

EPISODE 16 LEVEL A1.2/A2.1

READING COMPREHENSION







When he was younger, John didn't eat healthy food. He didn't have much time to cook and he usually ate **junk food** (= fast food, cheap food). Now he tries to eat healthily, so he eats a lot of **fruit** (= e.g. bananas, apples, plums) and **vegetables** (= e.g. onions, tomatoes, potatoes). He doesn't eat much **meat** (= e.g. chicken, pork). He sometimes eats **beef** (= meat from a cow), especially **sirloin** (= the most delicate meat). He is fond of **sea food** (= frutti di mare) and **fish**, too. His favorite fish is **salmon** (= big fish from Norway). John also likes **dairy products** (= e.g. milk, cheese, yoghurt) and **crisp bread** (= e.g. Vasa). His diet is very healthy.

More contexts for the new words:

- There are not many dairy shops nowadays.
 (= There are not many shops which sell only milk, yoghurt, cheese etc. nowadays)
- How can you read this junk?
 (= How can you read these stupid things?)
- I don't like beef, but I eat **veal** quite often. (= I eat meat from a young cow quite often)



EXERCISE 1

Decide if these sentences are true (T) or false (F).

- 1) Junk food is good for you.
- 2) Salmon is a vegetable.
- 3) Yoghurt is a dairy product.
- 4) Beef is a fruit.
- 5) Sirloin is delicate cow meat.



EXERCISE 2

Complete the questions and then answer them yourself.

- 1. How often do you eat j..... food?
- 2. What are your favorite d..... products?
- 3. Do you prefer c..... bread or normal bread?

ENGLISH IN USE



Look at this sentence from the text:

He didn't have much time to cook and he usually ate junk food.

As you remember, when we want to make a sentence about the past, we must use the **past** simple form of the verb: EAT-ATE

He usually **ate** junk food.

When we want to make a negative sentence, we must put "didn't (= did not)" before the verb and we use the verb in its basic (present) form.

He didn't have much time to cook.

Now look at some more examples:

I **didn't** go to work last year. He **didn't** have much money yesterday. We didn't read a book last week.

Remember, it is not correct to say "He didn't went to work."

IDIOM CLOSE-UP



A/ Will you manage to finish this project on your own? B/Sure, it's A PIECE OF CAKE for me.

If something is a piece of cake, it is very easy for you to do.

PHRASAL VERBS CLOSE-UP



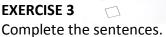
1. You TAKE TO something if you start liking it.

John **took to** vegetables when he realized how healthy they were. His wife **took to** her new neighbors at once.

2. You GO OFF something if you stop liking it.

John **went off** junk food when he started having food problems. I went off burgers after I got food poisoning from a take-away.

EXERCISE 3



ı	I off Peter when	he	said those	dreadful	l things	about	Clare

- 2. Sushi tastes strange at first, it takes time to take it.
- 3. The exam was a of cake.

NEWS



NO MOULD

An Internet user has recently published photos of a hamburger from MacDonald's. She says she has kept the burger at home for a year, and there is absolutely no **mould** on it! She believes that the perfect shape of this very old burger is caused by the huge amount of **artificial preservatives** which the restaurant puts into their food. The MacDonald's spokesperson, in turn, claims that the phenomenon is due to lack of **moisture**, and if the sandwich was left on open air, it would **decay** very quickly.

GLOSSARY

- mould a soft green or grey growth which develops on old food
- artificial not natural
- preservatives chemicals used to stop food from decaying
- moisture a liquid such as water in the form of very small drops
- to decay to become damaged or worse

KEY TO EXERCISES

Ex.1

1. F

2. F

3. T

4. F

5. T

Ex.2

- 1. junk
- 2. dairy
- 3. crisp

Ex.3

- 1. went
- 2. to
- 3. piece