

Ukrainian Center English Conversations

Classes

- pg(1-4) / conversation 1
- pg(5-9) / conversation 2
- pg(10-13) / conversation 3



(~5min)

Introductions

1. Name - where from - work/school - hobbies - something in common.
-

(~5min)

- World news OR weekend plans.
-

(~15min)

Male Appearance

1. Describe pictures
 - Cover people's description and discuss mens appearances.
 - Uncover descriptions and discuss / agree or disagree with descriptions.
 2. (6.1)
 - Ask students if each statement is true or not / discuss as needed.
 3. (6.3)
 - Have students say and fill in the questions.
 - *Words are in bold under the pictures on top*
-

(~5min)

Feedback?

(~15min)

Female Appearance

1. Describe pictures
 - Cover people's descriptions and discuss the women's appearance
 - Uncover the descriptions and discuss / agree or disagree with them.
 2. (6.5)
 - Ask students if each statement is true or not / discuss as needed.
 3. (6.7)
 - Ask students about their family OR have them ask about your family.
-

(~15min)

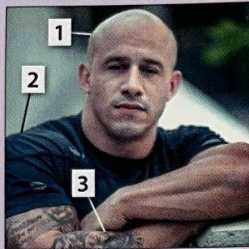
Character

1. Review vocabulary under "glossary".
 2. Read "how I see myself" and "how others see me" for each person and discuss what kind of person they are.
 - Do you want to meet them? - are they successful - etc... +why?
-

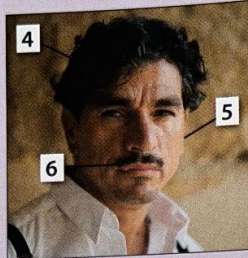


6 Appearance

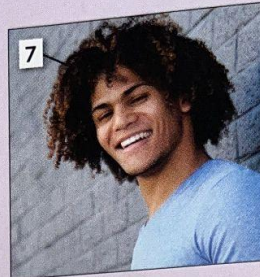
A Male appearance



1 He's **bald**¹, with **broad shoulders**² and **tattoos**³. His general **appearance** is quite **ugly**.



2 Jed's got **wavy**⁴ hair, **dark skin**⁵ and a **moustache**⁶.



3 Sam's got **curly**⁷ hair, is **in good shape**, and always has a great **tan** in summer.



4 Brad's got **fair hair**⁸ and a **beard**⁹ with moustache. He's **medium build**.

SPOTLIGHT **ugly**

Ugly is the opposite of **beautiful**, but it's not polite to say somebody is **ugly**. It is better to say **unattractive** or **not very attractive**.

GLOSSARY

male	Men and boys are male . Women and girls are female . (A person's gender/sex can be male or female .) We also use male and female to talk about animals.
broad	large from side to side: broad shoulders (NOT <i>wide shoulders</i>)
appearance	the way that sb or sth looks or seems appear v

dark skin
in good/
bad shape
(sun)tan

medium build

OPP **pale/fair skin**
in good/bad physical condition
When you have a (sun)tan, your skin is brown from the sun.
not big or small, not fat or thin ALSO **of medium build**

1 Same or different? Write S or D.

- | | |
|--------------------------------------|-------|
| ▶ wavy hair / curly hair | D |
| 1 a moustache / a beard | |
| 2 in good shape / in good condition | |
| 3 bald / no hair | |
| 4 fat / medium build | |
| 5 narrow shoulders / broad shoulders | |
| 6 dark hair / fair hair | |
| 7 a tan / a suntan | |
| 8 pale skin / fair skin | |
| 9 ugly / unattractive | |
| 10 male / female | |

2 Complete the words in these questions.

- | | |
|---|--|
| ▶ Who has got <u>dark</u> <u>skin</u> ? | 4 Who is in good s.....? |
| 1 Who has got f..... h.....? | 5 Who has got b..... shoulders? |
| 2 Has anyone got a tat.....? | 6 Are any men b..... or nearly b.....? |
| 3 Who has got a b..... or m.....? | 7 Who is medium b.....? |

3 Complete the questions.

- | | |
|--|--|
| ▶ Is that elephant male or <u>female</u> ? | 5 Do you normally have a good in the summer? |
| 1 Is your hair straight, wavy or | 6 Are you generally happy with your? |
| 2 Have you got dark skin or skin? | |
| 3 Have you got broad? | |
| 4 Do you think you're in good | |

4 ABOUT YOU Write answers to the questions in Exercise 2 about family or friends, and to Exercise 3 about yourself, or ask another student.



TEST YOURSELF



B Female appearance



pregnant



1 This is my mother at 27 when she **was pregnant**; in fact, she **was expecting** me. She's **medium height**, and she had long wavy hair **at the time**, and lovely **smooth** skin.

2 Here's mum now. Her appearance hasn't changed that much. She still has a good **figure**, though she has more of a **roundish** face, and a different **hairstyle**: shorter, straighter and very **neat**. She wears **contact lenses** now, and you certainly can't **tell** that she's nearly 60.

GLOSSARY

be pregnant	If a woman is pregnant , she has a baby growing in her body. SYN be expecting (a baby)
medium height	not tall or short ALSO of medium height
at the time	then; at a time in the past with a completely flat surface OPP rough
smooth	
figure	the shape of the body, especially that of a woman
hairstyle	the way your hair is cut and arranged
neat	tidy and carefully arranged
contact lenses	small round pieces of plastic you wear in your eyes to help you see better
tell	know or guess

SPOTLIGHT the suffix -ish

The suffix **-ish** is used informally with some adjectives meaning 'quite'.

- **a roundish face** = a face which is quite round **ALSO tallish, youngish**, etc.

5 True or false? Write T or F.

- ▶ Medium height is not tall or short. T
- 1 Contact lenses are the same as glasses.
- 2 Skin can be rough or smooth.
- 3 A tallish person is very tall.
- 4 A pregnant woman has just had a baby.
- 5 Neat and tidy are similar in meaning.
- 6 If you have a good figure, your face is attractive.
- 7 If you're pregnant, it means you're expecting a baby.
- 8 Hairstyle is the same as hairdresser.

6 Complete the sentences.

- ▶ Does she wear contact lenses ?
- 1 My younger sister is medium, and her hair is short and very
- 2 She's still very slim, so you can't she's a baby in July.
- 3 I wouldn't say my aunt is very tall, but she's – more than medium height.
- 4 My baby's skin is so, but my hands are really
- 5 My best friend eats a huge amount, but she still has a great – it's so annoying!
- 6 You can she's been on holiday – she's got a lovely suntan.
- 7 My sister is always changing her : one week it's straight, the next week it's wavy.
- 8 We moved to this house in 2020: I was eight months at the, so it was quite difficult for me.

7 ABOUT YOUR FAMILY Write answers to the questions, or ask another student.

- ▶ Who is always very neat and tidy? My wife
- 1 When was the last time somebody was pregnant?
- 2 Who is of medium height?
- 3 Who often changes their hairstyle?
- 4 Who is shortish?
- 5 Who has got a roundish face?
- 6 Who wears contact lenses?



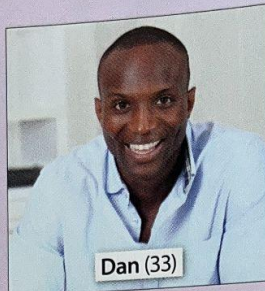
TEST YOURSELF



7 Character

HOW I SEE MYSELF

My character? I'm **ambitious** and **outgoing**, and I think I'm **generous**.



Dan (33)

I see myself as **practical**, **organized** and very **hard-working**.



Gina (45)

I'm always **cheerful**, I'm **easy-going**, and I've got lots of **energy**.



Kaz (18)

HOW OTHERS SEE ME

Some people really like me, and like the fact I'm so **confident**. Others say I'm not very **patient**.

Other people probably think I'm very **sensible**, quite **shy** and maybe a bit **dull**.

My parents don't think I'm very **responsible**. My friends just think I'm **crazy**.

GLOSSARY

see sb as sth	imagine or think of sb in a particular way	organized	good at planning and arranging things
character	the qualities that make sb different from other people SYN personality	hard-working	able to work with effort and for a long time
ambitious	An ambitious person wants to be successful, to have power, etc. ambition n	sensible	able to think carefully about sth and do the right thing OPP stupid
outgoing	friendly and interested in other people and new experiences	shy	not able to talk easily to people you do not know
generous	always ready to give people things or to spend money OPP mean	dull	not interesting or exciting; a bit boring
confident	feeling sure about your own ability OPP insecure	cheerful	feeling happy
patient	able to stay calm and wait for sth/sb OPP impatient; patience n	easy-going	relaxed and not worried by what others do
practical	making sensible decisions and good at dealing with problems OPP impractical	energy	the ability to be very active without getting tired energetic adj
		responsible	able to act sensibly and intelligently OPP irresponsible

SPOTLIGHT *crazy, mad, stupid*

Crazy *inf* and **mad** *inf* mean 'not sensible or practical; a bit stupid'. Both words can describe a person or an action or idea, but the meaning is not always negative. They can describe someone who is a bit out of control but just wants to enjoy life. **Stupid** is always negative.



(~5min)

Introductions / catch up

1. Name - where from - work/school - hobbies - something in common
 2. What you did over the weekend - plans for next weekend - work
-

(~15min)

Feelings and emotions

1. Start with learning the vocab words briefly
 - a. (8.1) Ask student if Positive / Negative
 - b. (8.3) Ask student how they would feel in these situations
 - c. "You and your EMOTIONS"
- 2.

Prompts	Examples
I'm _____ because... / I feel _____ because...	I'm anxious because of my exam. I feel anxious because of my exam.
I'm _____ when... / I feel _____ when...	I'm calm when I am in the forest. I feel calm when I am in the forest.
This is _____./!	This is upsetting . This is delightful !

(~15min)

Marriage and divorce

1. Read the dialogue out loud and understand new words
 2. Describe how people in a wedding would feel:
 - a. Bride / groom / parents of bride and groom / someone who doesn't want them to get married / bored little kid...
-

(~15min)

Weather conditions

1. Discuss all the words
2. Talk about each other's favorite and least favorite weathers, why, and how it makes you feel.
3. (15.4) learn about each others countries weather
4. Extreme weather
 - a. Read dialogue out loud discuss unknown words
 - b. (15.5) work on pronunciations



(Extra Time)

English Idioms!

- **Under the weather.** - *not feeling well*
- **The ball is in your court.** - *the situation is in your favor*
- **Spill the beans.** - *say the truth*
- **Break a leg.** - *goodluck!*
- **Pull someone's leg.** - *to joke with someone*
- **Sitting on the fence.** - *to be indecisive*
- **Through thick and thin.** - *under all circumstances, no matter how difficult*
- **Once in a blue moon.** - *once in a while*
- **The best thing since sliced bread.** - *the best thing to exist or happen*
- **Take it with a pinch of salt.** - *to not believe something is fully accurate or true*
- **Rain or shine.** - *anytime*
- **Go down in flames.** - *to fail miserably*
- **You can say that again.** - *I agree with that!*
- **See eye to eye.** - *to agree with someone*
- **Jump on the bandwagon.** - *to do something because other are doing it*
- **As right as rain.** - *to be 100% true*
- **Beat around the bush.** - *to discuss but avoid the main point*
- **Hit the sack.** - *to go to bed*
- **Fashionably late.** - *someone who is always late*
- **By the skin of your teeth.** - *to succeed, but almost fail*



8 Feelings and emotions

A Feelings

Word	Example	Meaning
anxious	He was anxious before he went into hospital.	worried and afraid
calm	My boss keeps calm in any situation.	quiet and not excited or afraid
delighted	My parents were delighted when I told them I was getting married.	very pleased or happy
disappointed	Jess was very disappointed when she failed the exam.	sad because what you wanted did not happen
embarrassed	I sometimes feel a bit embarrassed when I make stupid mistakes in English.	shy, worried or uncomfortable about what other people think of you
frightened	I was frightened when the plane took off.	SYNS afraid, scared
furious	Dad was furious when I lost his key.	very angry
miserable	You look miserable . What's wrong?	unhappy and depressed SYN fed up, inf
pleased	I was pleased everyone enjoyed the party.	happy about a particular situation SYN glad
relaxed	I usually feel relaxed after a holiday.	calm and not worried
upset	Sarah was upset because no one spoke to her on the first day of the course.	sad and angry because of sth that has happened

SPOTLIGHT *alone, on your own, lonely*

If you are **alone** or **on your own**, you are not with other people. If you are **lonely**, you are unhappy because you are not with other people.
• Why are you sitting here **on your own**? Where are the others?
• Sarah was **upset** because nobody spoke to her. She felt very **lonely**.

1 Positive or negative feelings? Write P or N.

- | | | |
|-----------------------|---------------|----------------|
| 1 frightened N | 4 embarrassed | 8 disappointed |
| 2 anxious | 5 lonely | 9 upset |
| 3 furious | 6 delighted | 10 pleased |
| 3 relaxed | 7 calm | 11 miserable |

2 Write synonyms for these words and phrases.

- | | |
|-------------------------------------|---------------------------|
| 1 quiet and not excited calm | 4 on your own |
| 1 worried | 5 on your own and unhappy |
| 2 fed up | 6 calm and not worried |
| 3 scared | 7 very angry |

3 ABOUT YOU How would you feel in these situations? Write your answers using words from the table, or ask another student.

- | | |
|---|-------------------------|
| 1 Someone hits your car because they were driving badly. | I'd be furious . |
| 2 You've just passed an important exam. | I'd be _____ about it. |
| 3 Your boyfriend/girlfriend is away and hasn't phoned or texted you. | I'd be _____. |
| 4 Your lovely old dog has just died. | I'd be _____. |
| 5 A man walks up to you in the street and puts a knife in front of your face. | I'd be _____. |
| 6 You're on holiday, but you can't go out because you've got a bad cold. | I'd be _____. |
| 7 It's Friday evening and you have a free weekend ahead of you. | I'd be _____. |
| 8 You thought it would rain, but it was sunny for your lunch in the garden. | I'd be _____. |
| 9 You are going somewhere by plane and you don't like flying. | I'd be _____. |
| 10 You didn't get a job you wanted. | I'd be _____. |

TEST YOURSELF

B How emotional are you?

YOU AND YOUR EMOTIONS

Are you like this?

- | | |
|--|--------|
| a) I'm an emotional person and I like to show my feelings. | Yes/No |
| b) I don't often get stressed. | Yes/No |
| c) I feel guilty if I upset people. | Yes/No |
| d) I think I get jealous quite easily. | Yes/No |
| e) I get annoyed when people get things wrong. | Yes/No |
| f) I get nervous before big occasions. | Yes/No |
| g) My mood doesn't change much. | Yes/No |

GLOSSARY

emotional	having strong feelings, and often showing them emotion n
show your feelings	express what you feel openly
hide your feelings	try to hide your feelings
stressed	feeling worried because of problems in your life
guilty	if you feel guilty , you feel bad and sorry that you have done sth that you know is wrong
upset	make sb unhappy or angry upset adj
jealous	1 angry or sad because you are afraid of losing sb's love 2 angry or sad because you want what another person has
annoyed	make a mistake
get sth wrong	worried or afraid, often in a particular event or situation
nervous	a special event, ceremony, etc, e.g. a race, a wedding
occasion	the way you feel at a particular time: be in a good/bad mood
mood	

SPOTLIGHT *get*

In the structure **get + adjective**, **get** means 'become'.
• I **get** annoyed/stressed/jealous, etc.
• I **get** angry/upset when people don't listen to me.

4 True or false? Write T or F.

- | | |
|--|-------|
| 1 If you're in a bad mood , you're not happy. | T |
| 2 If you hide your feelings , people can see you're very emotional. | _____ |
| 3 If you do something wrong to somebody else, you may feel guilty about it. | _____ |
| 4 If you're in a good mood, you're annoyed . | _____ |
| 5 If you're nervous , you're feeling a bit worried or afraid. | _____ |
| 6 If you're jealous of another person, it's because you like them. | _____ |
| 7 If you're very emotional , you might shout or cry. | _____ |
| 8 If you're stressed , you feel excited about something. | _____ |
| 9 A big occasion is when something important happens. | _____ |

5 Complete the sentences with the correct word.

- | |
|---|
| 1 I get a bit nervous if I have to speak in front of a lot of people. |
| 2 I feel very _____ if I eat a whole bar of chocolate at once. |
| 3 I'm feeling _____ at the moment because I have a lot of exams. |
| 4 If you're nervous , you're feeling a bit worried or afraid. |
| 5 I sometimes _____ my parents when I don't tell them what I'm doing or I don't spend time with them. They can get quite _____ with me. |
| 6 The day you get married is a very big _____ in your life. |
| 7 I'm often in a bad _____ if I haven't slept very well the night before. |
| 8 I don't show my _____ in front of my parents. |
| 9 I get a bit _____ if my friends have a lot more money than me. |
| 10 I get very _____ when I have to say goodbye to friends who I won't see for a long time. |

6 ABOUT YOU Complete the right-hand column in the questionnaire above, or ask another student. Then look at Exercise 5 again. Are the sentences true for you? Do you agree with them?

TEST YOURSELF



12 Marriage and divorce

A Weddings

In the UK, it is the **custom** for many couples to **get engaged** before they get married. For the **wedding** itself, couples can choose a **religious ceremony**, for example in a church, or a **civil ceremony**, in a **registry office** or some other building. On the day of the wedding, the woman is called the **bride**, and the man is the **groom**. After the wedding, most married couples have a **reception**, followed by a **honeymoon**. During the reception, several people **make speeches** and wish the couple a happy **marriage**. On the same day every year after that, the couple **celebrate** their wedding **anniversary**.



GLOSSARY

custom	sth that people in society or a community usually do: <i>It's a custom for people to give presents to a couple getting married.</i>	(wedding) reception	a meal and/or party after a wedding
get/be engaged	If two people get engaged or are engaged , they have agreed to get married.	honeymoon	a holiday for a couple who have just got married
wedding ceremony	a time when two people get married a formal public event. A religious ceremony takes place in a church, mosque, temple, etc. A civil ceremony is a non-religious ceremony which often takes place in a registry office .	make a speech	give a formal talk to a lot of people at a special event
		marriage celebrate	the period when two people are married do sth to show you are happy about a special day
		anniversary	a day that is exactly a year after a special event

1 Put these words in the correct order.

the reception the couple meet 1 the anniversary
the wedding the honeymoon get engaged

2 Underline the correct word.

- They got engaged / married last week. The wedding is planned for June.
1 Jake and Emma's wedding / marriage is next Saturday.
2 Jake is the groom / bride.
3 It's a civil / religious ceremony in St Peter's Church.
4 The reception will be before / after the wedding ceremony.
5 Speeches are a custom during the ceremony / reception.
6 On their honeymoon, Jake and Emma will be bride and groom / husband and wife.

3 Complete the questions with a suitable word.

- Do couples usually get engaged before they get married?
1 Can couples have a religious ceremony or a ceremony in a office?
2 Does the usually wear a dress of a particular colour? If so, what colour?
3 Is there usually a after the ceremony?
4 Do people often speeches? If so, who does it?
5 Is it the for the wife to wear a wedding ring on her left hand?
6 Do couples often go on a after the wedding?
7 Do couples usually their wedding every year?
8 Do most last forever in your country?

ABOUT YOUR COUNTRY

- 4 **ABOUT YOUR COUNTRY** Write answers to the questions in Exercise 3, or ask another student.
Are there any other customs you have during weddings in your country?



TEST YOURSELF



15 Weather conditions

A Normal weather

Word	Example	Meaning
pour (with rain) shower	It's pouring (with rain) outside! We had a heavy shower this morning.	rain a lot rain for a short period of time, which can be heavy (= a lot) or light (= a little)
rainfall	<i>Rainfall is low in the summer.</i>	the total amount of rain in a place over a period of time
the cold	<i>I hate the cold.</i>	cold weather
freezing	<i>It was freezing (cold) yesterday.</i>	very cold
thunder and lightning	<i>We had a lot of thunder and lightning during the storm.</i>	a loud noise in the sky when there is a storm, and then a sudden bright light in the sky
sunshine	<i>We sat outside in the sunshine.</i>	the light and heat from the sun
fog	<i>There was thick fog on the motorway this morning.</i>	Fog is cloud close to the ground which is difficult to see through. foggy <i>adj</i>
mild	<i>This has been a very mild winter.</i>	not very cold, and therefore pleasant
horrible	<i>The weather has been horrible this week.</i>	very bad or unpleasant syn <i>dreadful, awful, terrible</i>

1 Tick the wet weather conditions.

► rainfall ☒ sunshine ☐ foggy ☐ pouring ☐ cloudy ☐ shower ☐ freezing ☐ mild ☐

2 Match 1-6 with a-g.

- don't like
1 thick
2 a heavy
3 horrible
4 freezing
5 a mild
6 pour
- a weather
b with rain
c the cold ✓
d cold
e shower
f fog
g day

3 Complete the words in the texts.

- 1 When I woke up it was quite cloudy but ► **mild** , for the time of year. Then on the way to work, it suddenly got very dark and we had some t and l , and it started p with f I got really wet.
2 Yesterday was fantastic. It was incredibly hot, and we had about ten hours of s
3 We've had d weather this week. It's been so f in the morning that you could hardly see, followed by heavy s almost every day, and f cold as well.

4 ABOUT YOUR COUNTRY Write your answers, or talk to another student.

- 1 When do you get the heaviest rainfall?
2 Do you get a lot of sunshine? If so, when?
3 Is spring generally cold or mild?
4 Do you get much fog? If so, when?
5 Is it often freezing cold? If so, when? And do you like the cold?



TEST YOURSELF

B Extreme weather



These natural disasters occur quite regularly in certain parts of the world.

Hurricane: a sudden and violent storm with very strong winds, which often **destroys** buildings and brings down branches and trees.

Flood: too much water, often the result of heavy rain, which **floods** the land and damages roads, bridges, buildings, etc.

Tidal wave: a very large ocean wave, often caused by an extreme storm or earthquake, which destroys things when it reaches land.

Drought: a long period with no rain. Crops die, and people may starve to death.

GLOSSARY

disaster	sth very bad that happens causing harm or death
occur	happen
regularly	If sth happens regularly , it happens again and again with the same amount of time in between.
sudden	happening very quickly suddenly <i>adv</i>
violent	very strong and usually causing damage
destroy	break sth completely so it cannot be used again destruction <i>n</i>
branch	one of the parts of a tree that grow out from the thick main part
damage	break or harm sth damage <i>n</i>
extreme	very great or strong
earthquake	a sudden strong movement of the ground, which often opens up
crops	plants that are grown for food, e.g. rice, potatoes
starve (to death)	die because you do not have enough food to eat

5 Is the pronunciation of the underlined sounds the same or different? Write S or D.

Use the to help you. Practise saying the words.

- flood / moon D
1 crop / goccur 4 violent / tidal 7 damage / branch
2 occur / earthquake 5 drought / bought 8 disaster / regularly
3 disaster / starve 6 drought / out 9 flood / destruction

6 Match 1-5 with a-f.

- disaster d
1 flood
2 tidal wave
3 drought
4 earthquake
5 hurricane
- a a long period of very dry weather
b sudden movement of the ground
c very strong winds
d a very bad thing that causes harm or death ✓
e a very large movement in the ocean
f become filled or covered with water

7 Complete the texts.

- When the tidal wave reached land, it was over ten metres high.
1 48 hours of heavy rain has brought more to the south-west of England. Many roads have been badly and winds have also brought down and entire trees. Two bridges have been completely and will need to be rebuilt.
2 With no rain for months, the in Ethiopia is the worst for ten years. Food is in short supply because most of the have died, and now tens of thousands of people are in living memory and could die unless help arrives very soon. It is one of the worst natural
3 We are getting reports of a violent earthquake in Western China. It without warning, has caused a huge amount of and has completely whole villages.
4 California is experiencing more weather conditions. After the recent floods, a storm is now reaching the west coast of the state. It is accompanied by winds of over 100mph. Weather experts say that these are now occurring at least one a year over the past ten years.



TEST YOURSELF



(~5min)

Introductions / catch up

1. Name - where from - work/school - hobbies - something in common
 2. What you did over the weekend - plans for next weekend - work
-

(~15min)

Fruits Vegetables and Herbs

1. Fruit names
 2. 23.1 - Which ones are usually green
 3. 23.2 - Pronunciation
 4. 23.7 - Talk about what foods you like and when you like to eat them and why
-

(~15min)

Cooking

1. Glossary of words
 2. 25.1 - Good or not?
 3. Talk about and write out the recipe for a family recipe.
 - a. ALTERNATIVE: 25B: Recipe for Cottage Pie
-

(~15min)

Ordering / Role Play

1. Dialogue about ordering at a Ukrainian restaurant.
 2. Dialogue about ordering at an American restaurant.
 - a. Play both roles (Waiter / waitress)
 3. Talk about what kind of unique things there are in restaurants
-

(~5min)

Feedback

1 thing student liked: _____.

1 thing student did not like: _____.



(Extra Time)

English Idioms / Food related

- **Bring home the bacon** - *earn the main income in the family*
- **Butter someone up** - *be very nice to someone*
- **Apple of one's eye** - *a person that is adored by someone else*
- **Bad egg** - *person who is often in trouble*
- **The big cheese** - *very important person*
- **Bread and butter** - *necessities*
- **Cheesy** - *silly*
- **Cool as a cucumber** - *very cool person*
- **Cream of the crop** - *the best*
- **Don't cry over spilt milk** - *don't be upset about something that you can't change*
- **Cup of joe** - *cup of coffee*
- **Egg someone on** - *cheer someone on to do something*
- **Freeze one's buns off** - *to be very cold*
- **Handed on a silver platter** - *to receive without working for something*
- **Spoon fed** - *to receive without working for something*
- **Hard nut to crack** - *difficult to understand*
- **In a nutshell** - *simply*
- **Nuts about someone / nuts about something** - *crazy obsessed about*
- **One smart cookie** - *smart person*
- **Piece of cake** - *easy*
- **Put all the eggs in one's basket** - *rely on one single thing*
- **Spice things up** - *make things interesting*
- **Spill the beans** - *reveal the truth*
- **Take with a pinch of salt** - *don't consider something 100% true*



23 Fruit, vegetables and herbs

fruit



(a bunch of) grapes



melon



pineapple



mango



(a bunch of) cherries



watermelon



pear



fruit salad

vegetables, salad and herbs



cabbage



sweetcorn



lettuce



mixed vegetables
(fresh or frozen)



garlic



courgette



cucumber



mint



green beans
(ALSO French beans)



red pepper



broccoli



parsley

Mint and parsley are herbs.

1 Cover the pictures. Tick the items that are usually green on the outside.

- | | | | |
|---|-------------------------------------|---------------------------------------|--------------------------------------|
| ▶ parsley ☒ | 3 lettuce ☐ | 6 watermelon ☐ | 9 sweetcorn ☐ |
| 1 cherries ☐ | 4 garlic ☐ | 7 cucumber ☐ | 10 mint ☐ |
| 2 green beans ☐ | 5 broccoli ☐ | 8 cabbage ☐ | 11 mango ☐ |

2 Is the pronunciation of the underlined sounds the same or different? Write S or D. Use the key to help you. Practise saying the words.

- | | | | |
|-----------------------------------|---------------------------------|---|------------------------|
| ▶ fruit salad / <u>c</u> ourgette | D | 4 melon / <u>s</u> weetcorn | 8 pear / <u>h</u> erbs |
| 1 cabbage / <u>g</u> arlic | 5 mango / <u>b</u> roccoli | 9 beans / <u>s</u> weetcorn | |
| 2 lettuce / <u>c</u> ucumber | 6 parsley / <u>g</u> arlic | 10 pineapple / <u>m</u> ixed vegetables | |
| 3 cucumber / <u>b</u> unch | 7 courgette / <u>v</u> egetable | 11 frozen / <u>m</u> ango | |

3 Circle the odd one out in each group. Write why they are different.

- | | | | | |
|-----------------|----------------|----------------|----------------|--------------------------------|
| ▶ a) peach | b) watermelon | c) <u>mint</u> | d) pineapple | A, b and d are types of fruit. |
| 1 a) red pepper | b) broccoli | c) lettuce | d) pear | |
| 2 a) garlic | b) melon | c) grapes | d) fruit salad | |
| 3 a) cabbage | b) green beans | c) parsley | d) cucumber | |
| 4 a) sweetcorn | b) herbs | c) courgette | d) cabbage | |
| 5 a) mango | b) pineapple | c) bunch | d) cherries | |

4 Cover page 56 and complete the words.

- | | | |
|-----------------------------|---------------------------|--------------------------|
| ▶ p _ a _ r _ s _ l _ e _ y | 6 p _ _ _ _ a _ _ _ _ e | 12 c _ _ _ r _ _ _ _ s |
| 1 m _ _ _ _ n | 7 l _ _ t _ _ e | 13 p _ _ _ r _ s |
| 2 c _ _ _ _ a _ _ e | 8 g _ _ _ _ n b _ _ _ _ s | 14 g _ _ _ l _ _ c |
| 3 w _ _ _ _ r _ _ _ _ n | 9 m _ _ _ _ g _ _ _ | 15 r _ _ _ d p _ _ _ _ r |
| 4 g _ _ _ _ p _ _ s | 10 c _ _ _ r _ _ _ e | 16 c _ _ _ m _ _ _ _ |
| 5 b _ _ _ c _ _ l _ _ | 11 s _ _ _ _ t _ _ _ | |

5 Write the words in Exercise 4 in the correct column.

FRUIT	VEGETABLES

6 Which of the words in the table do people usually eat with their fingers?

- ▶ pear,

7 ABOUT YOU Write your answers, or ask another student.

Do you like these foods? If so, how often do you eat them?

- | | |
|---|---|
| grapes Yes, I like grapes and eat them a lot in the summer. | fruit salad ☐ |
| mint No, I don't like mint, and I never add it to anything I eat. | pears ☐ |
| mixed vegetables ☐ | sweetcorn ☐ |
| courgettes ☐ | mango ☐ |
| watermelon ☐ | frozen green beans ☐ |
| garlic ☐ | |
| parsley ☐ | |
| cherries ☐ | |

TEST YOURSELF



25 Cooking

A Advice for cooks

- Recipes aren't always perfect, but the most important thing is to have good **ingredients** and **plenty of flavour**.
- Develop your **skills** and learn to **slice** vegetables in the **proper** way. Always **invest** in good quality knives, and keep them **sharp**.
- You have a **responsibility** to look after people who are **dieting** to **lose weight**, or who are on a special diet.

GLOSSARY

recipe a set of instructions that tells you how to cook sth
ingredient one of the items of food you need to make sth to eat
plenty of sth a large amount; as much of sth as you need
flavour how food or drink tastes
skill the ability to do sth well, especially when you have practised it
slice cut meat, vegetables, bread, etc. into thin, flat pieces
proper right, suitable or correct
invest in sth buy sth, especially sth that you will need and use a lot
sharp with an edge or point that cuts or makes holes easily
responsibility sth that you must do to look after sb or sth, so that it is your fault if sth goes wrong

SPOTLIGHT

Diet
A person's **diet** is the food they eat. It can be a **balanced diet** (all the right food for the body needs), or a **bad diet** (too much of the wrong food). Some people diet, **go on a diet** or **are on a diet**, which means eating less to **lose weight**.

1 Good or bad? Write G or B.

- | | | |
|--------------------------|--------------------------------|---------------------|
| ▶ a sharp knife <u>G</u> | 3 blunt scissors | 6 not much flavour |
| 1 a balanced diet | 4 you have skills | 7 fresh ingredients |
| 2 plenty of water | 5 the proper knife for the job | 8 a sharp pencil |

2 Replace the underlined words with a word or phrase from the box.

have a responsibility to	sliced ✓	invest in	lose weight	proper
flavour	a recipe	skills	go on a diet	

- ▶ The bread was cut into thin pieces. sliced
1 If you want to get thinner, don't eat sugar.
2 I'll make a lasagne, but I need cooking instructions.
3 You'll need a frying pan, so buy yourself a good one.
4 As a parent, you have to feed your children healthily.
5 Do you know how to slice salmon in the correct way?
6 Do you have the ability and knowledge to cook in a restaurant?
7 I'm going to stop eating food that makes me fat.
8 I don't like the taste of this sauce.

3 Complete the sentences with a suitable word.

- ▶ I think diets are a very bad idea.
1 You need great cooking _____ to work in a local family restaurant.
2 It's very important to cook chicken _____, or it can be bad for you.
3 I use a lot of _____ when I'm cooking.
4 I don't usually use a _____ - I prefer to cook my own way.
5 I eat a very balanced _____ with a lot of fresh food.
6 I drink _____ of water. It's good for you.
7 I like food with a strong _____.

4 ABOUT YOU Are sentences 3-7 in Exercise 3 true for you? Write Yes or No, or tell another student.

TEST YOURSELF

B Cooking

Recipe for Cottage pie



Ingredients

300g **minced** beef
300g potatoes
1 large onion
1 carrot
2-3 chopped tomatoes
300 ml **beef stock**
1 large spoonful of **flour**
butter, salt and pepper

Method

First **boil** the potatoes in a **pan**² until just cooked. **Mash** them with butter. **Chop** the onion and carrot. Then, **fry**³ the meat quickly **along with** the vegetables, **add** the flour and cook for a minute. Add the stock, tomatoes, salt and pepper, and let it all cook slowly for 20 minutes. Put it in a large dish and cover with the mashed potato and some butter. **Bake**⁴ in a hot oven for 20 minutes.

GLOSSARY

stock water with added flavour of meat, fish or vegetables
flour a soft white or brown powder used in making bread, cakes, etc.
method a way of doing sth
boil cook sth in water, usually in a **pan/saucepan**²
mash press and mix food to make it soft
chop cut sth, e.g. onions, carrots, etc. into pieces with a knife
chopped adj cook sth in oil, usually in a **frying pan**³
along with sth in addition to sth
add **syn together with sth** put sth together with sth else
bake cook sth in the oven without oil or fat (with oil or fat = **roast**)

5 Which word is being defined?

- ▶ use a machine to cut meat into very small pieces mince
1 cut into many pieces
2 put something with another thing
3 press and mix until soft and smooth
4 cook in water
5 cook in the oven without oil or fat
6 cook in the oven with oil or fat
7 a liquid with added flavour used in soups
8 a container that you boil food in
9 a way of doing something

6 Complete the words in each sentence.

I made a lovely fish soup the other day. First, I made some **stock** with fish bones. I (1) c some tomatoes and peppers, and then (2) f some onions, along (3) w some garlic in a little olive oil. I put all this (4) t with the stock in a big (5) p. I then (6) a salt and pepper and cooked it gently for half an hour - you mustn't let it (7) b. Finally, I put some pieces of fish in the (8) f pan and cooked them for a couple of minutes, then put these in the soup. Delicious! This is a very simple (9) m of making a pasta sauce using (10) m beef, onions, garlic and tomatoes. Put some oil in a large (11) s and (12) f the beef until it's brown. Move it to another dish while you cook the vegetables. Finally, put it all together and add some (13) s and wine. Cook it slowly for about 45 minutes.

7 ABOUT YOUR COUNTRY Complete with food that is typical in your country.

- | | | |
|----------------------------------|----------|----------|
| 1 minced <u>beef, lamb, pork</u> | 3 roast | 5 baked |
| 2 fried | 4 boiled | 6 mashed |

TEST YOURSELF



Works Cited

Gairns, Ruth, and Stuart Redman. *Oxford Word Skills Intermediate Vocabulary*. Second, Oxford University Press.