

## Reading

**1** Read the text below quickly. What does it do?

- It describes food waste around the world.
- It gives advice about how to reduce food waste.
- It tells you how to make nutritious food.



## How to stop food waste

**Food waste is a huge problem in today's world. Every year, we waste one third of the food we produce. In the UK alone, people waste 15 million tons of food every year. This is mainly fresh food such as fruit, vegetables, bread and milk. We have to stop wasting good food! Fortunately, there are simple things we can all do to help.**

**Shop carefully**  
With so much delicious food in our supermarkets, it's easy to buy things that we don't need. This means that people often have more food than they can eat before its 'use-by' date. When you go shopping, write a list of the things you need and try not to buy other items.

**Save food for another day**  
There's often food left after a meal. There's no need to throw this away. We can keep cold meat, vegetables and potatoes in the fridge to eat the next day. Cooked meat and salad is good to use in packed lunches.

**Make treats**  
You can make delicious snacks from food that you would normally throw away. Apples and bananas that are too soft to eat are good for making healthy drinks. You can also add them to cakes. Did you know that you can make homemade crisps from the skin of potatoes or vegetables? (Just cover them in oil, add a little salt and bake them in the oven for about 20 minutes.)

**Make a compost bin**  
What about the food we can't eat – such as mouldy bread or food that is past its 'use-by' date? We don't have to throw it in the bin. Instead, make a compost bin. Turning old food into compost is good for the environment. We can use the compost in our gardens to help plants to grow.

**Read the text again. How many of these tasks can you do?**

**Circle the correct words and phrases.**

- 1 People *in the UK / across the world* waste 15 million tons of food every year.
- 2 British people waste mainly *fresh / tinned* food.
- 3 People often buy *more / less* food than they need.

**Complete the sentences with 1–4 words.**

- 4 We can keep cold meat, potatoes and vegetables in ..... after a meal.
- 5 You can make healthy drinks with ..... that are too soft to eat.
- 6 You can also add soft fruit to .....

**Answer the questions with no more than 4 words.**

- 7 How long should we bake homemade crisps for?  
.....
- 8 Where can we put mouldy bread?  
.....
- 9 What can we use compost for?  
.....

## Vocabulary

**2 Complete the dialogue with the words in the box.**

crisps	thin	nutritious	dislike	habits
fattening	regularly	vegetarian	gym	even though

- A Are those <sup>1</sup>..... you are eating?
- B Yes, why?
- A They are so <sup>2</sup>..... Why don't you eat more fresh food like fruit and vegetables?
- B Ugh, I hate vegetables. I especially <sup>3</sup>..... spinach. I could never be a <sup>4</sup>.....
- A It's OK to eat meat. It's <sup>5</sup>....., too. But you need to change some of your eating <sup>6</sup>.....
- B Well, maybe so. How do you stay so <sup>7</sup>.....?
- A I eat healthy foods and I work out at the <sup>8</sup>.....  
<sup>9</sup>.....
- B Hmm. And I gain weight <sup>10</sup>..... I do sports. I guess you're right. No more junk food for me!

**Grammar**

**3 Circle the correct form of the verbs.**

- 1 When he *had looked / looked* in his bag, he saw that the food *had gone / went*.
- 2 The room was empty. Everyone *had left / left* the party by the time we *arrived / had arrived*.
- 3 As soon as she *lifted / had lifted* her glass, I knew I *met / had met* her before.
- 4 When the food *arrived / had arrived*, I knew I *made / had made* a big mistake.
- 5 I knew we *had / had had* a problem when I *heard / had heard* the explosion in the kitchen.
- 6 I *didn't buy / hadn't bought* the mushroom pizza because the shop *sold / had sold* the last one.

**Dialogue**

**4 Complete the dialogue with the sentences in the box. There are two sentences you don't need.**


But they're getting better. You should try them.  
 I usually have breakfast at about 9 a.m.  
 That's not very healthy!  
 Chicken and rice. It's not bad!  
 Toast and orange juice.  
 It's full of natural things.  
 You need something more filling than a sandwich.  
 What do you eat in the morning?



- Alice** What do you usually have for breakfast?
- Jason** 1 .....
- Alice** That sounds healthy! Better than my breakfast.
- Jason** 2 .....
- Alice** I sometimes buy some crisps on the way to school.
- Jason** 3 .....
- Alice** I know. But I bring a sandwich to school for lunch.
- Jason** 4 .....
- Alice** The trouble is, I don't like school dinners. They're fattening.
- Jason** 5 .....
- Alice** I might. What's on today's menu?
- Jason** 6 .....


**Reading**

**1** Read the advice column. Then tick **T (True)** or **F (False)**.



## Ask Dr Josephine

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Dear Dr Josephine,

My friend has an eating problem and I don't know what to do. She stuffs herself with food at meals, then goes to the bathroom to throw up. I know what is going on and I'm worried about her.

Mandy

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Dear Mandy,

It's hard to have a friend with an eating problem. They usually don't want to talk about it. But you can try to help your friend anyway.

People who stuff themselves and throw up can become very ill. They don't often go and see a doctor. They need friends and family to take the first steps for them. Perhaps you should talk to an adult. Or look up some websites on the internet.

Your friend might not want your help at first. Be honest with your friend; tell her this problem is serious. But tell her, too, that people can get better.

Dr Josephine

- |  | T                        | F                        |
|--|--------------------------|--------------------------|
| 1 Mandy's friend doesn't eat a lot.                                | <input type="checkbox"/> | <input type="checkbox"/> |
| 2 Mandy's friend doesn't eat regularly.                            | <input type="checkbox"/> | <input type="checkbox"/> |
| 3 The doctor warns Mandy that her friend might not want help.      | <input type="checkbox"/> | <input type="checkbox"/> |
| 4 The doctor tells Mandy to talk to someone else about her friend. | <input type="checkbox"/> | <input type="checkbox"/> |
| 5 There aren't any websites about eating disorders.                | <input type="checkbox"/> | <input type="checkbox"/> |
| 6 The doctor thinks the illness isn't too serious.                 | <input type="checkbox"/> | <input type="checkbox"/> |
| 7 The doctor says Mandy's friend won't get better.                 | <input type="checkbox"/> | <input type="checkbox"/> |
| 8 Mandy and the doctor discuss how to help the young woman.        | <input type="checkbox"/> | <input type="checkbox"/> |

**Grammar**

**2 Complete the sentences with the correct past perfect form of the verbs in brackets.**

- 1 When I saw mum's face, I knew something bad ..... (happen).
- 2 After twenty minutes, the bus still ..... (not arrive), so I walked to school.
- 3 There was a film on that I ..... (not see) yet, so I bought a ticket for it.
- 4 I asked Jenny if she ..... (hear) from Paula yet.
- 5 I was so happy when I opened the present from my parents.  
They ..... (buy) me new headphones.
- 6 I tried to phone you, but you ..... (already go) to sleep.
- 7 I ..... (never try) Japanese food before, so I was quite excited about eating sushi.
- 8 After I ..... (leave) the interview, I heard the manager calling me back.

**Dialogue**

**3 Put the dialogue into the correct order.**

- A Me too, but this morning I got up too late, so I didn't have time for breakfast. What do you usually have for breakfast?
- 1 A I'm hungry. I missed breakfast today.
- A Well, I'm a vegan, so I never eat eggs, cheese or yoghurt.
- A Yes, I do. But I often buy fast food too. The only thing I really can't stand is vegetarian sausages.
- A That's good. I think vegetarianism is better for us, and for the environment too ... luckily more and more people are changing their diets these days, and even eating out is a lot easier now for us vegans!
- B I don't think I could be a vegan. But my sister's vegetarian, so as a family, we do eat less meat now than we used to.
- B Did you? I never miss breakfast. I think it's the most important meal of the day.
- B Eggs, or cheese and ham. I try to have proteins because it gives me energy. What about you?
- B I hate them too! They don't taste very good at all.
- B Yes, there are some great vegan restaurants around. Do you like cooking?

**Vocabulary**

**4 Circle the correct words or phrases.**

- 1 I love fresh vegetables. There's nothing *fattening* / *tasty* in them.
- 2 I think *fresh* / *filling* meat always tastes better than meat that has been frozen.
- 3 Snacks aren't always very *stuffing* / *filling*. You get hungry again soon after you've eaten them.
- 4 A packet of crisps now and then isn't bad for you, but it isn't very *fattening* / *nutritious*.
- 5 Some artificial ingredients can be *harmful* / *overweight*.
- 6 Sally loves spinach. She thinks it's very *regular* / *tasty*.
- 7 Does your school *provide* / *protect* meals, or do you have to take your own?
- 8 My mum always gives me vegetables, *however* / *even though* I dislike them.
- 9 If you start to *gain* / *get rid of* weight, it's time to go to the gym.
- 10 Regular, healthy meals are important for children's *growth* / *intake*.

**Essential English – Dialogue**

**5 Put the dialogue into the correct order.**

- |   |   |
|---|---|
| <input type="checkbox"/> A I can recommend the cheesecake.                      | <input type="checkbox"/> B No, thanks. Just an ice cream, please.               |
| <input type="checkbox"/> A OK. And what would you like to drink with your meal? | <input type="checkbox"/> B I'll have the rice, please. And a salad.             |
| <input type="checkbox"/> A Potatoes or rice. Which would you like?              | <input type="checkbox"/> B I'll have some pork, please. What does it come with? |
| <input checked="" type="checkbox"/> A Are you ready to order?                   | <input type="checkbox"/> B Mineral water, please. And for dessert ...           |
| <input type="checkbox"/> A And for your main dish?                              | <input type="checkbox"/> B Yes, I'd like some tomato soup to start.             |

**Everyday English**

**6 Complete the dialogue with the phrases in the box.**

Beats me  
Go right ahead  
Between you and me  
Not as far as I know

**Anna** 1....., I think Ella is overweight.  
**Jenna** I agree. Is she eating more than usual these days?  
**Anna** I don't think so. 2.....  
**Jenna** Then why's she gaining weight?  
**Anna** 3.....!  
**Jenna** Well, at least you don't have that problem. Hey, can I have a piece of that chocolate?  
**Anna** 4.....

**Vocabulary**

**1 Match the words and the definitions.**

- |              |                          |   |
|--------------|--------------------------|---|
| 1 fattening  | <input type="checkbox"/> | full of vitamins and other things that are good for your body |
| 2 filling    | <input type="checkbox"/> | not natural   |
| 3 artificial | <input type="checkbox"/> | makes you feel full so you can't eat a lot                    |
| 4 harmful    | <input type="checkbox"/> | just out of the garden  |
| 5 tasty      | <input type="checkbox"/> | makes you overweight  |
| 6 fresh      | <input type="checkbox"/> | is bad for your health  |
| 7 healthy    | <input type="checkbox"/> | delicious   |
| 8 nutritious | <input type="checkbox"/> | is good for your health                                       |



**Grammar**

**2 Circle the correct form of the verbs.**

- When I *had opened* / *opened* the letter, I read that I *had won* / *won* some money.
- The house *was* / *had been* quiet. My parents *had gone* / *went* to bed.
- After John *left* / *had left* the room, everyone *started* / *had started* to talk about him.
- When we *got* / *had got* to the hotel, we found out that we *booked* / *had booked* a different one.
- I knew something *was* / *had been* wrong when I *saw* / *had seen* your face.

**Dialogue**

**3 Complete the dialogue with the words and phrases in the box.**

sounds good    could eat it    fattening    healthy food    fish and chips    I'd love

- A** What are you having for dinner tonight?
- B** I don't know – we often have <sup>1</sup>..... on a Friday night.
- A** Really? <sup>2</sup>..... that. I love chips – with lots of salt on them! But my mum always wants us to eat <sup>3</sup>..... . She says chips are too <sup>4</sup>..... .
- B** She's right! But we all like fish and chips in our house. It's my brother's favourite food. He <sup>5</sup>..... every day! What are you having for dinner?
- A** Beef. With vegetables and potatoes.
- B** Mmm, <sup>6</sup>..... .