

G nouns: compound and possessive forms

V preparing food

P words with silent syllables

1 VOCABULARY preparing food

a Circle the correct answers.

- 1 Have you ever tried baked / melted / scrambled figs with gorgonzola cheese?
- 2 We always make cheese on toast with boiled / chopped / sliced bread.
- 3 She only wanted a snack for lunch, so she had a barbecued / poached / toasted bagel.
- 4 Sprinkle a little chopped / roasted / sliced parsley over the potatoes before serving.
- 5 I'll have apple pie with baked / stewed / whipped cream for dessert.
- 6 We're having mashed / melted / scrambled eggs for breakfast.
- 7 You'll need some grated / ground / stuffed beef if you're making spaghetti bolognese for dinner.
- 8 He really loves having deep-fried / poached / whipped onion rings for an appetizer.
- 9 My favorite seafood dish is steamed / mashed / toasted mussels.
- 10 They're both trying to lose weight, so they ordered grilled / ground / peeled fish.

b Write the names of the kitchen equipment in the picture.

- | | |
|-----------------|----------|
| 1 <u>kettle</u> | 6 _____ |
| 2 _____ | 7 _____ |
| 3 _____ | 8 _____ |
| 4 _____ | 9 _____ |
| 5 _____ | 10 _____ |

2 PRONUNCIATION

words with silent syllables

a Cross-out the vowels that are **not** pronounced in the words.

- | | |
|---------------|---------------|
| 1 interesting | 5 temperature |
| 2 comfortable | 6 chocolate |
| 3 business | 7 vegetables |
| 4 different | |

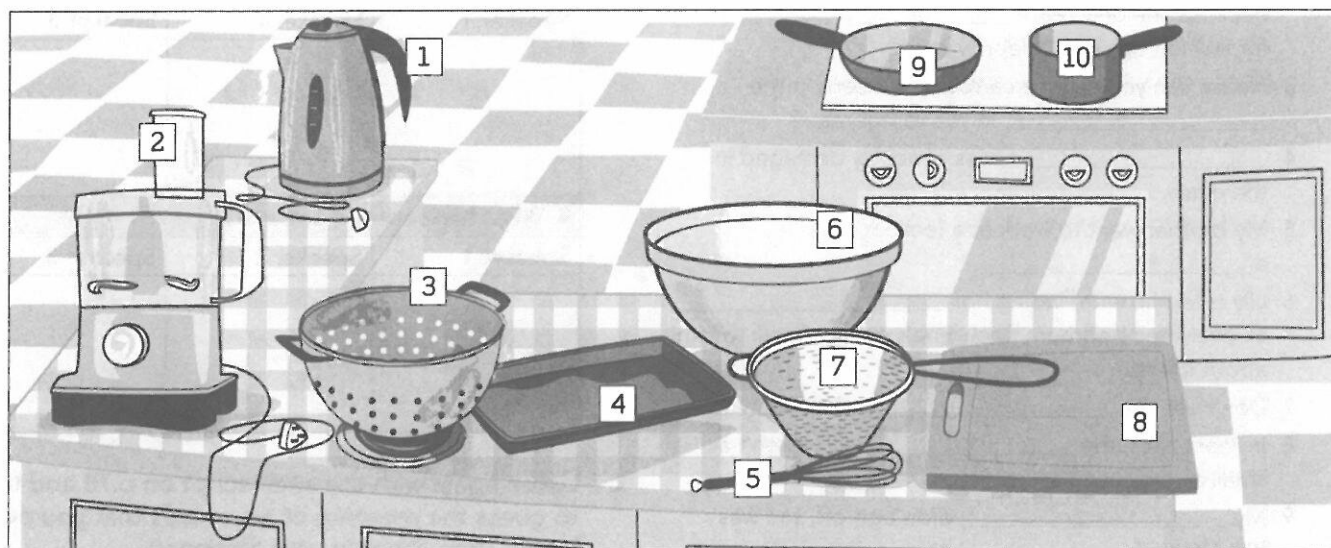
b 9.3 Listen and check. Practice saying the words.

3 LEXIS IN CONTEXT How to eat out

Look at the Lexis in Context on Student Book p.91. Then complete the words and phrases.

chew fiddly ~~fuss~~ gobble stuff

- 1 I hate going for dinner with Linda; she's always making a fuss about something.
- 2 Most of the things I cook are very simple; I can't be bothered with dishes that are very _____.
- 3 I have no idea what to order; there's far too much _____ on the menu.
- 4 My teenage sons are usually starving, so they _____ up their food in a matter of seconds.
- 5 My dog eats so quickly, I swear she doesn't actually _____.



Go online for more Pronunciation, Listening, and Reading practice



Go online to check your progress

4 GRAMMAR nouns: compound and possessive forms

a Right (✓) or wrong (X)? Correct any mistakes in the highlighted phrases.

- I opened the front door because I thought I'd heard the doorbell ring. ✓
- Matt put his sunglasses in the handbag of his sister. X his friend's handbag
- We're going to spend two weeks at my parents' cabin in the mountains. _____
- Amir is the son of the neighbor you met yesterday. _____
- My mother is hopeless at buying men's clothes, so my father always buys his own. _____
- Please remember to put your bowl of cereal in the dishwasher after breakfast. _____
- She's a language teacher at a high school. _____
- What happened at the story's end? _____
- The supermarket has stopped giving away free bags of plastic. _____
- We went over to Heather's last night. _____

b Complete the sentences with a word from A and a word from B. Add 's, s', or ' where necessary.

A alarm animal bread Fiona and Charles
fitness guest husband vegetable
women

B cages car clock clothes drawer
house knife magazines trainer

- They found a cheap guest house where they could spend the night.
- Sarah doesn't know much about current affairs because she only reads _____ for fashion tips and celebrity news.
- Please can you put the carrots and beans in the _____ in the refrigerator?
- _____ was seriously damaged in the crash.
- My brother went to work at a local gym as a _____.
- Lily is fed up with finding her _____ all over their bedroom floor. She's going to talk to him about it later.
- Don't use the _____ to cut meat.
- In most zoos, the _____ aren't as small as they used to be.
- My _____ didn't go off, so I was late for work.

5 LEXIS IN CONTEXT Well-known faces reveal their ultimate comfort food

Look at the Lexis in Context on Student Book p.93. Then complete the sentences.

- Candy _____ is sweet food made of sugar (or chocolate) that is often eaten between meals.
- Ch _____ are small green or red peppers that are used in cooking to give a hot taste to food.
- B _____ and gravy is a favorite breakfast food in the American South.
- M _____ is a rather ugly fish that is said to taste like lobster.
- O _____ are large flat shellfish.

6 LISTENING

a 9.4 Listen to three people describing cooking disasters. Were any of them able to eat what they cooked?

b Listen again and complete the chart.

1 Who were they cooking for?		
Speaker 1	Speaker 2	Speaker 3
2 What were they making?		
Speaker 1	Speaker 2	Speaker 3
3 What went wrong?		
Speaker 1	Speaker 2	Speaker 3
4 What happened in the end?		
Speaker 1	Speaker 2	Speaker 3

c Listen again with the audioscript on p.78 and try to guess the meaning of any words that you don't know. Then check in your dictionary.

7 READING

- a Read the article once and check (✓) the best alternative heading.

- 1 Where to buy convenience food in the US
- 2 The health benefits of frozen food
- 3 From frozen food to meal kits
- 4 Sourcing the perfect vegetables for freezing

- b Read the article again and choose a, b, c, or d.

- 1 In the first paragraph, the writer explains that...
 - a small startups can't compete with big food brands.
 - b Americans eat less frozen food nowadays.
 - c frozen food made a big impact on what Americans prepared and served.
 - d Americans aren't interested in meal kits.
- 2 In the second paragraph, the writer points out that in the 1940s...
 - a Most Americans were buying frozen food.
 - b only a small group of wealthy Americans were buying frozen food.
 - c the demand for food like pickles was decreasing.
 - d the technology for freezing seafood hadn't been invented yet.
- 3 According to the writer, by the early 1950s big American food companies had...
 - a changed their frozen-food ad campaigns.
 - b decided to market frozen food as a luxury item.
 - c increased the price of frozen food.
 - d begun to leave the frozen food market to small food companies.
- 4 In the fifth paragraph, the writer explains that...
 - a farmers and big food companies came up with new ways to handle frozen food.
 - b it was difficult to enforce safe food handling rules.
 - c moving frozen food from one place to another became easier and less dangerous.
 - d the US government recommended using dry ice to keep food cold.
- 5 According to the writer, around 1955 big food brands...
 - a thought all their customers lived in apartments.
 - b thought their customers were working-class families.
 - c thought their customer base had changed greatly.
 - d began doing market research.
- 6 The writer concludes that big food companies today...
 - a realize that Americans are no longer interested in frozen food.
 - b think their next new market could be meal kits.
 - c plan to expand into the luxury frozen food market.
 - d avoid selling packaged frozen food with fancy sauces.

- c Look at the highlighted words and phrases and try to work out their meaning. Check in your dictionary.

The Evolution of Convenience Food in America

Meal kits, currently a **niche** product sold by startups like Blue Apron, could be hitting the bigtime, with big-name food companies like Tyson and Campbell Soup now entering the market. If that signals a change in the way Americans cook and eat, it's nothing compared with the way frozen food **disrupted** meals in the mid-twentieth century, as Shane Hamilton explained in a 2003 paper.

The story of frozen foods starts with the familiar Birds Eye brand. Back in the 1920s, Hamilton writes, Clarence Birdseye figured out a quick-freeze method to preserve seafood, vegetables, and fruit on an industrial scale. But until the late 1940s, Birds Eye and its competitors sold frozen foods only to a limited set of **high-end consumers**. In 1946, Fortune magazine reported that consumers were buying more tons of pickles and **sauerkraut** than of all frozen foods combined.

That changed fast. In the 1940s, railcar and truck trailer makers constructed mechanically refrigerated transportation, replacing unreliable **dry ice**. After the end of World War II, demand rose too, thanks to growing family incomes and increasing workforce participation by women.

Hamilton writes that, in the late 40s, Birds Eye was still selling frozen food as a luxury good: A 1949 Life magazine ad, featuring a woman in elegant satin, declared the company's frozen spinach "grander than the grandest spinach." But new, smaller operators began taking a different tack. Quality Frozen of San Francisco sold frozen "B grade" food in plain red-and-white packaging with the low price marked in large type. Big companies fought back with advertising campaigns promising healthy, cheap, and easy food. By 1951, Birds Eye was selling its spinach as "oh, so easy on Mom—and her pocketbook."

Transporting frozen food also became more reliable and safer in the 1950s, thanks largely to collaboration between the industry and **government regulators** to develop and enforce standards for handling frozen goods.

The market for frozen food grew fast. Minute Maid was a particular success story. Using a new method of freezing **concentrated** orange juice that the US Department of Agriculture had invented, it went from \$3 million in sales in 1948 to \$29 million three years later.

And yet, Hamilton writes, for years the industry assumed its customers were white, middle-class, stay-at-home mothers. Only when companies began doing market research in the mid-50s did they realize they had a much wider customer base. For instance, many working-class black families who lived in Harlem apartments without freezers bought frozen foods on a daily basis, cooking them immediately.

By the 1960s, companies were targeting specific demographics, including Jews, African-Americans, teenagers, and working women. They also returned to the luxury market, selling vegetables packaged with fancy sauces and whole pre-cooked meals.

Today, of course, those kinds of packaged meals are just what many customers are trying to avoid by buying meal kits that let them cook quick meals **"from scratch."** And big food companies are hoping that will mean another new market for them.

