A piece of cake!

READING Multiple choice

→ Student's Book, pages 58–59

1 Read these words and phrases from Exercise 2. Write a word or phrase from the text that means the same in each gap.

- **1** became different
- **2** started
- 3 making cakes in your kitchen
- 4 adolescents

5 advice

6 old

- 7 all over the world
- Read the text. For questions 1–5, choose the answer (A, B, C or D) which you think fits best according to the text.
- 1 Fraser Doherty
 - A has always made jam with his grandmother.
 - **B** learnt to make jam and his life changed completely.
 - **C** really enjoyed cooking in his parents' kitchen.
 - **D** initially sold his products only to farmers.
- 2 What happened when Fraser was 16?
 - A He talked to people at a supermarket chain.
 - **B** He developed a jam without any sugar in it.
 - C He started his own company.
 - **D** He had the idea for his most popular product, *SuperJam*.
- **3** What is *BakeLab*?
 - A A place where Fraser makes new cake recipes.
 - **B** Jars that include cake ingredients and different types of tea.
 - **C** Cakes that have jam as one of the ingredients.
 - **D** Prepared ingredients for making cakes in your own kitchen.

- **4** What is part of the extra money from *SuperHoney* sales used for?
 - **A** To help adolescents to find out how to prepare honey.
 - **B** To buy bees for local community groups.
 - **C** To design new and better beehives for producing honey.
 - **D** To promote the product to supermarkets worldwide.
- **5** What does the writer say about the *SuperJam Tea Parties*?
 - **A** Fraser tells young businesspeople how they can improve.
 - **B** Over 500 older people go to each of the tea parties.
 - **C** The tea parties are organised in many different countries.
 - **D** Fraser give talks about how he became successful.

3 Find words and phrases 1–8 in the text and match them to meanings a–h.

- 1experimenteda) extra money you have from sales after you have covered all costs2flavoursb) the distinctive taste of food or drink3approachedc) a group of people who live in the same place4turned him downd) tried new things to find out what results they will have5profitse) structures for keeping bees, from which you collect their honey6beehivesf) people who use money to start a business7communityg) didn't accept an offer
- 8 entrepreneurs **h**) spoke to someone about something for the first time



Have you ever cooked with your grandparents? Fraser Doherty did, and it changed his life! When he was 14, he learnt to make jam with his gran and loved it so much that he started doing it every day after school and at weekends. He experimented with different flavours and soon he was making 1,000 jars a week in his parents' kitchen. Fraser, known as JamBoy, sold his jams at local farmers' markets.

Fraser's jams, which contained no sugar, sold really well, so he set up his own business at age 16. A year later Fraser approached Waitrose supermarkets, hoping they would sell his jams. Waitrose turned him down, but they gave Fraser some great advice which he followed and, as a result, *SuperJam* was born.

Waitrose then agreed to sell his jams and they quickly became popular. In one Edinburgh store, people bought 1,500 jars in just one day!

 \bigcirc



Since then, Fraser hasn't stopped. He created *BakeLab*, home-baking mixes where all the ingredients are included in a jar, and *SuperTea*, a range of teas to go with his cakes and jams. He also sells *SuperHoney* and part of the profits from this are used to buy beehives for local community groups which then teach young people to make honey. His products are now available in over 2,000 supermarkets around the world, in countries including Australia, Russia and Finland.

Fraser has also written two books, *The SuperJam Cookbook* and *SuperBusiness*, which is full of tips for young entrepreneurs. Every year, he also finds time to organise over 100 *SuperJam Tea Parties* all over Britain for elderly people, with around 600 participants at each one. Not surprisingly, he is also a popular speaker at events worldwide. Everyone wants to know the secret of his success – and his jam recipes!



→ Student's Book, page 60 → Grammar reference, Unit 6, Student's Book, page XXX

1 Complete the sentences with the correct relative pronoun. If there is more than one correct answer, write both answers.

- 1 The cake _____ my dad made won first prize in the competition.
- 2 The girl ______ babysits for my little brother is teaching him to bake.
- 3 The shop ______ I bought this recipe book sells lots of cookery books.
- 4 The café, ______ is near my house, only serves organic food.
- 5 Giada de Laurentiis, _____ TV show I often watch, has her own catering business.
- 6 I've been reading about Sam Stern, ______ is a famous chef and writer.
- 7 That was the year _____ I learnt to cook!
- 8 Jamie Oliver, ______ cookbook I often use, is a famous British chef.

2 Add brackets () around the relative pronouns that can be left out.

- 1 The chef who came to our school to give cooking lessons was great!
- 2 The man that I saw in the supermarket owns the restaurant near our house.
- **3** The recipe book which you gave me for my birthday is really good.
- 4 The restaurant, which opened last week, has had great reviews.
- 5 The waitress who I talked to was very helpful.
- 6 All the students who take cookery lessons enjoy them.

3 Rewrite the sentences using the information given. Use a relative clause in each sentence.

- 1 Our local food festival started four years ago. I can remember it.
- **2** The food festival was on last weekend. The food festival was really good.
- 3 I watched a celebrity chef. He made a delicious curry.
- **4** There were lots of stalls. The stalls sold different kinds of food.
- 5 There was a pop-up restaurant. You could eat Italian food there.
- 6 The organisers say it's been the most successful year ever. The organisers worked very hard.

VOCABULARY | Topic vocabulary | Phrasal verbs | Word formation

 \rightarrow Student's Book, page 61 \rightarrow Vocabulary reference, Unit 6, Student's Book, page XXX

1 Complete the sentences with the words in the box.

bitter | juicy | salty | sour | spicy | sweet

- 1 The pears are so ______ ! Wash your hands after eating one.
- 2 I don't like ______ food so I rarely eat puddings or cakes.
- 3 Kate loves ______ food, such as olives and crisps.
- 4 Plain yoghurt can be as ______as lemons.
- 5 Leafy vegetables such as kale and some herbs can be _____
- 6 A lot of Indian and Mexican food is ______ because it contains chillies.



c) up

2 Choose the correct answers.

1 I was eating too much chocolate so I've cut down _____ the amount I eat.

a) off b) out c) on

2 The milk had gone _____ because it had been left out of the fridge. It smelled awful!
a) off b) down c) up

a) on b) down c)

3 I gave _____ eating sweets for a month and felt much better for it!

a) off b) down c) up

4 The sauce is too hot – let it cool _____ for a few minutes.
a) off b) down c) down on

	to warm it	·		
	a) off	b) up	c) down	
6	We live	the fruit and veg	getables that we grow	
	in our garden.			
	a) off	b) up	c) down	
7	If you wan	t to help, you can o	chop the potatoes	
	into small pieces.			
	a) down	b) up	c) off	
8	Eat , o	r vour food will ge	et cold.	

b) out

a) down

5 There's some pizza left from yesterday if you want

3 Write a form of the word in capitals in each gap to complete the text.

Jade Dragon A great Chinese meal? Try the Jade Dragon restaurant! If you think Chinese food is boring and (1), then think again! We ate there yesterday and we really loved the food. I had Chicken Chow Mein – it's a (2) of vegetables that are (3) with garlic, ginger and noodles and chicken in a wok (a kind of Chinese (4) pan). I don't like hot food, so I was pleased this had great flavour without being too (5) My friend had a coconut shrimp dish. There were plenty of shrimps in a (6) coconut sauce which he said it was absolutely delicious! It came with plain, (7) rice. We were both really (8) with the food and the service. We'd certainly go again!	ASTE
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GRAMMAR 2 | Articles

→ Student's Book, page 63 → Grammar reference, Unit 6, Student's Book, page xx

1 Choose the correct article. If no article is necessary, choose the dash (–).

Many people love (1) the / – pineapples, but they are not native to Britain. Historians believe (2) a / the fruit originated in Brazil and was brought to Europe by (3) an / the explorer Christoper Columbus, who was probably one of (4) the / – first Europeans to taste it. Around 1900, James Dole, (5) an / the American businessman, started (6) a / the business growing pineapples in Hawaii, which quickly became (7) the / – largest pineapple farm in (8) a / the world. Thanks to Dole, pineapple became popular and cheap enough for (9) the / – people worldwide to buy. Next time you buy (10) a / the pineapple, think of Dole!



2 Write the correct article in each gap. If no article is necessary, put a dash (–).

Teen Cooks is (1) ________ interesting documentary in which (2) _______ world-famous chef Ricky Andalcio teaches two teenagers to cook. (3) _______ teenagers have to learn how to prepare (4) _______ basic family meals. They are not allowed to use (5) _______ frozen food or microwave anything – they have to cook everything from raw ingredients! Their families must eat (6) _______ meals they cook. At (7) ______ end of (8) _______ two-week course, the teenagers have to make (9) _______ three-course meal for twenty people!



Flaces
kitchen
restaurant
home
dining room

People
school friends
family
father and daughter
father and son



chopping
eating
cooking
preparing food

This photo (1)	(show) a father		
and son at home in a modern kitchen. They			
(2)	(wear) T-shirts and they		
(3)	(look) relaxed and happy. The		
father (4)	(watch) his son prepare		
some food. There (5)	(be) some		
peppers and carrots. The son (6)			
(have got) a knife and l	he (7) (chop)		
(have got) a knife and a some tomatoes on a boa			
some tomatoes on a boa			
some tomatoes on a boa (8)	ard, which		
some tomatoes on a boa (8) the father (9)	ard, which _ (make) of wood. It looks like		
some tomatoes on a boa (8)	ard, which _ (make) of wood. It looks like (talk), so perhaps he		



6

USE OF ENGLISH | Multiple-choice cloze

→ Student's Book, page 65

1 Read the phrases underlined in each sentence. Then choose the best meaning a–h.

- 1 What do pizzas and pasta <u>have in common</u>? They're both Italian foods.
- 2 It <u>takes a long time</u> to prepare this dish, but it's worth it.
- **3** The shop has <u>a wide variety</u> of cheeses from all over the world.
- **4** Don't laugh this is something you should <u>take seriously</u>.
- 5 I've been to the market to buy fresh ingredients and now I'm going to <u>make a meal</u>. I hope you're hungry!
- **6** We want to have <u>a healthy lifestyle</u>, so we have a good diet and exercise regularly.
- 7 Many people say <u>the national dish</u> in Britain is fish and chips.
- 8 I like looking at <u>cookery books</u> to get interesting recipes.
- **a)** prepare the food for lunch or dinner
- **b)** many different types
- c) books with instructions on preparing dishes
- e) give careful attention to

h) requires a lot of time

- f) share
- **g)** a way of life that is good for your health

- **d)** the most typical food of a country
- **2** Read the text and choose the best word to complete each gap.

Grubs up!

What do beetles, caterpillars, bees and ants have in (1) _____, apart from being insects? They are the most frequently eaten bugs. Eating insects isn't unusual – around two billion people regularly eat them as part of a healthy (2) _____.

The idea of eating bugs might horrify you, but it's something you should (3) _____ seriously because it has many advantages. Insects are an excellent source of protein and vitamins and they're full of healthy fats and iron. They're also good for the environment because they don't take a (4) _____ time to grow and they are very good at converting food into body weight – crickets only need 2kg of food to produce a kilo of meat, whereas cows need far more. Lastly, insect farming could provide jobs and income for people in developing countries.

Insects are surprisingly tasty and there is a (5) _____ variety to choose from! For example, sago grubs taste like bacon and apparently tarantula spiders taste like chicken. There are now plenty of (6) _____ books in the market so you can (7) _____ a delicious meal with insects if you fancy trying them out. You never know, beetles and chips could replace fish and chips as our new (8) _____ dish!

1 A share	${f B}$ common	C similarity	${f D}$ characteristic
2 A habit	B living	C lifestyle	D food
3 A have	B do	C make	D take
4 A wide	B long	C huge	D forever
5 A plenty	B big	C wide	D full
6 A food	B kitchen	C cookery	D cooking
7 A be	B do	C make	D take
8 A national	B country	C tradition	D popular



WRIT	ING A letter / An ema	il					
→ Student	's Book, pages 66–67 \rightarrow Writing refe	rence, Student's Book, pa	age xxx				
→ Student's Book, pages 66–67 → Writing reference Choose the correct words to complete the example. It is / isn't important to plan an informal email of Note down one or two / all of your ideas so you include them. If you have to make suggestions, write down the are going to suggest before / after you start write Read the email and find three suggestions.		exam advice. I or letter. u remember to things you riting. From: Marta To: Harry Hi Harry, Thanks for your email, it was g hear from you. Your food project for Spanish of					
			What about making a Spanish omelette? It's easy to make and everyone can have a small piece – you could also add vegetables like peppers for variety. Why not serve it with some olives and salad? Good luck with the project. Write and tell me how it went. Bye for now! Love				
Read the wr	iting task and complete the s	suggestions.	Marta				
This is part of an email you received from your British friend: I'm going to visit your country in the summer holidays. What are the national dishes? Can you suggest some dishes my family should definitely try? Write your email. 1 Why don't you?							
				You could			
				3 What about?			
1 Don't forget to	0						
5 One thing you	ı could		·				
Complete th	e paragraph plan for the wri	ting task in Exerci	se 3.				
Part	Purpose	My notes					
First line	greet the person you are						

1 411	rurpose	My notes
First line	greet the person you are writing to	
Paragraph 1	thank the person for their email and refer to a piece of news	
Paragraph 2	refer to their visit and say you have some ideas/suggestions	
Paragraph 3	talk about the national dishes in your country	
Paragraph 4	make suggestions for things the family should try	
Closing expressions	wish them luck with the trip, ask them to reply, express friendship and say goodbye	

PROGRESS CHECK

Write one word in each gap to complete the sentences. If no word is necessary, put a dash (-). Sometimes there is more than one correct answer.

- 1 Christopher Columbus, _____ first brought potatoes and chocolate to Europe, was an explorer.
- 2 I watched ______ fascinating documentary about the history of food advertising.
- **3** I remember the time _____ I forgot to put eggs in the cake I was making. It tasted awful!
- 4 Maria, ______ father owns a restaurant, wants to be a top chef one day.

2 Choose the correct words.

- 1 I fancy something savoury and salty, I think I'll have some **cake / chillies / crisps**.
- 2 Can you pass me a **mixture** / **mixing** / **mixed** bowl to put the ingredients in?
- **3** The milk tastes **salty / juicy / sour.** I think it's gone off.
- 4 We had a fantastic meal, we were really satisfy / satisfying / satisfied with the new restaurant.
- 5 I need to buy a new **fry** / **frying** / **fried** pan because my old one is broken.
- 6 Cream / Creamy / Creamed corn is a popular dish in the USA.
- 7 The curry had no flavour at all, it was really **tasty** / **tasteless** / **taste**.

- **5** I love ______ strawberries, but I can't stand most sweet foods.
- **6** I don't think people should eat food on _____ public transport.
- 7 Did you like _____ recipe that I sent to you?
- 8 The programme _____ I listened to on the radio had some great ideas for growing your own food.
- 8 There is a **big / wide / large** variety of food to choose from the menu.
- 9 I missed the party because I fell / dropped / slipped ill the day before.
- 10 You don't have to do anything, I'll do / make / have the meal.
- 11 Lunch is almost ready, I just need to warm down / on / up the soup so it's nice and hot.
- 12 We've been eating too many cakes, we should cut / put / get down on sugar.
- 13 First, chop up / cool down / eat up the onion into small pieces, then fry it.
- 14 It's not a good idea to live up / down on / off fast food.

Cumulative progress 1 2 3 4 5 6 7 8 9 10 11 12

3 Read the text below and choose the correct word or phrase to fill each gap.

Good food choices



Fast food is very popular. However, it contains large amounts of carbohydrates, unhealthy fats, salt and added sugar, so it has (1) _____ nutritional value. So, how can you encourage people to (2) _____ healthier food choices? Campaigns (3) _____ focus on the health benefits of a good diet have had little effect. Now, researchers have come (4) _____ with a new method. They worked with a group of teenagers and instead of (5) them to stop eating junk food, they gave them information about the food industry and advertising. The researchers (6) _____ the group how junk foods are prepared to encourage people to eat too much and how junk food adverts are specifically designed to attract young people. The teenagers didn't like the fact that (7) <u>food industry was trying</u> to control their behaviour. After this, (8) _____they didn't know the researchers were studying their behaviour, they were more likely to choose healthy snacks and water than biscuits and fizzy drinks. The technique has been equally successful with adults, too.

1	A few	B much
	C little	${f D}$ amount of
2	A give	B make
	C have	D do
3	A who	B whose
	C where	D which
4	A up	B in
	C around	\mathbf{D} off
5	A telling	B tell
	C to tell	D told
6	${f A}$ have showed	B are showing
	C showed	D show
7	A a	B the
	C an	D –
8	A in spite of	B despite
	C however	D even though

OPTIMISE ANSWER KEY

UNIT 6

Pages 44-45

READING

Exercise 1

1 changed 2 set up 3 home baking
4 young people 5 tips 6 elderly
7 worldwide

Exercise 2

1 B 2 C 3 D 4 A 5 B

Exercise 3

1d 2b 3h 4g 5a 6e 7c 8f

Page 46

GRAMMAR 1

Exercise 1

1 that/which 2 who/that 3 where 4 which 5 whose 6 who 7 when 8 whose

Exercise 2

1 – **2** (that) **3** (which) **4** – **5** (who) **6** –

Exercise 3

- **1** I can remember the year/time when our local food festival started.
- 2 The food festival, which was really good, was on last weekend./ The food festival, which was on last weekend good, was very good.
- **3** I watched a celebrity chef who made a delicious curry.
- 4 There were lots of stalls which sold different kinds of food.
- **5** There was a pop-up restaurant where you could eat Italian food.
- 6 The organisers, who worked very hard, say it's been the most successful year ever.

Pages 46-47

VOCABULARY

Exercise 1

1 juicy 2 sweet 3 salty 4 sour 5 bitter 6 spicy

Exercise 2

1 c 2 a 3 c 4 b 5 b 6 a 7 b 8 c

Exercise 3

tasteless 2 mixture 3 fried
 frying 5 spicy 6 creamy
 boiled 8 satisfied

Page 47

GRAMMAR 2

Exercise 1

1 – 2 the 3 the 4 the 5 an 6 a 7 the 8 the 9 – 10 a

Exercise 2

1 an 2 the 3 The 4 - 5 - 6 the 7 the 8 the 9 a

Page 48

LISTENING

Exercise 1

a) 3 b) 1 c) 2
 Students' own answers

Exercise 2

1 food 2 wear 3 lasts 4 sports 5 demonstrations 6 run by

Exercise 3

1 4,000 kilos**2** Young people**3** four/4 days**4** skiing and skating

5 famous chefs **6** volunteers

Pages 48-49

SPEAKING

Exercise 1

Students should tick: **Places:** kitchen, home **People:** family, father and son **Action:** chopping, preparing food

Exercise 2

shows 2 are wearing 3 look
 is watching 5 are 6 has got
 is chopping 8 is made
 is talking 10 is

Exercise 3

Students' own answers

Page 49

USE OF ENGLISH

Exercise 1

1f 2h 3b 4e 5a 6g 7d 8c

Exercise 2

1 B 2 C 3 D 4 B 5 C 6 C 7 C 8 A

Page 50

WRITING

Exercise 1

1 is 2 all 3 before

Exercise 2

- 1 What about making a Spanish omelette?
- 2 ... you could also add vegetables like peppers for variety.
- 3 Why not serve it with some olives and salad?

Exercise 3

(Suggested answers)

- 1 Why don't you try some *nasi goreng*? It's fried rice with chicken or seafood.
- 2 You could buy some tortilla chips and guacamole.
- **3** What about going for a set lunch menu called *table d'hôte*?
- **4** Don't forget to try *mezze* it's a collection of hot and cold dishes, salads and dips that are shared at the table.
- 5 One thing you could do is go to a local market and buy some fresh fish.

Exercise 4

Students' own answers

Page 51

Progress check

Exercise 1

1 who 2 a 3 when 4 whose 5 – 6 - 7 the 8 - /that/which

Exercise 2

crisps 2 mixing 3 sour
 satisfied 5 frying 6 Creamed
 tasteless 8 wide 9 fell 10 make
 up 12 cut 13 chop up 14 off

Cumulative progress

Exercise 3

 $1 \verb"C" 2 \verb"B" 3 \verb"D" 4 \verb"A" 5 \verb"A" 6 \verb"C" 7 \verb"B" 8 \verb"D"$