

UNIT 5

Complete the sentences with the correct words.

types	pick	fresh	prepare	fried
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- It is good for your health to eat lots of different _____ of fruit and vegetables.
- Jana takes her children to a farm where they can _____ their own strawberries every June.
- This restaurant only uses _____, local ingredients in their dishes.
- It may be delicious, but you shouldn't eat _____ food too often.
- Jiraporn is going to _____ a special dish for her mother's birthday.

Choose the correct meaning of each word in bold.

- Food is an important part of every **culture** in the world.
 - the way of life
 - farms
- The hotel **offers** its guests an amazing selection of food and drink.
 - provides
 - sells
- I love dishes that you can **share** with other people. It is a fun way to eat.
 - prepare or cook a meal
 - give part of something to someone
- The sugar in this dish gives it quite a sweet **taste**.
 - the flavor of something
 - the smell of something

LEVEL 1 Assessment

10. Cereal and toast are **typical** breakfast foods in a lot of countries.
- a. popular and tasty
 - b. normal or usual

Read each sentence and look at the underlined word. Decide whether it is a noun or a verb. Choose *Noun* or *Verb*.

11. It is good for the environment to buy local produce whenever you can.
- a. Noun
 - b. Verb
12. Lee has over 10 years' experience as a top chef.
- a. Noun
 - b. Verb
13. Taste this dessert—it is amazing. You'll love it.
- a. Noun
 - b. Verb

Choose the correct word to complete each sentence.

14. It was a busy day, so we only had time for a very _____ lunch.
- a. quickly
 - b. quick
15. Anita is good at explaining how to make difficult dishes in a _____ way.
- a. simply
 - b. simple
16. You have to eat this type of fish _____—there are a lot of small bones.
- a. carefully
 - b. careful

LEVEL 1 Assessment

Read the passage.**A Global Food Journey**

A few years ago, French photographer Matthieu Paley set out to explore the world of food. He went on the journey to explore how our environment affects the food we eat—and how our diet shapes our culture. Paley shared his experiences in a visual food diary, called *We Are What We Eat*.

Paley saw how food plays an important role in people's lives all over the world. In Greenland, he went seal hunting with the Inuit to catch food for dinner. He gathered honey from trees with the Hadza people of Tanzania. And in Malaysian Borneo, he went diving to catch sea urchins and octopuses.

In Crete—the largest island in Greece—Paley enjoyed a typical Mediterranean family meal. Below is an entry from his diary.

Paley's Diary Entry

I am at the Moschonas' home for their Saturday family gathering. Everyone was working in the fields this afternoon, and there is a pile of fresh wild herbs on the table.

"Now, we make kalitsounia!" says Stella. These are small fried pies filled with wild herbs called horta. In Crete, April has been a time to pick horta for thousands of years. Stella prepares dough on the table. She cuts it into small squares and wraps the herbs. Then she fries the little pies in olive oil.

Someone takes a large bucket of snails from the freezer. The Moschonas eat snails all year round. They are probably the oldest food eaten by humans.

"And they are full of Omega 3, no fat on that meat either!" Stella says. She'll prepare the snails with a thick sauce. She offers me a kalitsounia, hot out of the pan.

My plate is filled with snails. On the table, there are also beans, small fried fish, and another vegetable. Manolis sits next to me. He points at the dish. "This one is *medicament*. Medicine!" He says, "Eat a ton of it!" I try it. "We call these avronies ... only in this season," he says. "You are a lucky man!"

Choose the correct answers.

17. What was the purpose of Matthieu Paley's trip?
- a. To learn about cooking methods in different cultures.
 - b. To find out how people in different cultures catch food.
 - c. To look at the connection between food, culture, and the environment.

LEVEL 1 Assessment

18. Where did Paley go diving?
- in Borneo
 - in Greenland
 - in Tanzania
19. What is NOT true about horta?
- It is one type of wild herb.
 - People usually pick it in spring.
 - It is a small pie made in Crete.
20. What does Stella say is full of Omega 3?
- fried fish
 - salmon
 - snails
21. Why does Manolis say Paley is a lucky man?
- Because he gets the chance to try a special seasonal dish.
 - Because he is able to try small pies made with wild herbs.
 - Because the dish of snails he eats is a special treat.

Read the passage.**Slow Food**

In 1967, the fast-food restaurant, McDonalds, opened its first restaurant outside the U.S.A, in Canada. Since then, fast food has become popular all round the world. But, while it is cheap and convenient, not everyone is happy with the idea of fast food. Not long after a new McDonalds opened in Rome in 1986, the food expert Carlo Petrini started an organization. He wanted to protect small food businesses and encourage people to enjoy good-quality food. The organization became known as Slow Food.

The aim of Slow Food is to support good, clean, and fair food. Good food is food that is delicious and good for us. Clean food is food made in a way that is better for the environment, animals, and humans. And fair food is food that is not expensive for the people who buy it, but a fair price for the people who produce it.

Supporters of Slow Food believe that food products should come from local farms when possible. They think it is important to prepare the food carefully and that people should take their time over their meal, to enjoy the food more. They also believe it is important for people to know about the food they eat, to understand how and where it is made. In many ways, it is the opposite of fast food.

The idea of slow food has moved from Italy to many countries around the world. Slow Food groups are now in over 160 different countries and have millions of members. Each group organizes regular food events, such as dinners and tastings, visits to local farms, and food education courses.

LEVEL 1 Assessment

Slow Food is not just about food. It understands that food affects many other parts of our lives: culture, farming, the environment, and more. It encourages everyone to get involved. And there are many things we can all do. We can research the labels of the food we buy to know more about it. We can buy food that is produced in local areas. We can plan our meals carefully to make sure we don't create any waste. And if we are lucky enough to have a garden, we can even grow our own fruit and vegetables.

Choose *True* or *False*.

22. Carlo Petrini started Slow Food not long after McDonalds opened its first overseas restaurant.
a. True
b. False
23. Slow Food wants to support food that is delicious and as cheap as possible for consumers.
a. True
b. False
24. Supporters of Slow Food believe that people should know about the food they eat.
a. True
b. False
25. There are Slow Food groups in more than 160 countries.
a. True
b. False
26. Slow Food encourages people to buy local produce and to avoid throwing food away.
a. True
b. False

Read each excerpt with the underlined word. Choose the correct answer.

27. In 1967, the fast-food restaurant, McDonalds, opened its first restaurant outside the U.S.A, in Canada. Since then, fast food has become popular all round the world. But, while it is cheap and convenient, not everyone is happy with the idea of fast food.

What does *it* refer to?

- a. McDonalds
b. the world
c. fast food

LEVEL 1 Assessment

28. Supporters of Slow Food believe that food products should come from local farms when possible. They think it is important to prepare the food carefully and that people should take their time over their meal, to enjoy the food more.

What does *They* refer to?

- a. Slow Food supporters
- b. local farms
- c. food products

Complete the sentences with the correct word or phrase.

another reason	because	one reason	so	to
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29. Carlo Petrini started the organization Slow Food for several reasons. _____
- he decided to create Slow Food was _____ support local food producers.
- He knew that fast food was becoming very popular, and he saw that people were losing their connection with food producers. He was worried _____ he thought that fast food companies were putting local foods and flavors in danger. _____
- he encouraged people to eat local food. _____ Petrini started Slow Food was to support traditional ways of preparing and eating meals.

Choose the correct word to complete each paraphrased sentence.

30. Sharing a meal with friends or family helps create positive emotions.

Sharing a meal with friends or family helps create positive _____.

- a. ideas
- b. feelings

LEVEL 1 Assessment

31. This is the most delicious Mexican dish I have ever had.

This is the _____ Mexican _____ I have ever had.

- a. tastiest a. meal
b. most expensive b. dessert

32. The party last weekend was really fun.

The party last weekend was really _____.

- a. enjoyable
b. noisy

33. I thought the TV show about food customs around the world was boring.

I thought the TV show about food customs around the world was _____.

- a. unusual
b. uninteresting

34. These photos make the food look really amazing.

These _____ make the food look really amazing.

- a. pictures
b. videos

Complete the second sentence with the correct paraphrased word.

believe	preparing	pretty	purpose	uploaded
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35. What is your role in the company?

Well, my main _____ is to design new products.

36. Are you going to post the results of the study?

Yes, I already _____ them this morning.

LEVEL 1 Assessment

37. The garden is looking beautiful.

Yes, it's especially _____ this time of year.

38. What are you cooking? It smells amazing.

I'm _____ a few special treats for the party.

39. Do you think we shouldn't kill animals for food?

Yes, I _____ it's wrong.

You are going to write a paragraph on the following topic.

40. **Think about your own experiences with one of these two topics.**

Topic 1: Choose a food or dish that is all over the world and explain why it is popular.

Topic 2: Choose a dish that you really enjoy and explain why you like it.

A. OUTLINE Plan an outline for your paragraph.

Write the name of the food or dish.

Write a topic sentence for your paragraph.

LEVEL 1 Assessment

Write down two or three reasons why you think the food is popular.

B. Think of some words and phrases you can use in your paragraph. Write them in the box.

The words and phrases below can be useful when writing about food.

- *salty, spicy, sweet*
- *healthy, good for you, delicious*
- *tastes like, tastes great/amazing*
- *has an unusual taste/flavor, made from*
- *people usually eat it with/on*

LEVEL 1 Assessment

C. Write down two to three reasons why you think the food is popular or why you like it.**Model:**

Italian pizza is one of the most popular foods in the world. I think it has become so popular for several reasons. One reason is that it's easy to eat. You can eat it as a snack or as a main meal. Pizzas are simple and quick to prepare—that is another reason. Although it's not so easy to make a delicious pizza. In addition, there are lots of different types of pizza: you can get vegetable ones, meat ones, seafood ones, and so on. That means everyone can choose one that's right for them. Finally, a good pizza is just delicious. They are so tasty!

(12 points)