

1.A. Solutions

1.a. page 4

Possible answers

1 red - apple / strawberry / cherry

yellow - banana / lemon

green - apple / pear / grapes

2 eggs, nuts, seafood, etc.

3 cheese, cream, yoghurt, ice cream, etc.

4 lettuce, tomatoes, carrots, onions, beans, potatoes, etc.

5 a packet, a bag, a tin, a box, a jar, etc.

6 toast, bread, cereal, eggs, croissant, fruit, etc.

1.b. page 152

Food and cooking

Food

Fish and seafood

1 crab

5 mussels

6 prawns

2 salmon

3 squid

4 tuna

Meat

10 beef

11 chicken

8 duck

9 lamb

7 pork

Fruit and vegetables

18 aubergine

23 beetroot

12 cabbage

22 cherries

20 courgette

16 cucumber

21 grapes

25 green beans

24 lemon

17 mango

13 melon

19 peach

14 pear

26 raspberries

15 red pepper

2. Cooking

4 boiled

3 roast

1 baked

5 grilled

2 fried

5 steamed

1.4. page 4

Possible answers

fresh: fish, vegetables, etc.

frozen: peas, fish, pizza, etc.

low-fat: yoghurt, cheese, etc.

raw: fish, vegetables, etc.

spicy: sauce, chicken, etc.

takeaway: pizza, Chinese, etc.

tinned: tomatoes, tuna, etc.

2.c. page 4

2 breakfast

3 prawns

4 warm

5 roast

6 boiled

7 mushrooms

8 duck

3.a. page 4

Speaker B: 2

Speaker C: 1

Speaker D: 5

Speaker E: 3

4.a. page 5

carbohydrates: cake, pasta

proteins: chicken, salmon

Possible answers

carbohydrates: bread, potatoes, rice, cereal, etc.

proteins: beef, tuna, eggs, cheese, etc.

4.b. page 4

for lunch before an exam or meeting: proteins

for breakfast : proteins

for your evening meal: carbohydrates

if you are stressed: carbohydrates

4.d. page 5

1 Dr Paul Clayton is a food expert from Middlesex University. He says that our brains are affected by the things we eat and drink, and that some foods affect how we think and feel.

2 People on diets often begin to feel depressed after two weeks because they are eating fewer carbohydrates, and carbohydrates make us feel happy.

3 Schoolchildren who have protein for breakfast do better at school, because protein makes us feel awake and focussed.

4 Paul and Terry are former British chess champions. In an experiment they did before a match, Paul had a plate of *prosciutto* and salad (full of protein from the red meat), and Terry had pasta with a creamy sauce (full of carbohydrate). In the chess match Terry felt sleepy and took longer than Paul to decide what moves to make.

5 Nightclub owners in Bournemouth give their clients free chocolate at the end of the night to help reduce violent incidents. The sugar gives people energy and makes them feel good.

4.e. page 5

stress, stressful, stressed

relax, relaxed

wake, awake

sleep, sleepy

power, powerful

violence, violent

oil, oily

5.b. page 6

1 c snails and prawns with garlic

2 F the market

3 A Steve's restaurant

4 B mussels

5 E a casserole

6 D desserts

5.c. page 6

- 1 snails and prawns with garlic: they were his favourite food when he was six or seven - quite unusual things for a British child to like.
- 2 the market: he remembers going to the market in Spain for the first time and being impressed by all the wonderful ingredients.
- 3 the restaurant: he wanted a restaurant that was informal, but served fantastic food.
- 4 mussels: they are an example of the kind of food he makes. He cooks Valencian mussels with Thai green curry paste.
- 5 a casserole: something which uses cheap ingredients, but can be wonderful with long careful cooking and what he most enjoys cooking.
- 6 desserts: he doesn't like making desserts because you have to be very precise.

5.d. page 6

- 1 the best thing: making people happy the worst thing: the long hours
- 2 British customers always say that everything is lovely even if they don't actually eat it all, whereas Spanish customers are honest and say what they think.
- 3 Customers who want him to cook something in a way that he doesn't think is very good, for example a welldone steak.
- 4 He thinks they are getting worse. People are eating more unhealthily.

6.a. page 7

- 1 This week for example I'm cooking nearly every day. We usually close on Sundays and Mondays, but this Monday is a public holiday.
- 2 The British always say that everything is lovely.
- 3 Actually, I think I prefer that honesty, because it helps us to know what people like.
- 4 Unfortunately, I think they're getting worse. People are eating more unhealthily.

6.c. page 132

a	b
1 have	1s coming
2 Are ... taking	2 doesn't want
3 don't like	3 isn't working
4 Does ... know	4 seems
5 don't get	5 aren't speaking
6 is I's ... making	6 thinks
7 are ... thinking	7 Do we need
8 is getting	8 I'm having
9 do ... eat	9 I love
10 don't ... cook	10 are you cooking

6.d. page 7

On a typical day

What do you usually have for breakfast?

Do you drink Coke or fizzy drinks? How many glasses do you drink a day?

Where do you usually have lunch?

What do you usually have for lunch during the week?

Do you ever cook? What do you make?

Do you prefer eating at home or eating out?

At the moment / nowadays

Do you need to buy any food today?

Do you want anything to eat right now? What?

Are you taking any vitamins or food supplements at the moment?

Are you trying to cut down on anything at the moment?

Is the diet in your country getting better or worse?

7.a. page 7

M =man, W =woman

M: I agree. In most top restaurants the chef is a man, for example Ferran Adria, or Jamie Oliver.

W: I don't agree. There are many more women chefs than before in restaurants. And at home women cook much more than men.

M: That's true. But I still think men are better cooks. They're more adventurous in the kitchen.

W: In my opinion that's only because they don't cook every day.

It's easy to be adventurous if you only cook once a week.

M I'm not sure. I know a lot of men who cook nearly every day.

W: Well, I suppose it depends ...