**2. CRITICAL THINKING VIDEO Predicting topics or ideas**

1. guessing what a topic will be or what someone will talk about.
2. healthy eating
3. She will probably talk about how computers help people.
4. Notice key words in the title of the lecture.
5. The guest is the owner of a vegetarian restaurant.
6. The lecturer will probably talk about how caffeine can help your brain perform better.
7. Scientists know more about how food affects the body now than they did in the past.
8. The lecturer probably does not like children playing video games.

**4. VOCABULARY 1 PRACTICE**

1. spicy
2. local
3. ethnic
4. burn
5. key
6. rare
7. with respect to
8. consume

**5. LISTENING COMPREHENSION Governing what we eat**

1. She is a consultant on nutrition and policy.
2. They can cause heart disease.
3. Denmark
4. Overall health has improved.
5. About 100
6. The number of cases of diabetes will go down.
7. There are too many costs for problems caused by poor diets.
8. It is making big chain restaurants list the calories of their menu items.

**6. LISTENING SKILL Listening for causes and effects**

1. the use of trans fat in cooking
2. concern about the healthiness of restaurant food
3. the unhealthy effect of trans fat
4. Trans fats are against the law.
5. Restaurants have found a way to make the food taste good.
6. Calorie counts are posted.
7. People are overweight or have diabetes or heart disease.
8. Some cities and countries have seen the health benefits of reducing trans fats and posting calorie counts.

**7. NOTE-TAKING SKILL Taking notes on causes and effects**

|  |  |
| --- | --- |
| **Cause** | **Effect** |
| * Because you smile a lot * Since you are consuming less calories * Because of the spicy food I ate * My favorite flavor is chocolate * I rely on coffee to wake me up | * people think you are friendly * you will lose weight * I drank a lot of water * consequently, I know a lot about the different types * as a result, I can't begin the day without it |

**9. VOCABULARY 2 PRACTICE**

1. enjoy
2. feature
3. account for
4. a function of
5. illustrate
6. play a role
7. risk
8. approximately

**10. VOCABULARY SKILL Adjective-noun collocations**

|  |  |
| --- | --- |
| 1. a balanced | diet |
| 2. fast | food |
| 3. some fresh | fruit |
| 4. a juicy | ﻿steak |
| 5. empty | ﻿calories |
| 6. a quick | ﻿snack |
| 7. scrambled | eggs |

**11. GRAMMAR Quantifiers with count/noncount nouns (1)**

1.  We only have 25 cupcakes. There are not enough for 30 people.

2.  How much soda did you buy?

3.  I think we have too much cheese.

4.  Do you know how many apples there are?

5.  If we don't have enough plates, I can go buy some.

6.  There are too many things to do before the event. I'll never finish on time.

7.  There is not enough ice cream for the number of guests. Not everyone will get some.

8.  Don't add too many chilies. Then the dip will be too spicy.

9.  Hmm . . . We don't have much juice.

10.  If you drink too much coffee, you won't be able to sleep.

**12. GRAMMAR EXPANSION Articles**

There is a trend in the United States toward buying local Ø food. Many people think it is healthier, and it's definitely cheaper to grow Ø vegetables at home. So I decided to start a garden. I grew Ø tomatoes, Ø peppers, and even an oregano plant. In a few weeks, I had Ø results. Nothing tastes better than a tomato from your own backyard. My first tomato was small but delicious. First, I cut the tomato. Then, I sprinkled on Ø olive oil and Ø salt. Yummy! Next year, I think I will make the garden bigger. Then, I can plant Ø spinach and Ø carrots. Too bad I can't have an apple tree.

**14. SPEAKING SKILL Giving advice**

|  |  |
| --- | --- |
| 1. My doctor says I have high blood pressure. | You shouldn't eat so much salt. |
| 2. I can't fall asleep at night. | You shouldn't drink so much coffee late in the day. |
| 3. My stomach is often upset. | You should try eating more slowly. |
| 4. I spend too much money going out to restaurants. | You should cook at home more. |
| 5. I'd like to be a chocolate taster. | You should find out how people prepare for that job. |
| 6. I want to start a garden, but I don't know how. | You ought to search how to grow things online. |

**17. TRACK YOUR SUCCESS Vocabulary review**

|  |  |  |
| --- | --- | --- |
| **﻿Nouns** | **﻿﻿Verbs and verb phrases** | **﻿Adjectives** |
| * correlation * degree * feature * risk | * burn * consume * enjoy * illustrate * account for * play a role in | * rare * local * spicy * ethnic * key |