

Preparing food
-ed adjective endings and linking

A recipe for disaster

and work, and that's a wife who can't cook and will
Robert Frost, US poet

1 VOCABULARY preparing food

1 Imagine you are in a restaurant, and are given the English menu below. Study it for a couple of minutes, and choose what to have. Compare with a partner.

Ben's Brasserie

Starters

cobb salad £4.95
grilled chicken, avocado, blue cheese, and rocket with raspberry vinaigrette

steamed mussels £6.95
with coconut and chili

grilled sardines £3.50
with parsley, lemon, and garlic

MAIN COURSES

Thai chicken curry £14.95
stir-fried chicken. Thai spices, peppers, onions, cashew nuts, and coconut cream with jasmine rice or egg noodles

pork sausages £12.95
with garlic, mashed potatoes and onion gravy

herb crusted lamb chops £13.50
with potatoes, seasoned french beans, and gravy

smoked haddock £12.95
with mashed potatoes, poached egg, and Hollandaise sauce

baked Aubergines £13.95
stuffed with boursini rice, pecorino cheese, and mushrooms

desserts

plum and almond tart £5.95
with amaretto custard

apple and blackberry pie £6.50
with vanilla ice cream

b Complete the chart with words from the menu. Try to find at least three for each column.

Ways of preparing food	Vegetables	Fruit	Sauces and dressings	Fish and seafood

c What fruits, vegetables, and fish / seafood are really popular in your region / country? Do you know how to say them in English?

d **167 Vocabulary Bank** Preparing food.

2 PRONUNCIATION

a Write the words in the chart according to how the -ed ending is pronounced.

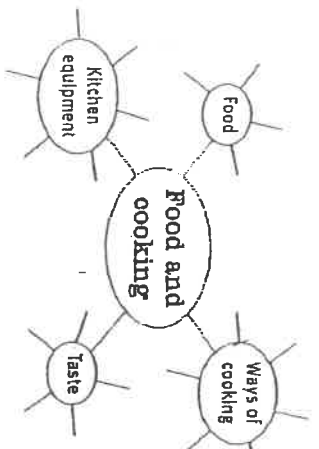
	-ed = /V/	-ed = /d/	-ed = /ɪd/
baked			
melted			
stir-fried			
chopped			
grated			
grilled			
peeled			
scrambled			
sliced			
steamed			
stuffed			
toasted			
whipped			

b 1 Write these words/phrases into groups

	1	2	3	4	5
1	broccoli	potatoes	peas	beans	carrots
2	broccoli	potatoes	peas	beans	carrots
3	broccoli	potatoes	peas	beans	carrots
4	broccoli	potatoes	peas	beans	carrots
5	broccoli	potatoes	peas	beans	carrots

7 Put the words from the box into the correct place in the word map.

- saucepan
- oven
- sweet
- bake
- cooker
- beef
- scramble
- blitter
- frying pan
- sally
- ry
- peach
- roast
- cabbage
- boil
- sour
- wooden spoon
- grill
- savoury
- parsley
- plate



8 What is the difference between the pairs/ groups of words below?

- a cook/a cooker
- a vegetable/a vegetarian
- a recipe/a dish
- rare/raw
- to stir/to beat
- to slice/to chop/to grate
- Work in pairs and add all the words to each group in the worksheet.
- What do you think the meaning of the words is? Do you think they mean the same or different? Write down your ideas.
- of the spaghetti bolog
- and underneath it will be the bread.
- to my family and they all benefited somebody else? Write down your ideas.

4 SPEAKING

a Work in groups of three. Imagine you have friends coming round in the evening, and there is nowhere near where you can eat out or get a takeaway. All you have in the house (apart from oil, salt, flour, sugar, etc.) are the ingredients below. Decide what you're going to serve and how you're going to cook it.



Vocabulary and Speaking

a Try to put these words into groups 1-6. Some words can go in more than one group.

- fruit, a peach
- vegetables
- meal
- other food words
- ways of cooking



Food and cooking

FOOD

Match the words and pictures.

Fish and seafood

- 1 crab
- 2 mussels
- 3 prawns
- 4 salmon
- 5 squid
- 6 tuna

Meat

- 7 beef
- 8 chicken
- 9 duck
- 10 lamb
- 11 pork

Fruit and vegetables

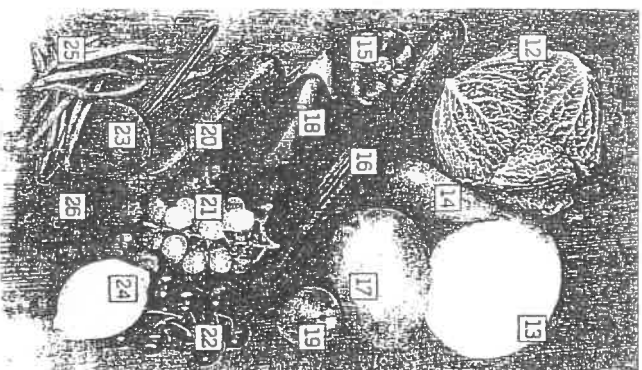
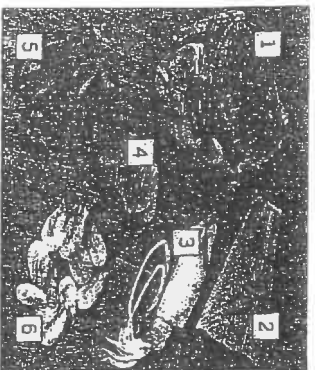
- 12 aubergine (Ame eggplant)
- 13 beet root
- 14 cabbage
- 15 cherrries
- 16 courgette (Ame zucchini)
- 17 cucumber
- 18 grapes
- 19 green beans
- 20 lemon
- 21 mango
- 22 melon
- 23 peach
- 24 pea
- 25 raspberries
- 26 red pepper

1 2)) Listen and check.

Are there any things in the list that you...?

- a love
- b hate
- c have never tried

Are there any other kinds of fish, meat, or fruit and vegetables that are very common in your country?



2

present continuous, and practise them.

Make questions to ask your partner with the present simple or continuous. Ask for more information.

On a typical day

- What / usually have for breakfast?
- / drink Coke or fizzy drinks? How many glasses / drink a day?
- Where / usually have lunch?
- What / usually have for lunch during the week?
- / ever cook? What / make?
- / prefer eating at home or eating out?

At the moment / nowadays

- / need to buy any food today?
- / want anything to eat right now? What?
- / take vitamins or food supplements at the moment?
- / try to cut down on anything at the moment?
- / the diet in your country / get better or worse?

c How do you prefer these things to be cooked?

eggs	chicken
potatoes	fish

3

Learn these phrasal verbs connected with food and diet.

- I eat out a lot because I often don't have time to cook. (= eat in restaurants)
- I'm trying to cut down on coffee at the moment. I'm only having one cup at breakfast. (= have less)
- The doctor told me I had very high cholesterol and that I should completely cut out all high-fat cheese and dairy products from my diet. (= eliminate)

3 VOCABULARY food and restaurants

a Do the quiz in pairs.

Food Quiz

Can you think of ...?

- ONE red fruit, ONE fruit, ONE green fruit
- TWO things that a strict vegetarian doesn't eat
- THREE kinds of food which are made from milk
- FOUR things people have for breakfast
- FIVE things people eat between meals
- SIX vegetables you can put in a salad
- SEVEN things which are usually on a table in a restaurant

c Ask and answer the questions below with a partner.

- ### Food and eating
- How often do you eat...?
 - a takeaway food
 - b ready-cooked meals
 - c low-fat food
 - d home-made food
 - What's your favourite...?
 - a fruit
 - b vegetable
 - c snack
 - d home-made dish
 - What food do you like eating...?
 - a when the weather's very cold
 - b when you're feeling a bit down
 - c for Sunday lunch
 - Is there any kind of food you can't eat?

Restaurants

- What's your favourite...?
 - a kind of restaurant (French, Italian, etc.)
 - b restaurant dish
 - c takeaway food
- How important are these things to you in a restaurant number 1-4 (1 = the most important)
 - the food
 - the service
 - the atmosphere
 - the price
- How do you prefer these things to be cooked?
 - chicken
 - fish
 - eggs
 - potatoes
 (grilled, boiled, etc.)
- If you eat steak, how do you like it cooked?
 - (rare, medium, well done)

4 Cross out the incorrect word.

- Bread and cakes can be *fresh/freshy*.
- Milk and meat can be *off/ripe*.
- Cola and lemonade are *chewy/fizzy*.
- Crisps and nuts are *savoury/sour*.
- Wine and beer are *alcoholic/savoury*.
- Bananas and apples can be *salty/ripe*.
- Milk and fruit can be *fresh/still*.
- Mineral water can be *savoury/still*.
- Coffee can be *bitter/salty*.
- Sweets can be *still/chewy*.

SPEAKING

Work in groups of three A, B, and C. First read sentences 1-6 and decide (individually) whether you agree or disagree. Think about examples you can use to support your point of view.

- Women worry more about their diet than men.
- Young people today eat less healthily than ten years ago.
- Men cook as a hobby, women cook because they have to.
- Vegetarians are healthier than people who eat a lot of meat.
- You can often eat better in cheap restaurants than in expensive ones.
- Every country thinks that their cooking is the best.

Now A say what you think about sentence 1. B and C listen and then agree or disagree with A. Then B say what you think about sentence 2, etc. Try to use the expressions in Useful language.

Useful language

For example: I agree. I don't agree. I think it's true. I don't think it's true.

DOWN

- I don't like black coffee because it's too ... I prefer apple.
- These sweets are really ... My mouth is starting to tingle.
- Have we got anything ... like chocolate?
- This milk smells terrible. I think it's ...
- I'll have some ... mineral water, please.

Fill in the gaps with the correct word. Then answer the questions for yourself.

- Do you prefer *still* or sparkling mineral water?
- How often do you eat ... *snacks*, like crisps?
- How often do you eat ... *fruit*?
- How do you know if meat is ... *fresh*?
- Do you usually buy ... *skimmed* milk?