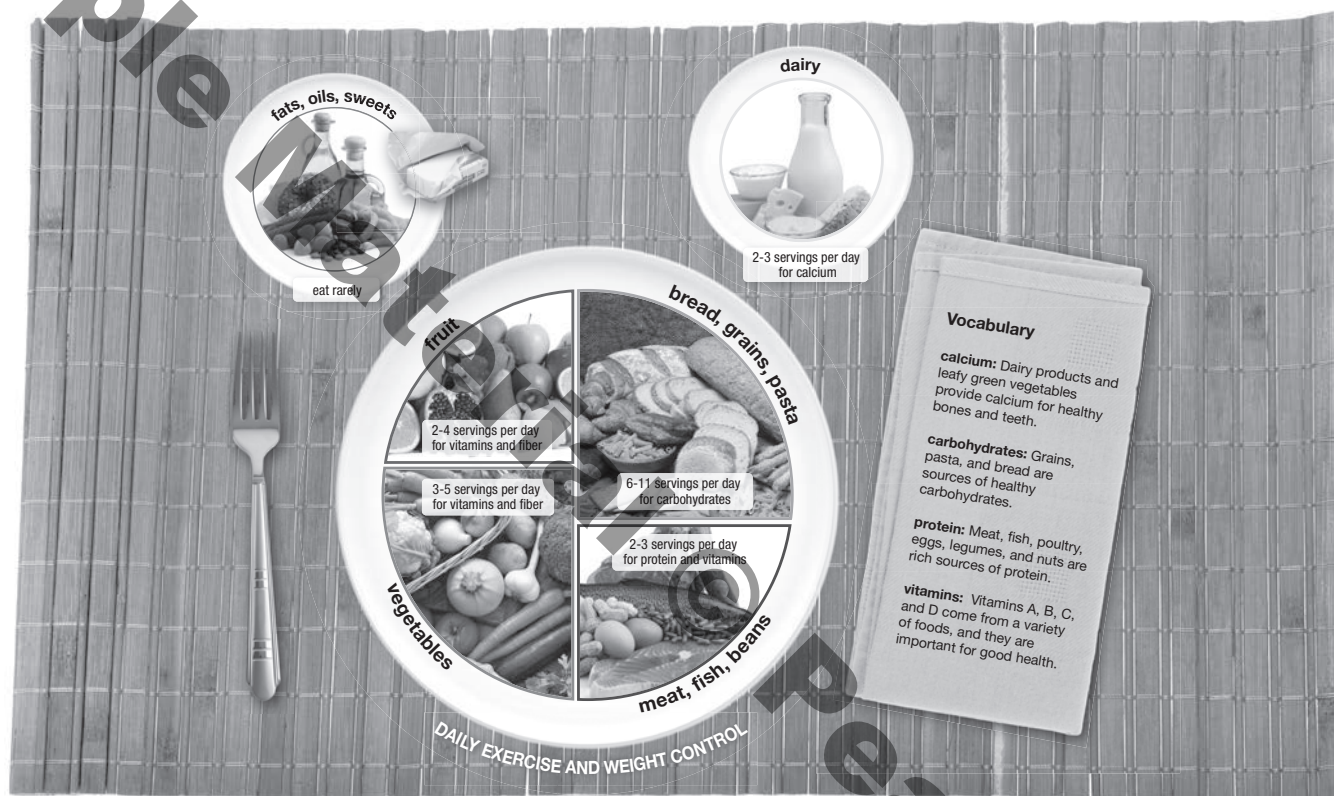


Eating Well

1 Look at the Healthy Diet Plate. Then read the statements. Check true or false.



1. You should eat 3 servings per day of carbohydrates.
2. You should eat more vegetables than fruit.
3. You should avoid breads and grains.
4. Dairy products are a good source of fiber.
5. You should eat fruit for carbohydrates.
6. Exercise is an important part of a healthy life.

true false

| | |
|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
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2 Rewrite the false statements in Exercise 1 to make them true.

| |
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| |

3 Complete the statements with phrases from the box.

I'd better pass I have no idea I'm watching my weight
I have to admit I couldn't resist

- I'm on a low-fat diet because _____.
- The pasta looks delicious, but _____. I'm on the Atkins diet.
- I usually avoid animal products, but _____ the ice cream they served for dessert. I just had to have it!
- _____ how much fat is in this cheeseburger—and I don't want to know. I just want to enjoy it!
- Eating a low-fat, high-fiber diet hasn't been easy, but _____ I look and feel better as a result.

LESSON 1

4 Look at the pictures. What do you think the people are saying? Write sentences about the people and their food passions. Use the words and phrases from the box.

addict big _____ eater can't stand ~~crazy about~~ don't care for love

1. *I'm crazy about asparagus.*



2. _____



3. _____



4. _____



5. _____



6. _____



- 5 Read about Kate's food passions. Then complete each sentence with used to or didn't use to and the verb.

When I was a kid, I loved sweets. I think I ate about five cookies a day! When I was a teenager, I started eating a lot of meat. I had steaks and fries almost every day. I didn't care for vegetables or fruit. Then on my 20th birthday, I decided I needed a change, so I became a vegetarian. These days I eat meat again, but I avoid fatty foods and sugar. I've lost a lot of weight and I feel much better.



Kate

1. Kate _____ a lot of sweets, but now she avoids sugar.
eat
2. When she was a teenager, she _____ fatty foods.
have
3. Before she turned 20, she _____ vegetables.
like
4. She _____ a vegetarian, but now she eats meat.
be
5. Kate _____ care of herself, but now she eats well.
take

LESSON 2

- 6 Choose the correct response. Write the letter on the line.

- | | |
|--|--|
| 1. ____ "Please help yourself." | a. Actually, I've been cutting back. |
| 2. ____ "I'll pass on the chocolates." | b. Thanks. Everything smells so good. |
| 3. ____ "Don't you eat chicken?" | c. It's not a problem. |
| 4. ____ "I'm sorry. I didn't know you were on a diet." | d. Don't you eat sweets? |
| 5. ____ "I'm a coffee addict. What about you?" | e. Actually, no. It's against my religion. |

- 7 Complete the statements with a food or drink to describe your own food preferences.

1. I'm not crazy about _____.
2. I'm avoiding _____.
3. I don't care for _____.
4. I'm not much of a _____ drinker.
5. _____ doesn't / don't agree with me.

8 Complete the conversation with phrases from the box.

is a vegetarian is on a diet is allergic to doesn't care for is avoiding

A: Let's have a dinner party Friday night. Help me prepare the menu.

B: OK. Remember that my sister _____, so we can't make anything too fatty. Why don't you make some chicken?

A: I would, but Stella _____. She never eats meat. Maybe I can make that rice dish.

B: I don't know. Miguel is trying to eat healthy, whole-grain foods, so he _____ white rice these days.

A: OK... Then how about black bean soup with peppers?

B: Uh, I don't think Julio would like that. He _____ spicy food.

A: Is there anything that everyone can eat?

B: Hmm... I don't know, but I hope you'll make that delicious chocolate cake for dessert!

A: I can't. Don't you remember how sick Paul was at our last dinner? He _____ chocolate!

B: I've got an idea—why don't we just go out to eat? Then everyone can order what they want!



9 Complete each negative yes / no question.

1. A: Didn't you go to Latvia last year?

B: Yes, I did. I went to Latvia in August.

2. A: _____ meat?

B: No, I don't. I never touch meat.

3. A: _____ a doctor?

B: No, she's not. David's mother is a dentist.

4. A: _____ a great play?

B: Yes, it was terrific.

5. A: _____ more noodles?

B: No, thanks. I'm full. I've had enough.

6. A: _____ China before?

B: Actually, no. But I've been to Korea.

LESSON

3

10 Read the article "How Can It Be?" on page 14 of the Student's Book again. Then complete the chart.



| American eating habits | French eating habits |
|--------------------------|-----------------------------------|
| | consume rich foods, but stay thin |
| "clean their plates" | |
| | spend a long time at the table |
| drive to the supermarket | |
| | buy fresh food daily |

11 Answer the questions with information from the article on page 14 of the Student's Book.

1. How do the French see eating? How do Americans see eating?

2. Why do Americans "keep eating long after the French would have stopped"?

3. What lifestyle change has affected French eating habits recently?

12 Read the online article about making lifestyle changes.

How to make healthy lifestyle changes that last



If you've ever tried to change the way you eat or to lead a more active lifestyle, you know it isn't easy. Making a lifestyle change is challenging—and it's especially difficult to make changes that last. Often people try to make many big changes all at once without a clear idea of how they will accomplish their goals. They

may struggle, get disappointed, and give up after a short period of time. Here are some tips to help you make healthy changes that become lifelong habits:

1 Make one change at a time. Replacing unhealthy behaviors with healthy ones takes time. If you try to change too much too fast, you won't be successful. Focus on one change you'd like to make. If your goal is to improve your eating habits, choose one thing

to cut back on or add to your diet. Maybe resolve to stop drinking soda or eat some vegetables or fruit with every meal. When a new healthy behavior becomes part of your normal daily routine, you can take on another change.

2 Start small. Changes are often easier to make if they are small. Don't expect yourself to go from lying on the sofa watching TV every night to spending an hour a night at the gym. Instead, take "baby steps." For example, you could start by exercising twice a week for 30 minutes. Then, when you've done this successfully for a few weeks, try three times a week for 45 minutes.

3 Make a realistic plan. When you decide to make a lifestyle change, you need to plan what you will do and when, where, how often, etc. If more exercise is your goal, figure out how you will schedule it into your week and put it on your calendar. If you want to eat healthier, write down meals and snacks for the week. Keep the foods you'll need on hand, and consult your plan before you eat. Make sure the plan you create is achievable and that it works for your lifestyle. For example, if you're a big meat eater, a plan to eat only vegetables is not going to happen! Likewise, if you're not a morning person, don't plan daily workouts at 5:00 A.M.!

13 Complete the statements with words and phrases from the box.

| | | | | | |
|-------------|-------------|--------|-----------|----------|------------|
| "baby step" | challenging | habits | realistic | struggle | successful |
|-------------|-------------|--------|-----------|----------|------------|

1. You want the changes you make to become _____ which you do regularly without thinking.
2. It's difficult to make lifestyle changes. You may _____, but don't give up.
3. If you try to make many big changes all at once, you probably won't be _____.
4. If you want to stop drinking coffee, you could start by drinking two cups every morning instead of three. This is a _____.
5. When you plan to make a change, be _____. Set goals you can accomplish and that work for your lifestyle.
6. Trying to change the way you eat is _____. It takes a lot of effort.

14 Think about a lifestyle change you have tried to make. Was your change successful? On a separate sheet of paper, explain why or why not.

LESSON

4

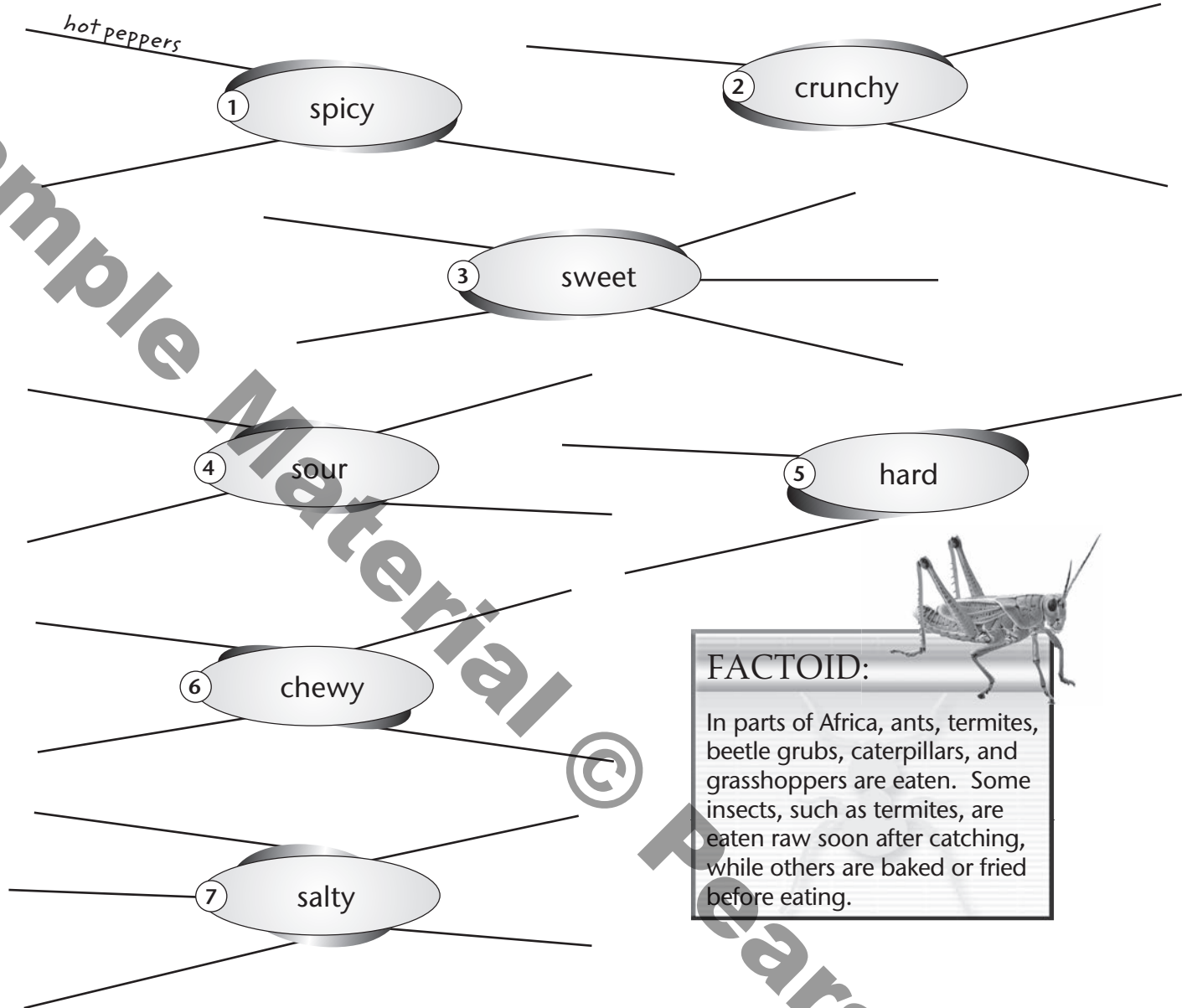
15 Complete the postcard with the correct form of taste, smell, or look.

Hi Reiko,

I'm having a great time in Marrakech!
 Yesterday I walked in the main square, and it
 _____^{1.} like a scene from a movie!
 People in long, beautiful robes were everywhere,
 and there was so much food! I saw some fish
 that _____^{2.} like the kind we have
 at home. Somewhere else in the market,
 I couldn't see where, there was a kind of grilled meat
 that _____^{3.} terrific. I found it, but didn't know if I should try it. It
 _____^{4.} kind of strange, but I bought some anyway. It was delicious!
 It _____^{5.} both spicy and sweet. It wasn't at all what I expected!
 You should come here on your next vacation!
 See you soon,
 Junko



16 Complete the word webs. Write three examples of foods that match each adjective.



FACTOID:

In parts of Africa, ants, termites, beetle grubs, caterpillars, and grasshoppers are eaten. Some insects, such as termites, are eaten raw soon after catching, while others are baked or fried before eating.



17 Describe an unusual dish you have tried. Where and when did you eat it? What did it look, smell, and taste like? Would you recommend it to someone or not?

One of the strangest things I've ever eaten is...

GRAMMAR BOOSTER

A Read the statements. Then write a sentence with use to or used to about a habitual action that is no longer true today.

1. Since Charlie started going to the gym every day, he's lost so much weight.

Charlie didn't use to go to the gym every day.

2. When he wasn't working, Scott made dinner every night. Now he doesn't have time.

3. Paul began getting up early every day when he had children.

4. As Cindy got older, her tastes changed. Now she actually likes vegetables.

5. I can't believe Judy doesn't eat meat anymore!

6. When Peter's doctor told him that he had better stop smoking, he quit.

7. After Pamela and Ed got married, they bought their first car.

B Write a yes / no question for each response, using a form of used to.

1. A: *Did you use to work in that part of the city?*

B: Yes, I did. I used to work in that part of the city a few years ago.

2. A: _____

B: No, they didn't. People didn't use to read the news online.

3. A: _____

B: Yes, it did. Breakfast used to be free at the Windfield Inn.

4. A: _____

B: No, they didn't. Foods didn't use to have labels.

5. A: _____

B: Yes, I did. I used to live closer to work.

6. A: _____

B: Yes, they did. Cars used to use a lot more gas.

7. A: _____

B: No, I didn't. My brother used to drive a van, but not me.

C Complete the sentences with be used to, affirmative or negative.

1. Michelle has been on a low-fat, high-fiber diet for many years. She _____ fruits, vegetables, and whole grains. She _____ rich food, such as steak and ice cream.
2. Karen just got a haircut. It's very different from her old style. She _____ her new look yet.
3. We rented a minivan, but at home I drive a compact car. I _____ driving such a big car.
4. I _____ budget hotels, so it's a treat to stay in this expensive hotel with so many amenities.
5. Jeff is crazy about action movies. He _____ watching a lot of violence on the big screen.

D Complete the statements in your own way.

1. The Browns just moved from Alaska to Hawaii. They can't get used to _____.
2. Rose recently moved from a small town to a big city. She's getting used to _____.
3. Connor used to be a vegetarian. He still hasn't gotten used to _____.

Write three sentences about things you did often when you were a child. Use would.

When I was a child, I would play soccer all day on Saturdays.

1. _____
2. _____
3. _____

E Complete the conversations. Complete the negative yes / no questions and write short answers.

1. A: _____ you have any vegetarian friends?
B: _____. None of my friends are vegetarian.
2. A: _____ you trying to lose weight?
B: _____. I'm on a diet.
3. A: _____ he like spicy food?
B: _____. He can't stand spicy food.
4. A: _____ there sardines on that pizza?
B: _____. The pizza has sardines on it.
5. A: _____ Sandra allergic to fish?
B: _____. She doesn't have any problem eating fish.

F Complete each conversation with a suggestion using Why don't or Why doesn't.

1. A: I'm too tired to cook dinner tonight.
B: _____ go out to eat?
2. A: Mr. Lee's old van keeps breaking down.
B: _____ buy a new car?
3. A: My mother thinks the hotel room will be too small.
B: _____ reserve a suite?
4. A: That documentary was really long and boring!
B: _____ watch a comedy next time?

WRITING BOOSTER

A Circle the best subordinating conjunction to complete each sentence.

1. It's important to eat fruits and vegetables (because / unless / although) they are sources of vitamins and fiber.
2. You should avoid fatty foods and sweets (unless / even though / if) you're watching your weight.
3. On the Atkins Diet, you can eat butter (since / even though / unless) it has a lot of fat.
4. You'll love the new Argentinean steakhouse El Matador—(unless / if / because) you're a vegetarian.
5. (If / Since / Though) Hannah doesn't care for fish or seafood, we didn't go out for sushi.
6. (Because / If / Although) she's cutting back on sweets, Danielle had a piece of cake at the birthday party.
7. Kate is avoiding dairy products (even though / unless / because) they don't agree with her.
8. (Unless / If / Since) he has to stay up late studying, Andrew doesn't drink coffee.
9. (Although / If / Unless) children are taught to always "clean their plates," they may become overweight.
10. (Unless / Though / Because) it's difficult to change your habits, you can succeed by making one small change at a time.

B Think about your eating habits today and your eating habits when you were younger. Write six sentences: three about your eating habits now and three about how you used to eat. Use subordinating conjunctions.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

C On a separate sheet of paper, write a paragraph about how your eating habits have changed.