



Practise and consolidate your learning about the language used to discuss food by completing our activities.

Remember to refer to the Study Notes and video for this episode if you need help. The answers for **all** activities are on pages 4 and 5.

ACTIVITY 1

Choose the correct word from the box below to complete the following sentences.

diet	meal	herbs	snack	staple
nutritionally	exercise	unhealthy	crockery	cuisine

1. My favourite _____ is Thai. I love Thai food especially Tom Yum soup, a spicy soup with prawns, and flavoured with lemon grass and chillies.
2. In many countries of the world, especially in Africa and Central America, the basic _____ is a root vegetable called a yam, commonly known in the West as the sweet potato.
3. Fad diets, such as the recent grapefruit diet, are _____ unbalanced and can be quite dangerous to one's health.
4. It is important to have a balanced _____ consisting of a mix of grains, fruit, vegetables, meat and fish.
5. I usually have breakfast, lunch and dinner at regular times every day, but for me the most important _____ is dinner.
6. It is not only important to eat well but also to get plenty of _____ and sleep.
7. Take-away food is referred to sometimes as junk food because it can be very high in levels of saturated fats and sugars, and is therefore quite _____.
8. For their wedding, the married couple received a beautiful set of _____, a chinaware setting for 12 people, including dinner plates, side plates, dishes and cups and saucers.
9. As a child, when I came home from school I used to have a _____, because dinner wasn't until about 7.30.
10. The recipe requires several special _____ and spices.

**ACTIVITY 2**

Change the word in brackets into the correct form to complete the following sentences.

1. Are you _____ (allergy) to any foods, such as shell fish, wheat, dairy products or mushrooms?
2. I am lactose _____ (tolerate). I can not digest dairy products or foods containing dairy products.
3. A growing health problem in developed countries is _____ (obese).
4. One simple way to improve _____ (digest) is to go for a short walk after a meal.
5. The drought and famine in Ethiopia have led to widespread _____ (starve).
6. Take plenty of water when you go on safari in the Sahara Desert so you don't die of _____ (thirsty) and dehydration.
7. Indian food can be very _____ (spice) and so you need a strong stomach if you haven't tried it before.
8. With all the rain this year oranges are really sweet and _____ (juice).
9. My favourite cuisine is _____ (Italy). I love pasta and pizzas.
10. I am _____ (addiction) to caffeine. I have to have three or four cups of coffee a day.

**ACTIVITY 3**

Choose the most appropriate word or words from the box below to complete the following sentences.

boil	baked	fired	grill	deep fried
roast	fried	steamed	toast	take-away

1. A popular snack prepared and served on street corners all over China is the _____ dumpling.
2. One of the most famous Chinese dishes and a speciality of Beijing is Peking _____ duck.
3. I can't cook. I can't even _____ an egg!
4. If I had known you were coming, I would have _____ a cake!
5. It is easy to prepare stir _____ vegetables using a wok, some soy sauce and water.
6. Take some marshmallows when you go bush walking or camping. At night, after dinner you can _____ the marshmallows on the camp fire.
7. In the southern states of America a favourite dish is _____ chicken.
8. Do you feel like cooking or should we just get some _____ ?
9. How do you prefer to cook fish - fry it or _____ it?
10. The best way to cook pizza is in a wood _____ oven.



ANSWERS ACTIVITY 1

1. My favourite cuisine is Thai. I love Thai food especially Tom Yum soup, a spicy soup with prawns, and flavoured with lemon grass and chillies.
2. In many countries of the world, especially in Africa and Central America, the basic staple is a root vegetable called a yam, commonly known in the West as the sweet potato.
3. Fad diets, such as the recent grapefruit diet, are nutritionally unbalanced and can be quite dangerous to one's health.
4. It is important to have a balanced diet consisting of a mix of grains, fruit, vegetables, meat and fish.
5. I usually have breakfast, lunch and dinner at regular times every day, but for me the most important meal is dinner.
6. It is not only important to eat well but also to get plenty of exercise and sleep.
7. Take-away food is referred to sometimes as junk food because it can be very high in levels of saturated fats and sugars, and is therefore quite unhealthy.
8. For their wedding, the married couple received a beautiful set of crockery, a chinaware dinner service for 12 people, including dinner plates, side plates, dishes and cups and saucers.
9. As a child, when I came home from school I used to have a snack, because dinner wasn't until about 7.30.
10. The recipe requires several special herbs and spices.

ANSWERS ACTIVITY 2

1. Are you allergic to any foods, such as shell fish, wheat, dairy products or mushrooms?
2. I am lactose intolerant. I can not digest dairy products or foods containing dairy products.
3. A growing health problem in developed countries is obesity.
4. One simple way to improve digestion is to go for a short walk after a meal.
5. The drought and famine in Ethiopia have led to widespread starvation.



ANSWERS ACTIVITY 2 Continued

6. Take plenty of water when you go on safari in the Sahara Desert so you don't die of thirst and dehydration.
7. Indian food can be very spicy and so you need a strong stomach if you haven't tried it before.
8. With all the rain this year oranges are really sweet and juicy.
9. My favourite cuisine is Italian. I love pasta and pizzas.
10. I am addicted to caffeine. I have to have three or four cups of coffee a day.

ANSWERS ACTIVITY 3

1. A popular snack prepared and served on street corners all over China is the steamed dumpling.
2. One of the most famous Chinese dishes and a speciality of Beijing is Peking roast duck.
3. I can't cook. I can't even boil an egg!
4. If I had known you were coming, I would have baked a cake!
5. It is easy to prepare stir fried vegetables using a wok, some soy sauce and water.
6. Take some marshmallows when you go bush walking or camping. At night, after dinner you can toast the marshmallows on the camp fire.
7. In the southern states of America a favourite dish is deep fried chicken.
8. Do you feel like cooking or should we just get some take-away?
9. How do you prefer to cook fish - fry it or grill it?
10. The best way to cook pizza is in a wood fired oven.