

~~breakfast~~ cereal dinner hamburgers  
toast and juice

Hi! This week's post is about food.

In the morning, I have milk and biscuits for breakfast. I have lunch in the school canteen because I don't live near school. I usually have meat or fish with chips or salad. In the evening, I have <sup>1</sup> \_\_\_\_\_ at home. We have rice or pasta with vegetables.

On Saturdays, I have <sup>2</sup> \_\_\_\_\_ for breakfast.

My sister has cornflakes, but I don't like <sup>3</sup> \_\_\_\_\_, so I never have any. In the evening, we sometimes make <sup>4</sup> \_\_\_\_\_ or pizza.



### 4 Write a blog post about food. Complete the sentences in the paragraph plan. Use the texts in exercises 2 and 3 and the Useful language to help you.

#### USEFUL LANGUAGE

##### Food

|        |              |          |       |
|--------|--------------|----------|-------|
| apples | bread        | cheese   | chips |
| eggs   | fish         | juice    | meat  |
| milk   | olives       | pasta    | rice  |
| salad  | strawberries | tomatoes | water |

#### Paragraph 1

Introduce your post. Describe what you eat on a weekday. What do you have for breakfast, lunch and dinner? Do you have lunch at school or at home?

Hi! This week's post is about food.

On weekdays, I have \_\_\_\_\_  
for breakfast. I have lunch \_\_\_\_\_.  
I have \_\_\_\_\_.  
In the evening, \_\_\_\_\_.

#### Paragraph 2

Describe what you and your family eat at the weekend. Do you have any special food?

On Saturdays / Sundays, I have \_\_\_\_\_  
\_\_\_\_\_.  
for breakfast. My \_\_\_\_\_  
has / have \_\_\_\_\_.  
In the evening, \_\_\_\_\_.