



FOOD FOR THOUGHT



Scan to review worksheet

Expemo code:
15RF-17JC-JIJB

1

Warm up

Read the sentences and try to understand the meaning of the phrases in bold. Then match each phrase with the correct definition.

We always **eat out** when it's a special occasion like a family birthday. However, if we're too tired to cook, we just **pick up** a takeaway.

1. quickly go to get something _____
2. have a meal in a restaurant _____

When I was little, I used to **pick at** my food. I'm not a fussy eater now, I really like to **pig out!**

1. not eat very much or not enjoy food very much _____
2. eat a lot, eat too much _____

My dad is trying to **cut down on** sugar. He's also going to **give up** drinking coffee.

1. stop doing something completely _____
2. use less of something _____



Let's just **heat up** some soup for lunch. ... It's taking ages – why don't you **turn the heat up**?

- 1. make something hot _____
- 2. make something stronger or more powerful _____

I've already **cut up** the strawberries for the fruit salad. Can you **mix them in** with the other fruit in the bowl?

- 1. use a spoon to add something to what you're preparing _____
- 2. use a knife to make small pieces _____

What do you notice about the phrases in bold?

2

Reading

Read the article about dinner party reality shows and answer the questions.

Why do we enjoy watching people prepare food?

1. _____

Do the guests always enjoy the food?

2. _____

What happens if people don't cook the food themselves?

3. _____

How do the TV producers make sure the shows are interesting?

4. _____

How does the writer feel about this type of TV show?

5. _____



Food for thought

Why we love watching cooking programmes on TV

1. Reality TV has never been more popular. We've seen people on dates, at the doctor's and moving to a new house. But surely the most popular topic for reality TV shows is food. And when food and cooking are combined with a **competition** for prizes, it's a **winning formula**. One of the longest running shows **features** different people taking turns to cook each other meals. Each meal is scored and the **host** with the highest score wins some money at the end of the week.
2. So why do we enjoy these shows so much? Well, there are several reasons. First of all, we all think we can do better. When we watch the host cutting up some vegetables or mixing in the egg whites, we like to think, "That's not the right way to do it!"
3. We also enjoy watching the guests eating ... or not eating. Some of the food is amazing and guests pig out happily, while others pick at their salad, saying, "I don't really like vegetables." Sometimes guests are **on special diets**: "I gave up meat ten years ago", or "I'm trying to cut down on sugar." This creates a big **challenge** for the hosts, who may have to produce two different dishes.
4. Some of the more "creative" hosts have not even **bothered** to cook! They've just picked up a takeaway to heat up for their guests. They don't usually win the prize money, though.
5. And what about the arguments? The TV producers like to turn up the heat by putting people together who have very different ideas about life. We love watching the "discussions" that result.
6. Will we ever get tired of this type of programme? My guess is no, because within this format, there are so many **variations** in food, people and homes. In my opinion, this type of TV show is even better than eating out at a fancy restaurant!





Work in A/B pairs. Read the article again and match the words/phrases in bold with their meanings below. Then explain your words to your partner.

Student A

1. took the time to do something a bit difficult _____
2. a situation where people try to be the best at doing something _____
3. includes something as the main part _____
4. following special eating plans for medical or other reasons _____

Student B

1. several things that produce very good results together _____
2. a difficult situation where someone has to find a way to solve a problem _____
3. a person who has invited guests to their home _____
4. things that are a bit different from other similar things _____



Articles are informal texts. In this article, the writer includes sentences or words in quotation marks to make the text more interesting for the reader in different ways.

Find examples of these uses of this punctuation.

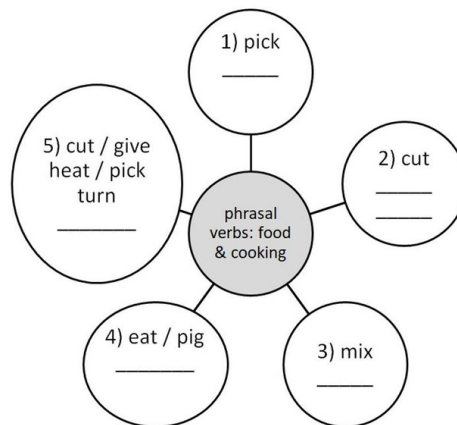
1. Reporting what someone thinks
2. Reporting what someone says (3 examples)
3. To suggest that we are adding an extra meaning to a word, as a joke (2 examples)



3 Language point

Phrasal verbs are multi-word verbs which are very common in natural spoken and informal written English. They usually have two parts, *verb + particle (preposition or adverb)*, but some phrasal verbs have three parts. When you learn a phrasal verb, you have to learn three things: the form, the meaning and the grammar.

Learning about form means that you notice which verbs and particles can go together. Look back at the phrasal verbs from the Warm up and add the correct particles to the diagram:



You also need to know the meaning of the phrasal verb; this information was presented in the Warm up. In addition, as with any new vocabulary, you should also pay attention to collocations, or other words which often appear in the same sentence. Match the phrasal verbs with the collocations from the article:

- | | |
|----------------------|---|
| 1. cut up | a. at a fancy restaurant |
| 2. mix in | b. a takeaway |
| 3. pig out | c. egg whites |
| 4. pick at | d. happily |
| 5. gave up | e. meat |
| 6. cut down | f. on sugar |
| 7. pick up / heat up | g. the heat (in the article this is used to mean that the situation becomes more difficult) |
| 8. turn up | h. their salad |
| 9. eat out | i. vegetables |



Finally, you need to look at the grammar of the phrasal verbs. There are four basic types.

Type 1: verb + adverb This verb cannot take an object (intransitive).	Type 2: verb + preposition / This verb takes an object (transitive) but it cannot separate.	Type 3: verb + preposition / This verb takes an object (transitive) and it can separate.	Type 4: verb + two particles / Three-part phrasal verb - these take objects but don't usually separate.
eat out / pig out	pick at something	cut something up / give something up / heat something up / mix something in / pick something up / turn something up	cut down on something

What's the difference in word order between Type 2 and Type 3?

There are some special rules for Type 3 phrasal verbs. Compare these two sentences - they are both correct.

1. I **cut up** the vegetables.
2. I **cut** the vegetables **up**.

You can choose which word order to use. If you are not sure if a phrasal verb is Type 2 or Type 3, which sentence would be safer to use?

However, if the object is a pronoun, then you must separate a Type 3 phrasal verb.

1. I **cut** them **up**. (incorrect: I cut up them.)
2. I **gave** it **up**. (incorrect: I gave up it.)



4 Practice

Find and correct mistakes in some of these sentences. If the sentence is correct, put a tick next to it.

1. Are you going to eat that straight from the fridge, or are you going to heat up it?
2. Do you have any bananas? Mix in them with the other ingredients.
3. I'm just going to pick up a curry for dinner tonight.
4. I'm really cold. Do you think we could turn the up heat?
5. I'm sorry, I can't eat this dessert. I've given up chocolate.
6. I'm too tired to cook. Do you want to eat up tonight?
7. If you don't like pineapple, just leave it. I don't want to watch you pick it at.
8. Maybe you should cut on down sweets.
9. My grandmother is a great cook. We always pig out when we eat dinner at her house.
10. Please cut this tomato out for the salad.

5 Speaking

You are going to roleplay a dinner party in pairs or small groups. Your teacher will tell you who is the host and who are the guests. Your meal includes soup, main course and dessert.

Before you start the roleplay, quickly complete the card with ten phrasal verbs from the Warm up and six items of vocabulary from the reading. Write the words in random spaces.

When everyone is ready, start the roleplay like this:

- Host: I hope everyone likes soup!

While you speak, try to use the words on your card. Use as many words as possible in a natural way. Try to complete horizontal, vertical or diagonal lines of four words.

At the end of the activity, answer these questions.

1. How many words did you use?
2. Were you able to make any lines?
3. Do you think you used all the words correctly or do you want to check any sentences with your teacher?



6 Extra practice/homework

Put these words in order to make sentences. If there are two possible word orders, write them both.

you / way home? / up / on your / pick / for me / Can / it /

1. _____

the fruit / I / in / mix / need / now. / to

2. _____

heat / I'll / it / the microwave / to / up. / use

3. _____

I'm / pig / planning / out / to / tonight!

4. _____

cut / down / I'm / on / snacks. / to / trying

5. _____

at / food. / picking / Please / stop / your

6. _____

for / given / health / She's / them / up / reasons.

7. _____

will cook / up / faster. / the heat / it / Turn / so

8. _____

eating / this / weekend. / out / We're

9. _____

can / by / cutting / help / them / up. / You

10. _____

In sentences 1, 3, 7, 8 and 10, what do you think the pronouns it and them refer to?



7 Optional extension

When you visit someone's home for dinner, it's polite to bring a gift like the ones in the pictures. Match the words below with one of the pictures to create a phrase that describes a gift.

bouquet of / box of / coffee table / flavoured / guest / potted / scented / tin of



1 ... plants



2 ... candles



3 ... chocolates



4 ... flowers



5 ... oils and vinegars



6 ... cookies



7 ... book



8 ... soap

Discuss these questions in pairs or small groups.

1. Which three gifts do you think are the best? Which gift is the worst?
2. Do you have any other good ideas for gifts for a host?
3. What sort of gifts for hosts are traditional for guests to give hosts in your country?