



Food and drink

1

Put the words into the correct column in the table. Some words fit in more than one column.

balanced	catering	chop	consume
portion	swallow	taste	vitamin



Noun	Verb	Adjective
.....
.....
.....
.....
.....

Exam task

2

Track 4 You will hear a girl called Lydia giving a talk about a project she has been involved in on healthy eating. For questions 1–10, complete the sentences with a word or short phrase.

The healthy eating project

Lydia says an alternative name for healthy eating is having a (1)

Lydia compares the food we eat to (2) for our bodies.

Lydia says people do not need to avoid certain foods such as (3)

Lydia says the food pyramid describes the foods we ought to eat and their (4)

Lydia offers to provide listeners with (5) which contain fruit and vegetables.

Lydia points out that (6) is a non-food source of one vitamin.

Lydia says that (7) is an example of a snack we needn't avoid.

Lydia says the action of (8) salad items doesn't burn more energy than the food provides.

Lydia gives the example of (9) as a drink that is useful for our bodies.

Lydia explains that some people think (10) is a substitute for eating healthily.

3a

Match the items from each column to make four definitions.

- | | | |
|------------|------|--|
| 1. to cut | up | means to finish everything you've been given |
| 2. to eat | down | means to eat only a particular food |
| 3. to heat | on | means to eat or drink less of something |
| 4. to live | up | means to make warm |

3b

Write four sentences using each of the phrasal verbs in exercise 3a.

1.
2.
3.
4.

4

In pairs, ask and answer the following questions.

1. Do you think you have a healthy diet?
2. In what ways could you eat more healthily?
3. In general do people in your country eat more healthily now than they used to?
4. In which country do you think people have the healthiest diet? And the worst?



Exam facts

- In this part, you listen to a recording of one person speaking.
- There are ten sentences with some information missing.
- You have to write words from the recording to complete the sentences.

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