

Unit 5 Lesson 1: Food Preferences

A Look at the pictures. How many items of food and drink can you name?









unhealthy

fresh

5

B 😭 @ What do these people think of fast food? Listen and write the correct letter next to each person's name.

Latifa boring quick 2 Adam cheap 3 Hanaa 4 Nasseem spicy

delicious

Ross 43 Listen and repeat these exchanges:



I really like chicken, especially stewed chicken with lemon and carrots.

That sounds delicious.





Do you like fish? I love it when it's really fresh.

I don't like fish because of all the little bones.





I prefer meat to fish.

Have you ever tried Indian food? It's really hot and spicy.



- D Mow work in groups. Talk about your favourite food and how you like it cooked. Say which food you don't like.
- Now do Exercises A to F on pages 54, 55 and 56 of the Workbook.

Lesson 2: Healthy Habits

A Read and choose the correct words to complete the conversation.

boiled chips energy food glasses grilled lemonade vegetables wrong energy at the moment, do you, Rashid? Layla: You don't have much _ Rashid: You're right, Layla. I never feel very energetic. 1 kind of food Layla: I think perhaps you're eating the _ Rashid: Really? Yes. Your coach and I have decided to give you a special diet. I've Layla: written a list of 2 that you can and can'test. Have a look at it. Rashid: This is ridiculous, Layla. I can't eat burgers. I mustn't eat meal plan 3. I must avoid fried food. Layla: But there are lots of things you can eat. You can 4 chicken, for example, with have ⁵ potatoes and green Rashid: Can I drink No, you can't. You must drink lots of water. In fact, you Layla: 8 of water a day. And should drink eight another thing, Rashid, you shouldn't go to bed late.

ß 🥎 🚳 Listen and check your answers.

Rashid: How many hours' sleep should I get?

Read the Functional Grammar box. Complete the rules by crossing out the wrong words.

You should have eight hours of sleep a night.



Layla:

Expressing prohibition: Modals - can/can't, must/mustn't, should/shouldn't

• We use *can't* and *mustn't* mean someone is not allowed to do something. Study the examples below.

Must/mustn't is stronger / weaker than should/shouldn't.

You mustn't talk loudly in the library. You should be quiet.

You must submit your assignment on time. We should submit all our work on time.

Which of the modal verbs is strongest in meaning?

Can you think of other examples of sentences with modal verbs?

∜ p.102-103

D Now do Exercises A to C on pages 56, 57 and 58 of the Workbook.