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DIFFERENT INGREDIENTS

Breakfast cereals

Breakfast cereals are popular in many countries. They are made from grains, such as corn, wheat and rice. They are usually eaten with milk, or with yogurt and fruit. In the beginning, cereals were health foods, but these days some children's cereals are 50% sugar, and doctors say we shouldn't eat them too often.

There are lots of kinds of cereal. This is how cereals in different shapes, like stars and balls, are made.

 First, the grain is taken to the factory, where it is cleaned and checked.

 Then it is **prepared** for cooking. It is made into flour and **mixed** with other ingredients. Water is **added** and the mixture is **boiled**.

 When it is soft, it is put into special machines which make it into shapes like stars, circles, or even letters of the alphabet.

 The shapes are **baked** in an oven to dry them. Then, they are 'puffed' in another machine to make them light and full of air.

 After that, they are **covered** with sugar or honey. Some are **filled** with chocolate. The cereal pieces are then **dried** in hot air.

 Finally, the cereal is packed into boxes, ready for the shops.



VOCABULARY

AND

READING

Words to describe cooking

ABOUT YOU

Do you eat breakfast cereals?
How often do you eat them?
What kinds do you like?
Do you think they are healthy?

- 1 Read the text and put photos A-C in the correct order.
- 2 Look at the **verbs** in the text. Match them to the definitions below. Write the verbs in the infinitive.

EP

- 1 Put one thing with another thing.
- 2 Make something ready.
- 3 Take the water out of something.
- 4 Join two or more things together using a spoon or a machine.
- 5 Cook something like a cake in an oven.
- 6 Cook in water.
- 7 Put something on top of something else.
- 8 Make an empty space full.

- 3 In pairs, ask and answer the questions.

- 1 What other kinds of food do you eat for breakfast?
- 2 How do you prepare them?
- 3 Describe the best breakfast you have ever had.



PRONUNCIATION

Ways to pronounce ea



- 4 Listen to the different ways to say the letters **ea**.

/ɪə/ ear /e/ head /i:/ seat

- 5 In pairs, put these words into the correct column of the table.

beach	bread	breakfast
clean	eat	healthy meal
near	ready	teacher wheat

/ɪə/ ear	/e/ head	/i:/ seat



Listen and check. Then repeat.

GRAMMAR

Present simple passive

- 1** Look at the sentence from the article. The **verbs** are in the present simple passive. Find other examples of the present simple passive in the text on page 108 and complete the rules.

The grain **is taken** to the factory, where it **is cleaned** and **checked**.

- To make the passive, we use the verb _____ and the _____ of the main verb.
- When we use the passive, we *always have to / don't always have to* say who does the action.

» GRAMMAR REFERENCE AND PRACTICE PAGE 165

- 2** Complete the text with the present simple or present simple passive form of the verbs in brackets.

How orange juice is made

The oranges (1) _____ (pull off) the trees and then they (2) _____ (put) into boxes. These (3) _____ (send) to a factory which (4) _____ (make) juice.

At the factory, the fruit (5) _____ (wash and dry) and any bad oranges (6) _____ (throw away). After that, the fruit (7) _____ (cut) in half and the juice (8) _____ (remove) by a machine. Most factories then (9) _____ (heat) the juice to 94 °C. This makes it last a lot longer (6–8 months outside the fridge). The hot juice (10) _____ (put) into cartons or bottles and then left to cool.

Finally, lorries (11) _____ (take) the cartons to supermarkets, where they (12) _____ (sell).



- 3** Rewrite the sentences in the passive. You don't need to say who does the action.

- People throw away a lot of food these days.
A lot of food is thrown away these days.
- They play loud rock music in my favourite café.
- People often eat bread with butter and jam.
- At my school, they serve lunch at 12.30 every day.
- Our teacher always puts our paintings on the classroom wall.
- People in Britain eat a lot of sweets and chocolates.

- 4** Choose the correct options to complete each sentence.

- My house *paints / is painted* red and blue.
- These trousers *are cost / cost* only £15!
- Do you know that girl? She *calls / is called* Sarah.
- My sister's children *call / are called* Charlie and Karen.
- The kitchen drawer *breaks / is broken* and the cooker is not working.
- The price of the ticket *includes / is included* lunch.
- Dinner *is always cooked / always cooks* by my dad.

- 5** Work with a partner. Invent a snack, for example a new kind of ice cream, cake or biscuit. Draw a picture of it and describe what it is like and how it is made. Read your description to the class.
- 6** While you are listening to the other students' descriptions, imagine you are the manager of a food company. Decide which new snack you are going to make in your factory.



READING

- 1 Look at the website. Whose blog is this? What is it about? What information can you find on the website?



THE TASTE TEST



About me

Hello everyone!

Thank (0) you for visiting my blog. My name's Caitlin and I'm 14. I've always loved cooking. (1) I was nine, I told my parents I wanted to be (2) chef and that's still my plan today. I especially love making cakes and baking.

On this blog, I want to show people (3) how much fun it is to cook. I also want to show them that cooking a meal can (4) be quick and easy, and that it tastes better (5) than food that is made in a factory.

And remember, if you do the cooking, you don't have to do the washing-up. That's my rule anyway. So go on – make a mess! I always do.

Don't forget (6) to leave me a message if you like anything on my website. Happy reading!



The best steak!

YOU NEED:

- 1 steak per person
- some garlic
- a little butter
- salt and pepper

HOW TO MAKE IT

- 1 Cover the steak in salt and pepper.
- 2 Heat the grill. It needs to be hot!
- 3 Grill the steak for two or three minutes on each side.
- 4 Fry the garlic in the butter.
- 5 Serve the steak with garlic butter, fried potatoes and green beans or carrots.



Pancakes

YOU NEED:

- 2 eggs
- 300 ml milk
- 100 g flour

HOW TO MAKE THEM

- 1 Mix the eggs and milk together.
- 2 Add the eggs and milk to the flour.
- 3 Put some oil in a pan.
- 4 Cook the pancake on both sides.
- 5 Cover it with lemon and sugar, chocolate sauce or cream, or with pieces of fresh fruit, such as banana and raspberries.



- 3 Read the two recipes. Match each recipe to one of the photos A–G. Which recipe would you like to make? Do you know any other recipes?



PREPARE FOR THE EXAM

Reading Part 5

- 2 Complete the *About me* text on the web page. For each question, write the correct answer. Write one word for each gap.



TALKING POINTS

- 15 Watch the video, then discuss the questions.

What's your favourite food?

Do you like to cook?

Tell me about your favourite breakfast.

VOCABULARY

Ingredients; *make and do*

1 Match the words in the box to photos A–H below.

EP

beans carrots garlic melon pears
potatoes salt and pepper steak



Listen and check. Then repeat.

2 Now, write them in the table under the correct headings. Add more words you know to each column.

Meat	Fruit	Vegetables	Other
<i>steak</i>			

3 Check the meaning of these words in a dictionary. Can you find pictures of foods cooked like this on the web page on page 110?

EP

baked boiled fried grilled roast

4 In pairs, say what you use each thing for.

- knife / fork / spoon
You use a knife to cut food. You use a fork to pick food up. You use a spoon to ...
- mug / glass / cup
- bowl / plate / dish

5 Put the words and phrases with *make* and *do* in the correct column in the table.

EP

the bed a cake ~~the cleaning~~
~~a cup of tea~~ the dishes your homework
a mess a mistake the shopping
the washing

make	do
<i>a cup of tea</i>	<i>the cleaning</i>

6 Which of the things in Exercise 5 do you sometimes/often/never do?

LISTENING



PREPARE FOR THE EXAM

Listening Part 2

1 For each question, write the correct answer in the gap. Write one word or a number or a date or a time.



You will hear a woman giving information about a cooking competition.

SCHOOL CHEF COMPETITION

For students aged:	12–15
Last date to enter:	(1) June
Number of teams:	(2)
Where competition will be:	(3) the
Name of chef:	(4) John
Prizes:	(5) T-shirts, cookbooks and

2 In pairs, compare your answers. Then, listen again and check.



SPEAKING

1 You are going to enter the Junior Chef cooking competition. Work in teams of three or four and decide on your recipe.

- What ingredients will you need for your recipe? Make a list together.
- How you will cook it? Write a simple recipe. Look at the ones on page 110 to help you.
- Who will do the different jobs, such as shopping, cutting the vegetables, cooking on the day of the competition, washing up ... ?
- Why is it a good meal to serve in a school café? Try to think of three reasons.



USEFUL LANGUAGE

Can you cut the vegetables? Let's ...
I'd prefer not to do the dishes. That's a great idea.
I'll buy the ingredients. That sounds good!
I'm not sure about that. What about ...?
Why don't we ...?

2 Present your ideas to the class. Choose the best dish for your school café.

A



B



C



D



E



F



G



H



UNIT 19

PRESENT SIMPLE PASSIVE

Present simple <i>be</i>	+ past participle
I'm (am) / 'm (am) not	given homework every day.
You / We / They 're (are) / aren't (are not)	taken to school by car.
He / She / It 's (is) / isn't (is not)	taught by Mrs Kingston.

- We use the passive to talk about what happens to something or someone.
Cereal is often covered in sugar or chocolate.
Packets of cereal are sold all over the world.
- We often don't know, or we aren't interested in, who or what does the action.
The grain is taken to the factory. (We aren't interested in who takes the grain.)
The cereal is eaten for breakfast. (We aren't interested in who eats the cereal.)
- We can use *by* if we think it is important to say who does the action.
We are taught maths by Mr Green. (= Mr Green teaches us maths.)
The grain is mixed by a special machine. (= A special machine mixes the grain.)

➤ **FOR PAST PARTICIPLES, SEE UNIT 13 PAGE 159 AND THE IRREGULAR VERB LIST PAGE 167**

1 Choose the correct words to complete the sentences.

- Bread *is sold / are sold* in that shop.
- We *is given / are given* a lot of homework on Fridays.
- My bag *isn't made / aren't made* of leather.
- The World Cup *is watched / are watched* all over the world.
- I'm *not paid / isn't paid* to help at home.
- My friends *isn't invited / aren't invited* to the party.

2 Complete the sentences with the present passive form of the verbs in brackets.

- My best friend _____ (call) Jon. It's short for Jonathan.
- Thousands of films _____ (download) every day.
- Walking boots _____ (not need) for the school trip.
- I _____ (give) money for my birthday by my parents.
- In my school, uniforms _____ (not wear).
- Cakes _____ (bake) in the oven.

3 Rewrite the sentences in the present passive.

- Someone cleans our classroom every day.
Our classroom *is cleaned* every day.
- People speak English all over the world.
English _____ all over the world.
- We don't use the computers in our classroom.
The computers in our classroom _____.
- They don't cook the food in our school.
The food _____ in our school.
- My friends send me a lot of messages.
A lot of messages _____ my friends.
- They don't grow bananas in England.
Bananas _____ in England.
- Special machines make the food into different shapes.
The food _____ special machines.