

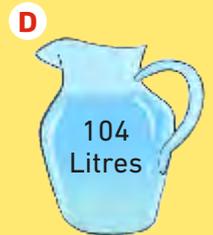
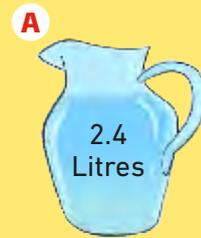
3

Taste

What's your water footprint?

How many litres of water did it take to make this meal?

Everything has a water footprint. A water footprint is the amount of water you need to make something.



- Discuss in pairs. What's your favourite food? What do you like to eat when you go to a restaurant?
- How much water do you need to produce each item of food? Match the food items (1-7) to the water jugs (A-G).
- 3.1 Listen to a radio interview and check your answers to Exercise 2.
- 3.1 Listen again. Are the sentences true (T) or false (F)?
 - ___ Meat products have the biggest water footprint of all foods.
 - ___ Cheese takes less water to produce than meat.
 - ___ Food with different ingredients uses less water.
 - ___ It takes more than 300 glasses of water to make one glass of cola.
 - ___ Vegetables have a higher water footprint than bread.
- iExplore** Make a list of everything you ate for breakfast today. Find a water footprint calculator online and find out which food uses the most water.
- iReflect** Discuss in pairs. How could you reduce the water footprint of your breakfast? What could you cut or add to make a difference?

15 LIFE ON LAND



66% of the water we use is for food production. We can save water and produce more food if we make careful choices about the food we eat.

Preparing food

1 3.2 Label the photos with the verbs in the box. Then listen and check.

add bake boil chop fry **grate** grill mix peel pour roast weigh



grate



1 _____



2 _____



3 _____



4 _____



5 _____



6 _____



7 _____



8 _____



9 _____



10 _____



11 _____

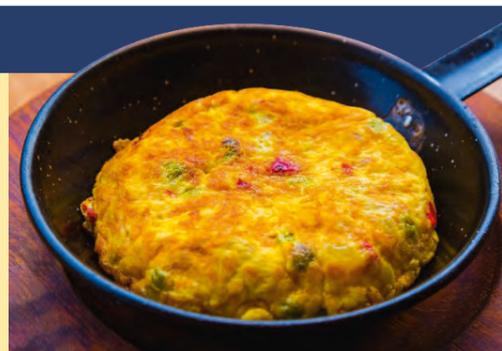
2 Complete the spidergram with the verbs in Exercise 1.



3 Complete the verbs in the recipe.

SPANISH OMELETTE

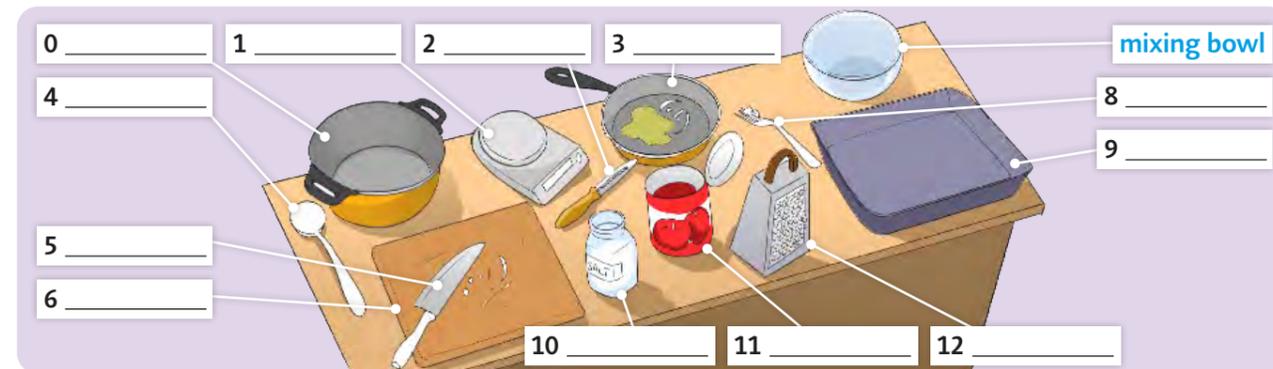
- First, **weigh** and ¹p_____ 300 g of potatoes.
²C_____ the potatoes and one small onion into small pieces.
³F_____ the potatoes and onion in olive oil.
 Break four eggs into a bowl and ⁴m_____ well.
⁵A_____ salt and pepper.
⁶P_____ the eggs into the pan with the potatoes and onion.
 Cook for around ten minutes.



Kitchen equipment

4 3.3 Label the picture with the words in the box. Then listen and check.

baking tray chopping board fork frying pan grater knife **mixing bowl**
 peeler saucepan tablespoon teaspoon tin opener scales



5 3.4 Listen to a radio interview with two young cooks. Whose kitchen is shown in Exercise 4?

6 3.4 Complete the summaries with the words in the box. Then listen again and check.

chopping board fork frying pan grater mixing bowl saucepan scales **tablespoons** tin opener

Jody added two **tablespoons** of salt to her cake instead of sugar. She weighed the ingredients carefully on the ¹_____. and put them into a ²_____. Then she put the mixture in the oven. Her sister threw her ³_____ on the floor!

David made a pizza. He chopped the onions on a ⁴_____ and fried them in a ⁵_____. Then he opened the tin of tomatoes with a ⁶_____ and cooked the tomato sauce in a ⁷_____. He used a ⁸_____ for the cheese. Then he baked his pizza for two hours!

7 3.5 **Pronunciation** Match the words with the same pronunciation. Then listen and check.

- | | |
|---------|----------|
| 1 not | a knew |
| 2 no | b knight |
| 3 night | c know |
| 4 new | d knot |

8 3.6 Listen and repeat the tongue twister with the silent /k/.

New knights know about knives at night. Nice knights don't need knives to fight.

Fun time

9 Write the instructions for a recipe. Include one big mistake. Then work in pairs. Take turns to read your recipe. Can your partner find the mistake?

- A To make tomato soup, first, I chop the strawberries.
 B Wait! You don't use strawberries in tomato soup!

TOM'S TEEN BLOG

Table manners



Have you ever argued with your parents about table manners? I get on well with my family, but at mealtimes, we argue a lot. It's usually about using phones at the table, talking with food in our mouths or eating too quickly. Why do parents care so much about table manners? Is it just me or has anyone else ever experienced this? What sort of things make mealtimes stressful for you?

Winston No elbows on the table! My mum has never explained this, so I've never understood it. It's been a rule in my house for years, but why?

6h Like Reply

Ina The most annoying phrase at dinner is, 'Just try it.' But I've already tried it a thousand times! I tried it yesterday and my taste hasn't changed since yesterday!

3h 3 likes Reply

Nat It's my job to wash up after dinner, but Dad wants me to wash up as soon as I put my fork down. Argh! We've just finished dinner! We haven't left the table yet! He spends all evening asking, 'Have you done the washing-up yet?' What difference does it make when I wash up? I always do it!

1h 2 likes Reply

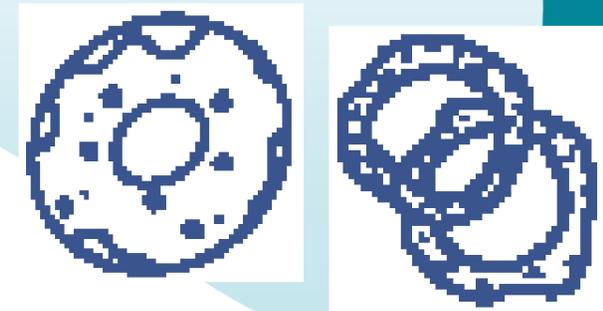
Kelsey My parents hate it if we just use forks. They want us to use forks and knives. But that's weird. I've never seen anyone under 35 who eats like this.

1h 5 likes Reply

1 What table manners rules are there in your house?

2 3.7 Read or listen. Answer the questions.

- 1 What is Tom's relationship with his family normally like?
- 2 What does Tom argue about with his parents at mealtimes?
- 3 What is the rule in Winston's house?
- 4 What do Ina's parents say to her at the dinner table?
- 5 What is Nat's job at home?
- 6 How does Kelsey like to eat her food?



3 Discuss in pairs. Do you agree or disagree with the rules in the blog post?

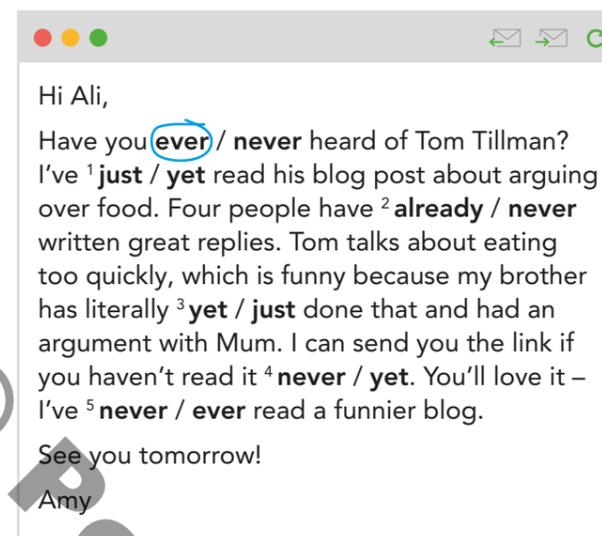
- A I think that you should use a knife and fork.
B Yes, me too.

12 iExplore grammar

Present perfect with *just, already, yet, ever, never*

- + I've (have) **already** tried it.
We've (have) **just** finished dinner.
- We **haven't** (have not) **left** the table **yet**.
My mum's (has) **never** explained it.
- ? **Have** you **done** the washing up **yet**?
Has anyone else **ever** experienced this?

4 Look at the blog post on page 42 and the grammar box. Choose the correct option.



5 Use the prompts to write questions with *ever*.
you / cook / dinner for your family?

Have you ever cooked dinner for your family?

- 1 your parents / make / you eat something you really hate?
- 2 your phone / ring / while you were eating?
- 3 you / argue / with your family in a restaurant?
- 4 you / bake / anything?
- 5 you / eat / something really bad?
- 6 your best friend / make / a meal for you?
- 7 you / try / any unusual food?

6 **Your turn** In pairs, ask and answer the questions in Exercise 5.

- A **Have you ever cooked dinner for your family?**
B **No, I've never cooked dinner for my family.**

Look!

How long has this been a rule?
It's been a rule **for** ten years.
It's been a rule **since** I was three.

7 3.8 Read the Look! box. Complete the text with *for* or *since*. Then listen and check.

MY food hero

BY AVA CLARK

I have been a Briony Williams fan **for** five years. She has baked at home ¹ _____ she was a young child. She's been famous ² _____ 2018, when she appeared on a TV baking competition. She has presented a food programme on TV ³ _____ over five years now. Briony has had a limb difference ⁴ _____ she was born: her left hand stops at the wrist – she calls it her little hand. She has lived in Bristol ⁵ _____ she finished university. She is married and has known her husband ⁶ _____ over ten years. Briony is an inspiration to me because nothing stops her.



Briony Williams

8 **Your turn** In pairs, ask and answer questions using *how long*, these verbs and *for* or *since*.

have know like live play study

- A **How long have you had your laptop?**
B **I've had it for two years.**

Fun time

9 Work in groups of five. Take turns to say a sentence using one of the words in the box. Score a point for each person for whom the sentence is true.

already for just since yet

I have already eaten breakfast.



Have you ever made this before?



- 1** **Chloe** Have you just got back from the shop?
Amir Yes, I have. It took me ages to find the right ingredients for my Indian chicken special!
Chloe Fantastic! I think we're going to win the competition!
Joel I've never been to the World Food Day competition. Did we have one last year?
Chloe No, we didn't. OK, let's cook. Amir, where do we start?
Amir Chloe, chop the vegetables, and Joel, grate the ginger, please.
Chloe and Joel Yes, chef!



- 2** **Joel** OK, I've grated the ginger. What's next?
Amir Wait, did you peel it first?
Joel No, I didn't.
Amir Not to worry, there's more ginger. There you go.



- 3** **Chloe** The vegetables are ready. What about the chicken?
Amir It's all under control. Let me see ... Add the oil and herbs and ... leave the chicken overnight ... oh!
Joel What? We've got two hours, not twelve!
Chloe Amir! Have you ever made this before?
Amir No, I haven't, but I've eaten it a lot. It's the best dish I've ever tasted.
Chloe Let's just cook it, no one will know. They've never had it before.
Amir That's right. And I promise not to mention your mistake.
Joel and Chloe Our mistake?!

Cool talk

Check the meaning of these phrases.
 Fantastic! Not to worry.
 It's all under control.

- 1** Look at the photos. What do you think is happening?
2 Read, watch or listen. Complete the sentences with one word.
 1 Amir went to the _____ before his friends arrived.
 2 They are cooking together for the World _____ Day competition.
 3 Chloe chops the _____.
 4 The friends have got _____ hours to prepare their dish.
 5 Chloe thinks they should _____ it anyway.



video

Story extra



Joel says ...

- 3** Watch or listen to the extra scene. Put the events in the correct order.
 ___ Joel went to the exam.
 ___ The exam started.
1 Joel caught the bus to school.
 ___ Joel waited in the classroom.
 ___ Joel left his bag on the bus.

iExplore grammar

Present perfect and Past simple

- 4** Look at the story on page 44 and the grammar box. Choose the correct option.

Joel **hasn't been** / **didn't go** to a World Food Day before.

- 1 There **hasn't been** / **wasn't** a World Food Day last year.
 2 Joel **hasn't peeled** / **didn't peel** the ginger before grating it.
 3 Amir **hasn't checked** / **didn't check** the recipe before they started.
 4 Amir **hasn't made** / **didn't make** the dish before.

- 5** Complete the dialogue with the Past simple or Present perfect form of the verbs in brackets.



- A** Did you make (you / make) these biscuits?
B Yes, I did. I ¹ _____ (bake) them yesterday. ² _____ (you / try) one yet?
A No, I haven't. I ³ _____ (see) them earlier, but I ⁴ _____ (not have) time to stop.
B They're 50p each.
A How many ⁵ _____ (you / sell) so far?
B About 30. This morning, my friends ⁶ _____ (buy) 20 biscuits.
A That's great! What ⁷ _____ (they / think) of them?
B They loved them.
A I'll take five, please. I ⁸ _____ (never / try) lemon biscuits before.

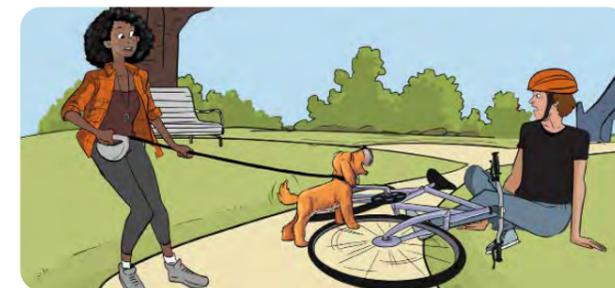
Fast finishers page

- 6** Use the prompts to write questions in the Past simple or Present perfect.

- you / ever / cut / your own hair?
Have you ever cut your own hair?
 1 when / you / last / cook / a meal?
 2 you / ever / eat / something unusual?
 3 when / you / last / try / a new dish?
 4 you / ever / argue / with someone about food?
 5 you / ever / send / food back in a restaurant?

- 7** Your turn Work in pairs. Ask and answer the questions in Exercise 6.

- 8** Write as many sentences as you can about the picture. Use the Present perfect and Past simple.



The boy has just fallen off his bike.
 The dog ran after the bike.

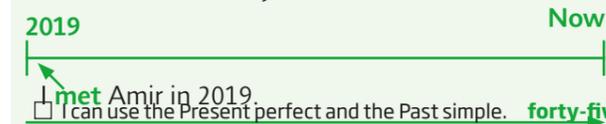
Look!

It's the best dish I've ever tasted.
 This is the most complicated recipe he's ever seen.

Fun time

- 9** Read the Look! box. Complete the sentences with true and false information. Take turns to read a sentence. Your partner can ask three questions to work out if your sentence is true.
 1 The furthest I've ever travelled is ...
 2 The strangest thing I've ever found is ...
 3 The most exciting thing I've ever done is ...
 4 The weirdest food I've ever eaten is ...
A The furthest I've ever travelled is to China.
B When did you go to China?

I've known Amir for years. We met in 2019.



I can use the Present perfect and the Past simple. forty-five

Street food

Street food is not a new thing. In ancient times, people moved to **urban** areas to work. They didn't have kitchens, so hot street snacks were popular. Today, street food is perfect to **snack on** when you want to **eat out** but don't want to go to a restaurant. ¹___ The best street food is easy to cook and easy to eat – no plates, knives or forks; you **literally** eat in the street!

Simit is a popular street food in Turkey. It's a round piece of bread with **sesame** seeds. You see simit sellers in all Turkish cities. Often, they sell simits from a **trolley** by the side of the road. ²___ Historical records show that people have baked simit since 1525. Some recipes never get old!



You can find East Asian food all over the world now, and bao buns in particular have become a popular snack in many countries. Bao buns are **steamed** bread filled with meat or vegetables. In China, people eat them for breakfast. ³___ Bao buns date back to the third century – simit is young in comparison!



If you have ever travelled to South America, you will know arepa. ⁴___ The word 'arepa' comes from an ancient word for **corn**. Anything can go in an arepa: vegetables, meat, cheese or eggs. You can bake, fry or grill them, too! You **wrap up** the arepa in paper and eat it like a sandwich. You can buy arepas everywhere and eat them as a lunchtime snack, an evening meal or even **warm** them **up** the next day for breakfast! They are 'everywhere and anytime' food!



Glossary

Check the meaning of these words.

corn
literally
sesame
steamed
trolley
urban

Fun fact

French fries aren't French. They're from Belgium. And Hawaiian pizza doesn't come from Hawaii, USA. It was first made in Canada.

Street food is as popular today as in ancient times and there are no signs that our love of street food is **cooling down**. If you haven't tried it yet, what are you waiting for?

Reading

1 **CLAIM • SUPPORT • QUESTION** Do the task.

1 **CLAIM** Do you think street food is healthy?

2 **SUPPORT** Why do you think that?

3 **QUESTION** Can street food be healthy/unhealthy? Can you give examples?

2 Read the article on page 46 quickly. Choose the best summary.

a Street food is a new trend which uses traditional ingredients.

b Street food is traditional local food that is simple to cook and eat.

c Street food is changing all the time and is different in every country.

3 **3.11** Read the article again. Complete the gaps (1–4) with the missing sentences (a–e). There is one extra sentence. Then listen and check.

a It's a round, flat corn bread.

d Sometimes they carry them through crowded streets.

b But what makes the ideal street food?

e However, they are a popular snack at any time

c The menus are full of classic street food dishes.

of the day.

4 Complete the sentences with the correct form of the underlined phrasal verbs in the article.

We only **eat out** on special occasions like birthdays.

1 If I'm hungry, I _____ fruit, not crisps.

2 The day after the party, we _____ the pizzas in the oven and had them for breakfast.

3 At the chip shop, they _____ the chips in paper so that we could take them home.

4 I always wait for my coffee to _____ – it's too hot to drink straight away.

Listening

5 **3.12** Listen to a food podcast. Which food is the speaker describing?



6 **3.12** Listen again and complete the list of ingredients.

For the pastry: **flour**, ¹_____, ²_____, ³_____

For the filling: ⁴_____, ⁵_____, ⁶_____

Speaking

7 Work in pairs. Read the tip and use the phrases to talk about street food you know. Take turns to describe the ingredients and explain how to cook and serve it. Can your partner guess what it is?

It's a kind of bread. It's a bit like a pizza.

8 **Project** Your school is organising a street food day. Each student will have a food stall. Create a poster to advertise your stall. Include the things below. Display your posters around the classroom and vote for the best one.

- a picture of your food
- its name and country of origin

- a list of ingredients
- the price

Speaking tip

Describing and explaining

It's like ...

It's similar to ...

It's a kind/sort of ...

Expressing preference

1 16 3.13 Read, watch or listen. How do the family decide to celebrate?



Lucas Mum, I've passed my exams!
Mrs Rush Fantastic! Let's celebrate! We could eat out or go to the cinema. What would you rather do?
Lucas I'd rather go for a meal than go to the cinema.
Mrs Rush OK, we could try the new Thai restaurant. Or Indian? Which do you prefer?
Lucas I prefer Indian to Thai.
Mrs Rush Or what about the fancy sushi place?
Lucas Yes, I love sushi.
Mrs Rush So, which one do you like more: Indian or sushi? I'll book the table.
Lucas I think I like sushi more.
Mr Rush Hi! What's going on?
Mrs Rush Lucas has passed his exams, so we're celebrating!
Mr Rush Great! Pizza and a movie?
Mrs Rush Umm, no, we're going out. For sushi.
Mr Rush Really? But pizza with extra cheese sounds much better!
Mrs Rush Fine. What would you prefer to do, Lucas? Go out or stay in?
Lucas Actually, Mum, I'd rather stay in with you guys. Sorry.
Mrs Rush Don't apologise, it's your celebration!
Mr Rush And your mum secretly prefers pizza, too!



2 3.14 **Key expressions** Complete the sentences with the words in the box. Then listen, check and repeat.

like prefer rather would

You say	You reply
What would you rather do?	I'd ¹ _____ go for a meal.
Which do you ² _____?	I prefer Indian to Thai.
Which one do you like more?	I think I ³ _____ sushi more.
What ⁴ _____ you prefer to do?	I'd rather stay in with you guys.

3 **Your turn** Answer the questions. Which do you prefer: Italian food or Chinese food?
I prefer Italian food.

- Which do you like more: fruit juice or fizzy drinks?

- What would you prefer to do: play football or listen to music?

- What would you rather do: write an essay or do a test?

4 **Work in pairs.** Discuss your answers to the questions in Exercise 3.
A Why do you prefer Italian food?
B Because I love pasta.

1 The Old Vine, Station Road, York

2 I went to The Old Vine last Thursday evening with my mum to celebrate her birthday. The restaurant was easy to find because it's close to the bus station.

3 It isn't very big inside and it's a bit dark, but it felt really warm and cosy. Our table was next to the window, which was nice. I ordered the chicken curry, and my mum had lasagne and salad. The salad was fairly small and a bit disappointing, but the lasagne and chicken curry were delicious. We ordered chocolate cake for dessert and it was amazing!

The bill was £53, which is a bit expensive, but we had a lovely evening, and the staff were really friendly and helpful.

4 I would definitely recommend this restaurant! **by Liam, 16**



- Read the review. Is it positive or negative?
- Read the review again and choose a star rating for each category.

Location	★★★★★
Atmosphere	★★★★★
Food	★★★★★
Value for money	★★★★★
Service	★★★★★

- Compare your ratings from Exercise 2 in pairs.
A For location, I gave it five stars because it's easy to find.
B I gave it four stars because maybe the bus station is a little noisy.

A restaurant review

1 Write the name and location of the restaurant

- The Old Vine, Station Road

2 Explain when and why you visited

- I went there (last Thursday) to celebrate Mum's birthday.

3 Give your opinion of the place/food/service/prices

- It isn't very big inside, but it felt really warm and cosy.

4 Make a recommendation

- I would definitely recommend this restaurant!

Look!

Adverbs can make adjectives weaker and help your sentences sound less negative.

a bit small **fairly noisy** **quite expensive**

4 Read the Look! box. Rewrite the sentences using adverbs to make them less negative.

The restaurant was hot.

The restaurant was a bit hot.

- The drinks were expensive.
- The vegetables were cold.
- The restaurant was crowded.
- The tables were dirty.
- The waiters were slow.

5 Write a review of a restaurant (real or invented).

1 **THINK**

- Decide which restaurant you are going to write about and make notes.

2 **PLAN AND DRAFT**

- Organise your ideas into paragraphs. Use the writing box and Liam's review to help you.
- Use adverbs to make sentences less negative.
- Share the first draft of your text with another student for feedback.

3 **CHECK AND WRITE**

- Use your partner's feedback to make corrections.
- Check you have used the correct tenses (Present perfect and Past simple).
- Check you have used adverbs correctly.

Use of English

1 Match 1–7 to a–h to make common phrases.

- | | |
|--------|---------------------------|
| 1 in | a my birthday |
| 2 next | b my homework |
| 3 eat | c to the theatre |
| 4 do | e football |
| 5 play | f the morning |
| 6 get | g out at a restaurant |
| 7 on | h up early in the morning |

Reading tip

Phrasal verbs and collocations
Revise common phrasal verbs (e.g. *think of, stay out, fill in*) and collocations (e.g. *do the housework, have a party, make a mistake*) to prepare for gap-fill exercises.

2 Read the tip and complete the text with words 1–7 in Exercise 1.

Last year **on** my birthday, I got ¹ _____ early ² _____ the morning to ³ _____ football with my friends. It wasn't a school day, so I didn't have to ⁴ _____ my homework. In the evening, I wanted to ⁵ _____ out at my favourite Italian restaurant, so my mum booked that for me. We had a brilliant time because we were sitting at a table ⁶ _____ to my favourite football player! I said 'hello' and he signed a birthday card for me!



3 Complete the email with one word in each gap.

Hi Delia,

How are you? I hope you **are** well. I'm in Florence in Italy ¹ _____ my family. Florence is really beautiful and the food here is amazing. Yesterday morning, we visited the Uffizi gallery. We couldn't ² _____ photos in the gallery, so we bought some lovely postcards. ³ _____ the afternoon, we decided to get ice cream. Then we went back ⁴ _____ the hotel for a rest. Yesterday evening, we went to an Italian trattoria. I ordered pasta – it was delicious! We didn't have dessert because we ⁵ _____ n't want to stay out late – we were really tired. Tomorrow, we want to ⁶ _____ on a sightseeing tour of Pisa. I can't wait!

Talk soon,
Yasmin

Listening

4 3.15 Listen to Bella and Abdul talking about the food for a picnic. Match the people (1–5) to the food (a–g). There are three extra food items.

- | | |
|----------|-------------------|
| 1 Bella | a vegetables |
| 2 Serena | b biscuits |
| 3 Mia | c crisps and nuts |
| 4 Abdul | d pizza |
| 5 Vikram | e fizzy drinks |
| | f chocolate cake |
| | g fruit juice |
| | h rice dish |

5 3.16 Listen to the recording from Exercise 4 with an American accent. Complete the table with the American English words.

British	biscuits	crisps	fizzy drinks	sweets
American	1 _____	2 _____	3 _____	4 _____

Speaking

6 Work in pairs. Look at the picture and take turns to ask and answer the questions below.



Student A

- What is the boy doing?
- What is the man wearing?
- Where has the woman been?
- What do you think is happening?

Student B

- What has the man just done?
- What is the woman wearing?
- How do you think the woman feels?
- What do you think the man and boy are making?

Vocabulary

1 Choose the correct option.

You should **bake** / **peel** onions before you cook them.

- 1 My dad always **adds** / **mixes** salt to his food.
- 2 I like to **roast** / **pour** cream in my coffee.
- 3 The best smell in the world is bread **baking** / **frying** in the oven.
- 4 We haven't got a toaster, so we **boil** / **grill** our bread to make toast.
- 5 You should **chop** / **mix** the sugar with the flour before you add the eggs.
- 6 You can use the scales on the table if you want to **weigh** / **grate** the ingredients.

2 Complete the sentences with the words in the box.

baking tray chopping board fork grater
mixing bowl saucepan teaspoon

You must use a **chopping board** to cut vegetables.

- 1 He burnt his finger on the _____ when he took it out of the oven.
- 2 I couldn't find a _____ and didn't know where to put the cake ingredients.
- 3 Can I have a _____ for my coffee, please?
- 4 We use a big _____ full of boiled water to cook pasta.
- 5 Can I have a knife and _____ to eat with, please?
- 6 You can use a _____ for vegetables like carrots – it's not just for cheese.

Grammar

3 Use the prompts to write sentences using the Present perfect and the adverb in brackets.

I / tell / you / a hundred times! (already)

I've already told you a hundred times!

- 1 the students / not finish / their lunch (yet)
- 2 Mum / arrive / home (just)
- 3 I / meet / your grandparents (never)
- 4 we / live / on this street / 15 years (for)
- 5 you / make / pizza before? (ever)
- 6 the film / start (already)
- 7 it / not rain / March (since)
- 8 you / have / lunch? (yet)

4 Complete the text with the Present perfect or Past simple form of the verbs in brackets.

Si King and David Myers first **met** (meet) in 1995, and they ¹ _____ (be) best friends since then. When they were young, they both ² _____ (work) in the film industry. One day after work, they ³ _____ (go) out for a curry and ⁴ _____ (talk) all evening about their shared passion for motorbikes and food. They ⁵ _____ (create) their first TV show, *The Hairy Bikers*, in 2006. It was a great success and since then they ⁶ _____ (make) 25 TV series! They ⁷ _____ (write) over 26 cookery books and they ⁸ _____ (try) food from all over the world, but they still both love a nice curry.



Functions

5 Complete the words in the dialogue.

Maya What **would** you rather do: go to the shopping centre or the park?

Josh Hmm ... I'm not keen on shopping. I'd ¹r _____ go to the park.

Maya Great. Which do you ²p _____: skateboarding or football?

Josh I prefer skateboarding, but I like tennis, too.

Maya Which do you ³l _____ more: skateboarding or tennis?

Josh I like tennis ⁴m _____, but what ⁵w _____ you prefer to do?

Maya Well, I think I'd prefer to go to the shopping centre, but tennis is OK.