

# 11 A restaurant meal



## TODAY'S SPECIALS

### APPETIZERS

VEGETABLE SOUP V\*  
FIELD GREENS WITH PARMA HAM  
THAI FISH CAKES

### ENTREES

TUNA STEAK  
~~CHICKEN WITH MEXICAN CHILI SAUCE~~  
PENNE PASTA WITH SUN-DRIED TOMATOES V\*  
ORIENTAL STIR-FRIED VEGETABLES & RICE V\*  
SERVED WITH VEGETABLES OR SELECTION  
FROM THE SALAD BAR

### DESSERTS

~~PECAN PIE~~ V\*  
ICE CREAM (VANILLA, CHOCOLATE,  
STRAWBERRY) V\*  
KEY LIME PIE WITH FRESH BERRIES V\*

TWO COURSES: \$15.95

THREE COURSES: \$18.95

V\* = VEGETARIAN OPTION

1.27 Julie Morrison is having lunch alone.

Waiter: Hi, what can I get for you today?

Julie: Do you have a menu?

Waiter: Sure, there's an a la carte menu, or today's specials are on the board.

Julie: I'll go for the specials.

Waiter: Good choice.

Julie: OK, I'll have vegetable soup ...

Waiter: I'm sorry. It's all gone.

Julie: Then I'll have the Thai fish cakes.

Waiter: Right. What about the entrée?

Julie: Do you have any chicken?

Waiter: Sorry. There's none left. I can recommend the tuna steak.

Julie: Sounds good.

Waiter: How do you want that? Rare, medium or well-done?

Julie: Well-done, please.

Waiter: Right. Do you want to order a dessert now?

Julie: Yes, um, what's a Key Lime Pie?

Waiter: It's like a cheesecake. Today it's served with blueberries and strawberries.

Julie: OK, but just blueberries. No strawberries.

Waiter: Anything to drink with that?

Julie: Just spring water.

Waiter: Still or sparkling?

Julie: I'd like sparkling, please.

Waiter: OK. Coming right up.

1 Use the menu and order a meal.

2 Sort these foods, by putting a check (✓) in the correct box.

A = Appetizer (served before the main dish)

E = Entrée (main dish of the meal)

D = Dessert (a sweet course at the end of a meal)

A E D

☒ ☐ ☐ Shrimp Cocktail

☒ ☒ ☐ Caesar Salad

☐ ☐ ☐ Fresh Tuna Steak

☐ ☐ ☐ Grilled Chicken

☐ ☐ ☐ Nachos with spicy dips

☐ ☐ ☐ Club Sandwich

A E D

☐ ☐ ☐ Green Salad

☐ ☐ ☐ Spaghetti Bolognese

☐ ☐ ☐ Tropical Fruit Salad

☐ ☐ ☐ Mushroom Soup

☐ ☐ ☐ Apple Pie

☐ ☐ ☐ Vanilla Ice cream

	breakfast	lunch	dinner
<b>Where do you have these meals?</b>			
At home? In a restaurant?			
In a cafeteria?			
At work? At your desk?			
Somewhere else?			
<b>Who do you eat with?</b>			
Friends? Colleagues?			
Family? Alone?			
<b>What do you usually eat at these meals?</b>			
<b>Which is your main meal of the day?</b>			

3 Ask your partner and complete the questionnaire for them.

4 Describe your typical lunch to your partner. Whose lunch do you prefer? Describe your ideal lunch.

Culture File 11 Lunch



# 11 A restaurant meal

## 1 Find suitable ways to start these sentences:

- |  |                            |
|--|----------------------------|
| a <u>Could I see</u> the menu, please? | e _____ the bill, please?  |
| b _____ a Perrier.                     | f _____ a dessert?         |
| c _____ a wine list?                   | g _____ the chicken salad. |
| d _____ today's special.               | h _____ anything else?     |

## 2 Write the question form of these sentences:

- a Sharon has lunch at work.  
Does Sharon have lunch at work?
- b Minoru eats with his family in the evening.  
\_\_\_\_\_ ?
- c The students prefer to eat together.  
\_\_\_\_\_ ?
- d This restaurant serves all day.  
\_\_\_\_\_ ?
- e Rosetta wants to go to the cafeteria today.  
\_\_\_\_\_ ?
- f They usually order pizza at lunchtime.  
\_\_\_\_\_ ?

## 3 Correct the menu in this restaurant!

★ ★ ED'S BISTRO ★ ★	
<b>APPETIZERS</b>	<b>DESSERTS</b>
Grilled turkey	Espresso
Mineral water	Chips and salsa
Pecan pie	Salmon steak
<b>ENTREES</b>	<b>DRINKS</b>
Eggplant dip	Brownies
Ice cream	Nachos
Sodas	Lamb chops

★ ★ ED'S BISTRO ★ ★	
<b>APPETIZERS</b>	<b>DESSERTS</b>
_____	_____
_____	_____
_____	_____
<b>ENTREES</b>	<b>DRINKS</b>
_____	_____
_____	_____
_____	_____





## 32 Breakfast in America

**2.15** Ian King is at a hotel in Florida.

**Waitress:** Hi! How are you doing today? Are you ready to order?

**Ian King:** Yes, I am, thank you. I'll have the Farmer's Breakfast.

**Waitress:** How would you like your eggs - sunnyside-up, over-easy, or ...?

**Ian King:** Sunnyside-up?

**Waitress:** Oh, I see. You're British! Well, that's when the egg's not flipped over. You can also have your eggs poached or scrambled.

**Ian King:** Uh, I think I'll have them \_\_\_\_\_.

**Waitress:** And will that be link sausage, bacon, or country ham?

**Ian King:** \_\_\_\_\_, please. Instead of the \_\_\_\_\_, could I have pancakes?

**Waitress:** Sorry, sir. I'm afraid the pancakes will be a side order.

**Ian King:** All right, then. A side order of pancakes.

**Waitress:** Anything to drink?

**Ian King:** Ah, yes. A \_\_\_\_\_, please, and freshly-squeezed \_\_\_\_\_ juice.

**Waitress:** Cream and sugar are on the table. I'll bring your \_\_\_\_\_ right away.

**Ian King:** Thank you. Could I also have a glass of water?

**Waitress:** Sure. Coming right up.



**Farmer's Breakfast** - two eggs any style.  
Choice of link sausage, bacon or country ham.  
Breakfast potatoes. Traditional Southern corn grits.  
Freshly-squeezed Florida orange or grapefruit juice.  
Coffee (bottomless cup), tea or hot chocolate.

**1** Guess the words to complete the conversation above.

**2** **2.15** Then listen to the recording and compare.

**3** Find answers.

- In which ways can Ian King have his eggs cooked?
- What does sunnyside-up mean?
- What's a side order?
- What did Ian King ask for as a side order?

**4** Discuss. What do people eat for breakfast in your country and other countries you've been to? How is it different from American breakfasts?

PLEASE HANG ROOM SERVICE BREAKFAST ORDER OUTSIDE DOOR BEFORE 2:00 A.M.

### ROOM SERVICE BREAKFAST

Indicate number of breakfasts, time required and check each item required.

No. of breakfasts required: ☐ Room no. ☐ Date: ☐

☐ 6-6:30    ☐ 6:30-7    ☐ 7-7:30    ☐ 7:30-8  
☐ 8-8:30    ☐ 8:30-9    ☐ 9-9:30    ☐ 9:30-10  
☐ 10-10:30    ☐ Other time (available 24 hours)

Juice: ☐ Orange    ☐ Grapefruit    ☐ Tomato  
 Yoghurt: ☐ Natural    ☐ Blueberry    ☐ Fruit flavored Low Fat  
 Cereals: ☐ Cornflakes    ☐ Branflakes    ☐ Granola  
           ☐ Cheerios    ☐ Oatmeal  
 Drinks: ☐ Coffee    ☐ Decaff. coffee    ☐ Tea    ☐ Milk  
 Breads: ☐ Muffins    ☐ Croissants    ☐ Danish  
           ☐ Wholewheat Rolls    ☐ Toast  
 Selection of jams/jellies, honey, butter, low-fat spread.

Guest signature \_\_\_\_\_

15% Service Charge added to all Room Service orders. Sales tax will be added.

**5** Ask your partner what they would like for breakfast tomorrow and fill in the card.

Culture File **32** American breakfasts



# 32 Breakfast in America

1 Ask for these things using *Could I have ...?* and make choices using *I'll have ...*

**a Eggs**

You: Could I have eggs, please?

Waiter: Certainly. Would you like them scrambled, over-easy or sunnyside-up?

You: I'll have them scrambled, please.

**b Coffee**

You: \_\_\_\_\_ ?

Waiter: Sure. Colombian, Brazilian or Kenyan?

You: \_\_\_\_\_

**c Juice**

You: \_\_\_\_\_ ?

Waiter: Sure. We have orange, grapefruit or tomato.

You: \_\_\_\_\_

**d Bread**

You: \_\_\_\_\_ ?

Waiter: Do you want pancakes, muffins or toast?

You: \_\_\_\_\_

2 Rewrite the sentences using *have something done*.

a The waiter served Rob's breakfast in his room.

Rob had his breakfast served in his room.

b The clerk photocopied Pamela's report.

\_\_\_\_\_

c The hair stylist will cut Jacqueline's hair.

\_\_\_\_\_

d The clerk is faxing Carolyn's letter.

\_\_\_\_\_

e The cook poached Jeff's eggs.

\_\_\_\_\_

3 Which item is different?

a melon, grapefruit, orange, fruit flavor

fruit flavor

b mushrooms, grits, tomatoes, potatoes,

\_\_\_\_\_

c freshly-squeezed, boiled, poached, scrambled

\_\_\_\_\_

d sausages, cornflakes, bacon, ham

\_\_\_\_\_

e juice, water, sugar, coffee

\_\_\_\_\_

## VOCABULARY

### Nationality words

- 1 Match a line in A with a line in B.  
Notice the stress.

A	B
The 'Italians	cook lots of noodles and rice.
The Chi'nese	wear kilts on special occasions.
The 'British	produce champagne.
The Can'adians	eat raw fish.
The French	invented football.
The Japa'nese	eat a lot of pasta.
The Scots	often watch ice hockey on TV.

**T 4.8** Listen and check.

- ! 1 All nationality words have capital letters in English.  
the French the Italians the British
- 2 If the adjective ends in /s/, /z/, /ʃ/, or /tʃ/ there is no -s at the end of the word for the people.  
Japanese the Japanese  
Spanish the Spanish
- 3 Sometimes the word for the people is different from the adjective.  
Scottish the Scots  
Finnish the Finns

- 2 Complete the chart and mark the stress.  
Add some more countries.

Country	Adjective	A sentence about the people
'Italy	'Italian	The Italians love pasta.
'Germany		
Aus'tralia		
'Scotland		
'Russia		
'Mexico		
the U'nited States		
'Greece		
'England		
'Sweden		

## LISTENING AND SPEAKING

### Come round to my place!

- 1 Have you ever been a guest in someone's home in a foreign country? When? Why? What was different?
- 2 **T 4.9** You will hear three people talking about inviting guests home for a meal. Listen and complete the chart.



	Sumie Nagano, Japan	Kate Bristol, England	Lucas Porto Alegre, Brazil
Formal/Informal?			
Day/Time			
Preparations			
Gifts			
Food/Drink			

- 3 Work in small groups. Compare information.
- 4 What happens in your country? Is it usual to invite people to your home for a meal? What are such occasions like in your home?





# EVERYDAY ENGLISH

## Requests and offers

- 1 Match a line in **A** with a line in **B**. Who is talking? Where do you think the conversations are taking place?

A	B
1 Could you bring us the bill, please?	White or black?
2 Would you give me your work number, please?	No problem. It's stuffy in here.
3 Can I help you?	Of course. Oh, shall I give you my mobile number, too?
4 Two large coffees, please.	That line's engaged. Would you like to hold?
5 Can you tell me the code for Paris, please?	Yes, sir. I'll bring it right away.
6 I'll give you a lift if you like.	One moment. I'll look it up.
7 Would you mind opening the window?	Just looking, thanks.
8 Could I have extension 238, please?	That would be great! Could you drop me off at the library?

- 2 **T 4.10** Listen and check. Which are offers? Which are requests? Practise the conversations, paying particular attention to intonation and stress.

▶▶ Grammar Reference 4.3 and 4.4 p141

- 3 **T 4.11** Listen to the conversations. Complete the chart.

	Who are they?	What are they talking about?
1		
2		
3		
4		

- T 4.11** Listen again. What are the words used to make the requests?

1 \_\_\_\_\_ 3 \_\_\_\_\_  
2 \_\_\_\_\_ 4 \_\_\_\_\_

## Roleplay

Work with a partner. Choose one of the situations and make up a conversation using the words.

<p><b>Situation 1</b></p> <p><b>Student A</b> You are a customer in a restaurant.</p> <p><b>Student B</b> You are a waiter/waitress.</p> <p><b>Use these words:</b></p> <ul style="list-style-type: none"> <li>• table near the window</li> <li>• menu</li> <li>• order</li> <li>• clean fork</li> <li>• dessert</li> <li>• bring the bill</li> </ul>	<p><b>Situation 2</b></p> <p><b>Student A</b> You are moving flat next week.</p> <p><b>Student B</b> Offer to help.</p> <p><b>Use these words:</b></p> <ul style="list-style-type: none"> <li>• pack boxes</li> <li>• load the van</li> <li>• clean</li> <li>• look after the plants</li> <li>• phone the gas board</li> <li>• unload the van</li> </ul>	<p><b>Situation 3</b></p> <p><b>Student A</b> You are cooking a meal for 20 people.</p> <p><b>Student B</b> Offer to help.</p> <p><b>Use these words:</b></p> <ul style="list-style-type: none"> <li>• prepare the vegetables</li> <li>• make the salad</li> <li>• stir the sauce</li> <li>• check the meat</li> <li>• lay the table</li> </ul>
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## READING AND SPEAKING

### The world's favourite food

1 Do you know any typical dishes from these countries? Discuss with the class.

- |           |           |                     |
|-----------|-----------|---------------------|
| • Spain   | • Japan   | • Mexico            |
| • Italy   | • Hungary | • the United States |
| • Germany | • China   | • England           |

Can you think of any foods that might be popular in all of the countries above?

2 Which of these are fish or seafood?

oil	garlic	anchovies	eel	squid	herring	salmon
peas	shrimp	pineapple	bacon	tuna	sweetcorn	

**T 6.5** Listen and repeat.

3 Work in groups. Read the text quickly and find the foods in exercise 2. How many other foods can you find?

4 Read the text again and answer the questions.

- 1 What does *McDonald's Golden Arches span the globe* mean?
- 2 What are the similarities and differences between the hamburger and the pizza?
- 3 What year was pizza invented?
- 4 Which came first, *picea* or *plakuntos*? How are they different from pizza?
- 5 Why are Mexico and Peru important in the development of pizza?
- 6 What do the Italian flag and a Pizza Margherita have in common?
- 7 When and how did pizza become really popular in the United States?

5 Work in groups. Read *Pizza Trivia* again and make questions.

How many ... ?      How much ... ?      Which month ... ?  
Where and when ... ?      Which toppings ... ?

Close your books. Ask and answer questions.

### What do you think?

- Which facts in *Pizza Trivia* do you find most interesting? Why?
- Why do different countries prefer such different toppings?
- Do you like pizza? What are your favourite toppings?
- What are the most popular places to eat in your country? Why?
- What is your favourite place to eat?

### Language work

Study the text and find an example of:

- *like* used as a verb
- *like* used as a preposition
- verb + *-ing* form
- verb + infinitive
- adjective + infinitive



NAPLES, ITALY, ON VALENTINE'S DAY



PIZZA IN SPACE





# GLOBAL PIZZA

BY CONNIE ODOE

So you thought the hamburger was the world's most popular fast food? After all, McDonald's Golden Arches span the globe. But no, there is another truly universal fast food, the ultimate fast food. It's easy to make, easy to serve, much more varied than the hamburger, can be eaten with the hands, and it's delivered to your front door or served in fancy restaurants. It's been one of America's favourite foods for over 50 years. It is, of course, the pizza.

## A BRIEF HISTORY OF PIZZA

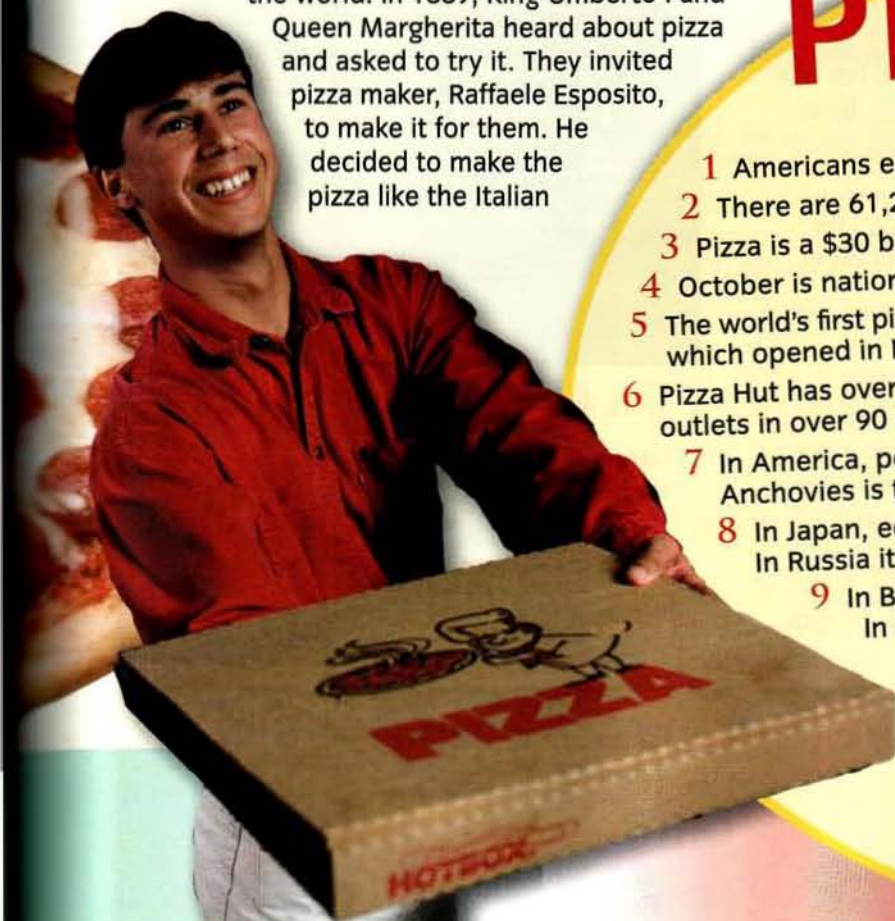
It's kind of silly to talk about the moment when pizza was 'invented'. It gradually evolved over the years, but one thing's for certain – it's been around for a very long time. The idea of using pieces of flat, round bread as plates came from the Greeks. They called them 'plakuntos' and ate them with various simple toppings such as oil, garlic, onions, and herbs. The Romans enjoyed eating something similar and called it 'picea'. By about 1000 A.D. in the city of Naples, 'picea' had become 'pizza' and people were experimenting with more toppings: cheese, ham, anchovies, and finally the tomato, brought to Italy from Mexico and Peru in the sixteenth century. Naples became the pizza capital of the world. In 1889, King Umberto I and Queen Margherita heard about pizza and asked to try it. They invited pizza maker, Raffaele Esposito, to make it for them. He decided to make the pizza like the Italian

flag, so he used red tomatoes, white mozzarella cheese, and green basil leaves. The Queen loved it and the new pizza was named 'Pizza Margherita' in her honour.

Pizza migrated to America with the Italians at the end of the nineteenth century. The first pizzeria in the United States was opened in 1905 at 53½ Spring Street, New York City, by Gennaro Lombardi. But the popularity of pizza really exploded when American soldiers returned from Italy after World War II and raved about 'that great Italian dish'. Americans are now the greatest producers and consumers of pizza in the world.

## PIZZA TRIVIA

- 1 Americans eat 350 slices of pizza per second.
- 2 There are 61,269 pizzerias in the United States.
- 3 Pizza is a \$30 billion per year industry.
- 4 October is national pizza month in the United States.
- 5 The world's first pizzeria, the Antica Pizzeria Port'Alba, which opened in Naples in 1830, is still there.
- 6 Pizza Hut has over 12,000 restaurants and takeaway outlets in over 90 countries.
- 7 In America, pepperoni is the favourite topping. Anchovies is the least favourite.
- 8 In Japan, eel and squid are favourites. In Russia it's red herring, salmon, and onions.
- 9 In Brazil, they like green peas on their pizza. In Australia the favourites are shrimp and pineapple.
- 10 The French love bacon and crème fraîche on theirs. The English love tuna and sweetcorn.







- 1 What do you understand by fast food? What fast food outlets are popular in your country? What do you understand by organic food? Do you ever buy it?
- 2 A company called the Organic Burger Company has commissioned a consumer survey to find out who their customers could be in the future. The results of the survey are presented to them as a report. Here are some headings from the report.

**FAO** (For the attention of ... ) \_\_\_\_\_

**Title** (of report) \_\_\_\_\_

**Background and objectives** \_\_\_\_\_

**Research and findings** \_\_\_\_\_

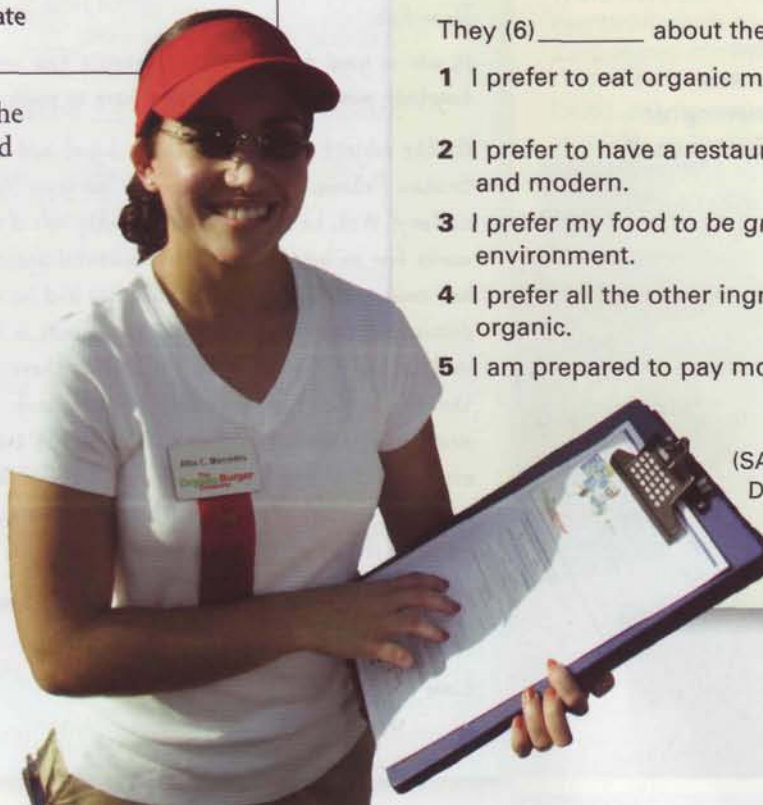
**Summary and recommendations** \_\_\_\_\_

**Action next** \_\_\_\_\_

Match these expressions with the headings.

- a In conclusion,
- b The Managing Director
- c The purpose of this report
- d two main findings
- e The history of this issue
- f 'Survey into Potential Demand for Organic Burgers.'
- g We recommend that
- h The results
- i We propose that
- j were asked to say what they thought
- k within the next six months
- l We were asked to investigate
- m not enough evidence

- 3 Read the report based on the consumer survey conducted for the Organic Burger Company and complete it with the expressions from exercise 2.



## The Organic Burger Company

**FAO:** (1) \_\_\_\_\_, Organic Burger Company

**Title:** (2) ' \_\_\_\_\_ '.

**Date:** 30th November

### Background and objectives

(3) \_\_\_\_\_ is that there has recently been a drop in customers at traditional fast-food outlets such as McDonalds. The Organic Burger company wants to fill the growing gap in the market.

(4) \_\_\_\_\_ is to survey consumer attitudes by doing preliminary research with the young people of Nottingham, a medium-sized English town.

(5) \_\_\_\_\_ what the customers would want from the experience of buying and eating a high-quality organic burger.

### Research and findings

We surveyed 120 people. The age range was:

**16-19:** 31%    **20-24:** 34%    **25-35:** 19%  
**36-50:** 12%    **51+:** 4%

They (6) \_\_\_\_\_ about the following statements:

- 1 I prefer to eat organic meat in my burger. SA A DK D SD
- 2 I prefer to have a restaurant interior that is tasteful and modern. SA A DK D SD
- 3 I prefer my food to be grown with respect for the environment. SA A DK D SD
- 4 I prefer all the other ingredients to be fresh and organic. SA A DK D SD
- 5 I am prepared to pay more than I pay now. SA A DK D SD

(SA = Strongly Agree, A = Agree,  
 DK = Don't Know, D = Disagree,  
 SD = Strongly Disagree)





## WRITING A SURVEY AND A REPORT

**4** You work for a firm of marketing consultants. Your client is a supermarket chain. Your brief is to find out if shoppers in your town would be prepared to buy more *Fairtrade* products in the local supermarket. *Fairtrade* products cost more, because they pay the producers in developing countries a better price for their products.

- Think of four or five statements like the ones used in the survey for the Organic Burger Company.

*I want to know where the things I buy come from.*

SA A DK D SD

- Ask at least 20 people, either in your class or outside your class.
- Take data about age. Possibly also male / female.
- Add up the statistics.

**5** Write the report (about 250 words). Use expressions from exercises 2 and 3, and use the structure of the report as a model.

(7) \_\_\_\_\_ are as follows:

- 1** 46% agreed or strongly agreed
- 2** 47% agreed or strongly agreed
- 3** 77% agreed or strongly agreed
- 4** 39% agreed or strongly agreed
- 5** 22% agreed or strongly agreed

The (8) \_\_\_\_\_ are:

- 1.** there is a growing preference for organic food.
- 2.** there is (9) \_\_\_\_\_ that there is a large market yet.

### Summary and recommendations

(10) \_\_\_\_\_ we believe that our survey showed that:

- the tastes of young people in a typical western town are changing
- demand exists for more stylish fast food and that this demand is growing.

(11) \_\_\_\_\_ the company loses no time in preparing for a push into all western markets.

### Action next

(12) \_\_\_\_\_ further research is now carried out, on a larger scale and in other countries. This should be completed (13) \_\_\_\_\_.





## READING AND SPEAKING

Two famous brands



# STARBUCKS COFFEE

**ANYONE FOR COFFEE?** What about a Skinny Latte, or perhaps an Almond Truffle Mocha, or even a Raspberry Mocha Chip Frappuccino? These are just a few of the many speciality coffees on offer at Starbucks, the world's leading coffee roaster and retailer.

Starbucks serves over 25 million customers a week in 7,500 stores around the world. And this figure is increasing rapidly, with three or four new stores being opened every single day! So how did a company currently worth \$5 billion get started?

Starbucks Coffee, Tea and Spice, as it was originally known, roasted its first coffee beans in 1971. This tiny coffee house in Seattle, named after a character in the novel *Moby Dick*, was the vision of three men – Baldwin, Siegel, and Bowker – who cared passionately about fine coffee and tea. Their determination to provide the best quality coffee helped their business to succeed, and a decade later, their fourth store in Seattle opened.

Meanwhile, in New York, Howard Schultz, a businessman specializing in kitchen equipment, noticed that a small company in Seattle was ordering a large number of a special type of coffeemaker. Out of curiosity, he made the cross-country trip to Seattle to find out more. Immediately he saw the Starbucks store, he knew that he wanted to be part of it. The three founder members weren't initially very keen, but a persistent Schultz was eventually hired to be head of Starbucks marketing in 1982. He modelled the Starbucks stores on Italian espresso bars, and made them comfortable places to relax. Within the next ten years, Schultz had already opened 150 new stores and had bought the company! There are now stores all over Europe, Asia, and the Middle East. Today Starbucks is one of the world's most recognized brands.

**"3 or 4 new stores open every day."**

But global success comes at a price. Although Starbucks has a company policy of fair trade and employee welfare, it has been the recent target of anti-globalization protests. Many people feel that big corporations, even responsible ones, are never a good thing, as small, independent companies can't compete and go out of business. However, Starbucks' continued success in the face of opposition shows that its blend of commercialism and comfy sofas is still proving an irresistible recipe for world domination.

**1** What do you know about these brands? What is their reputation? Are they popular among your friends and family? Who are their rivals?

**2** Work in two groups.

**Group A** Read about Starbucks on this page.

**Group B** Read about Apple Macintosh on p59.

Read your article and answer the questions.

- 1 When and where did the company begin?
- 2 Who founded it?
- 3 Where did the name of the company come from?
- 4 Why did the product become a success?
- 5 Has the company's progress always been easy?
- 6 What makes the brand special?
- 7 What features of the product or company do people see as negative?
- 8 What are some examples of the company's products?

**3** Find a partner from the other group. Compare and swap information.

**4** Here are eight answers. Decide which four are about your article. Then write the questions.

- In Silicon Valley.
- Three or four.
- \$5 billion.
- In 1997. (*When ... launched?*)
- Ten years. (*How long ... take ... ?*)
- Because he argued with his partner. (*Why ... resign?*)
- Because they can't compete. (*Why ... out of business?*)
- By selling some of their possessions. (*How ... ?*)



# Super Chef



**1** John has invited his friends for a special surprise dinner. To know what they are going to eat and drink they need to use the code below. Can you help them?

♥▶☆☆\*

♥☆☆★☆☆✓✓♥

☆☆✓☆☆

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☆☆✓☆☆□☆☆✓☆☆

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☆☆★☆☆▶□

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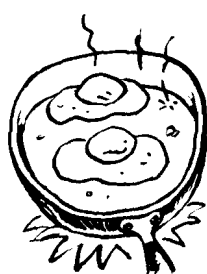
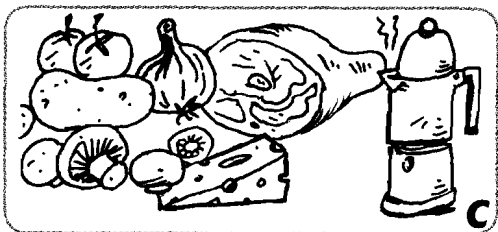
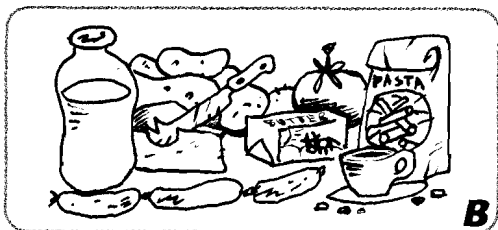


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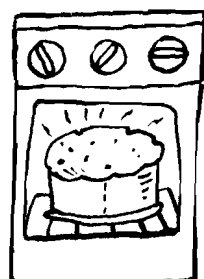
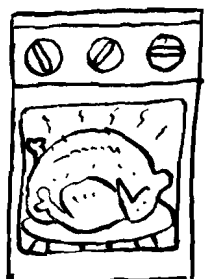
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**2** Look at the three sets of ingredients. Which are the correct ones for John's meal?

**3** John uses different ways to cook his food. Match the pictures below with the ways of cooking. Which methods does John use?



baking  
grilling  
boiling  
frying  
roasting





# You Are What You Eat



You know that eating too much chocolate and too many chips can be bad for you; however, lots of fresh fruit and vegetables are good for your health. Look at Mr Healthy and Mr Unhealthy. They've both written down all they have eaten today, but unfortunately all the vowels are missing in their lists. Fill the gaps with A E I O U. The pictures will help you.



Mr Healthy

Mr Unhealthy

## Breakfast

Cereal, fruit juice, yoghurt, an apple

c\_r \_ l, fr \_ t j \_ ce,  
y \_ gh \_ rt, an \_ ppl \_

• fr \_ d \_ ggs, b \_ c \_ n,  
s \_ s \_ g \_ s, b \_ \_ ns

• c \_ ff \_ \_ with s \_ g \_ r, • t \_ \_ st



## Lunch

• T \_ n \_ s \_ l \_ d, a r \_ ll,  
• fr \_ t s \_ l \_ d  
• m \_ n \_ r \_ l w \_ t \_ r

• f \_ sh and ch \_ ps  
• ch \_ c \_ l \_ t \_ m \_ ss \_  
• v \_ n \_ ll \_ m \_ lksh \_ k \_



## Dinner

• m \_ shr \_ \_ m s \_ \_ p,  
gr \_ ll \_ d ch \_ ck \_ n, p \_ \_ s  
and p \_ t \_ t \_ s,

• a b \_ n \_ n \_  
• fr \_ t j \_ \_ c \_



• sp \_ cy l \_ mb \_ c \_ rry, w \_ th  
r \_ c \_ and br \_ d,

• \_ ppl \_ p \_ \_ and cr \_ \_ m  
• t \_ \_ with s \_ g \_ r



## Snacks

• c \_ r \_ l b \_ r, gr \_ p \_ s

• cr \_ ps, sw \_ \_ ts, ch \_ c \_ l \_ t \_



Can you remember everything you ate yesterday? Write your list here:

Breakfast: \_\_\_\_\_  
Lunch: \_\_\_\_\_  
Dinner: \_\_\_\_\_  
Snacks: \_\_\_\_\_

Are you more like Mr Healthy or Mr Unhealthy? In which ways are you like one (or both) of them?



# At the Restaurant



You and your friends are hungry so you decide to go to the restaurant for lunch. You need a die and counters to play the game. Follow the instructions as you move round the board. The first person to arrive at the restaurant gets a free lunch!

## START.

You're feeling really hungry, throw a six to start.



1.

The waiter shows you to a table by the window. Have another go.



2.

The waiter brings you the menu, and you order your drink. Go forward one square.



3.

4.

There isn't any ice in your lemonade - it's warm! Miss a turn.



5.

6.

The waiter comes to take your order but you can't decide what to have ... Miss a turn.



7.

Today's special is Fisherman's Pie. You love fish. Have another go.



8.

9.

You don't want a starter. Go back 1 square.



10.

11.

Your partners' cutlery isn't clean. They must all throw a two before they get another turn.



12.

Someone's starter arrives. You wish you had ordered the same thing. Go back 2 squares.



13.

The restaurant is playing your favourite music. Go forward 3 squares.



14.

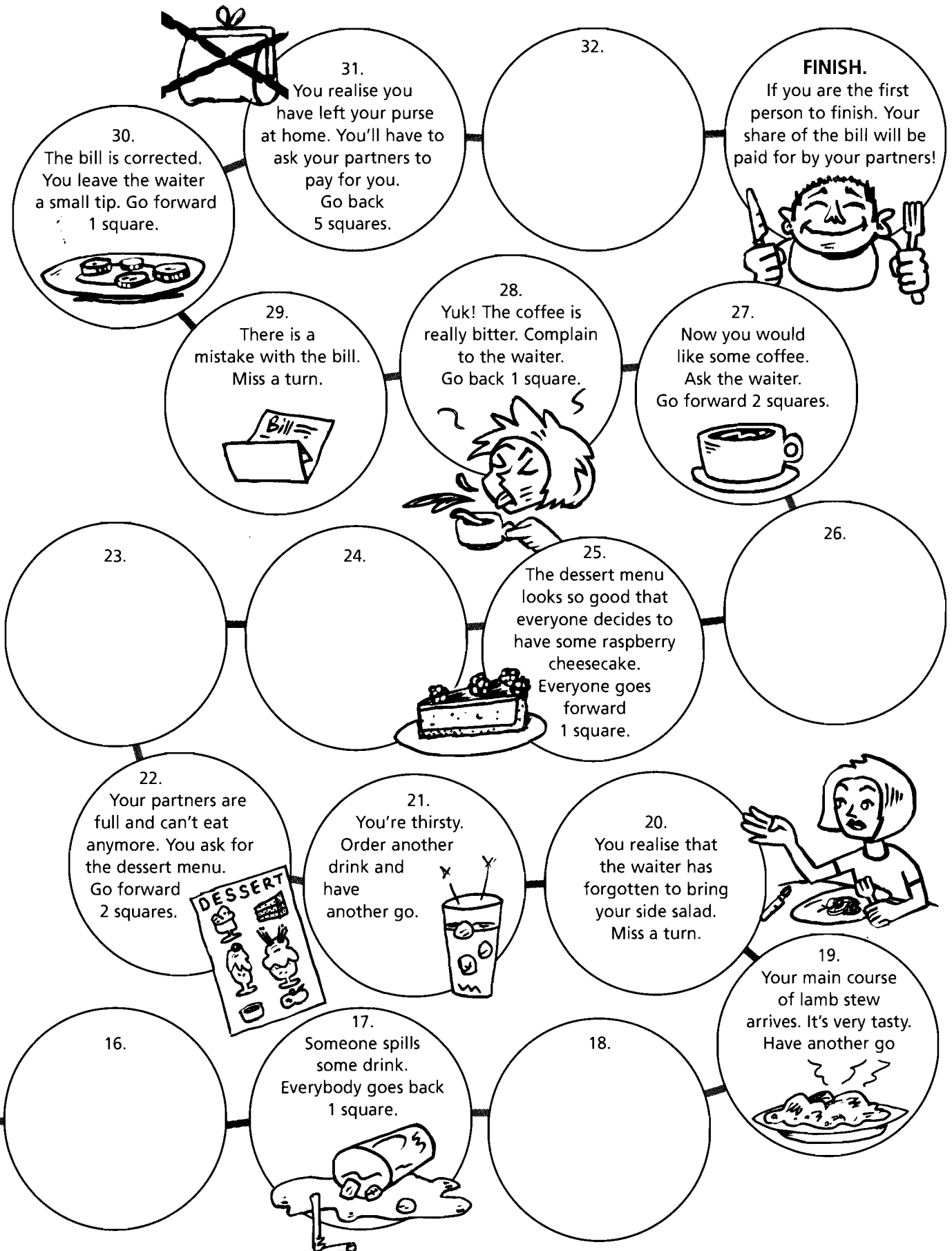
15.

Unfortunately, there isn't any more Fisherman's Pie left. Choose another main course. Throw a five to go again.





# At the Restaurant





# A Healthy Diet



For a healthy diet, you need to eat the right food in the right quantity. The food pyramid shows you how much you can eat of each food. Can you put the food in the right places on the pyramid? Unjumble the letters to write the correct names of each food item.

**carbohydrates**

**protein & calcium**

**vitamins & minerals**

2%

18%

30%

50%

**Energy**

**Good health**

**Growth & cell-renewal**

**Danger!**

## My food diary

Is your diet healthy?  
Write down everything you ate yesterday and put it in the food pyramid.  
The higher you go up the pyramid, the less you should eat.  
So if you don't have enough space at the top to put in all the food you ate, it means you ate too much of the wrong food yesterday – you need to change your diet! If everything fits well into the pyramid, well done! You have a good diet.

