

A

Talking about types of food

Tom: Kids eat far too much **junk food**.

Lucy: Yeah, but it's hard to get them to eat **nourishing meals**¹. They think they're boring.

¹ meals which make you healthy and strong

Sergio: Have you tried the new supermarket yet?

Jim: Yes. The **fresh produce**² is excellent, and they have a big **organic food** section.

Sergio: Mm, yes. I actually think their **ready meals**³ are good too.

² foods produced from farming, e.g. dairy produce, agricultural produce; pronounced /'prɒdju:s/

³ meals already prepared or which just need to be heated quickly before eating

Liam: I can't believe **food additives**⁴ are good for our long-term health.

Ryan: No, and I think **processed foods**⁵ in general are probably bad for us, not to mention **GM foods**⁶!

⁴ substances added to food to improve its taste or appearance or to preserve it

⁵ foods which are changed or treated as part of an industrial operation

⁶ genetically modified foods

Stella: The restaurant was leaving **perishable food**⁷ lying round outside the fridge, and some people got **food poisoning**, so the authorities closed it down.

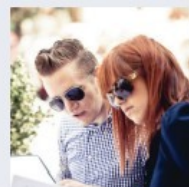
Jaxon: Oh dear.

⁷ food which goes bad quickly, e.g. cheese, fish

B

Eating and drinking

Eva and Leo are in the Old Port restaurant area looking for somewhere to eat.



OLD PORT

Whether it's a **light meal** or a **substantial**¹ **meal** you're looking for, whether you want a **slap-up meal**², a **gourmet**³ **meal** or just tasty, **home-cooked food**, there's something for everyone in the Old Port restaurant area. Enjoy good food in a pleasant setting.



¹ large ² unusually large and good

³ high-quality

Eva Let's find a café and have a **quick snack**. And I could really do with a **refreshing drink**.

Leo I'm **dying of hunger**! I need a **decent meal**.

Eva I know you have a **healthy appetite**, but you had a **hearty breakfast** only three hours ago! Well, how about having a **soft drink** and a bag of crisps now, and a proper lunch later?

Leo Crisps will only **spoil your appetite**. Look, this restaurant looks good and the **set menu** is **reasonably priced**. Let's go in.

Common mistakes

We say **international food/cuisine**, NOT ~~world-wide~~ food/cuisine. A Chinese/ Mexican/French **meal** is what you eat in a restaurant. When referring in general to the food of a country or culture we say Chinese/Mexican/French **food/cooking/cuisine**.

Exercises

22.1 Match the words on the left with their collocations on the right.

- | | |
|---------|-----------|
| 1 set | additives |
| 2 food | food |
| 3 junk | produce |
| 4 ready | menu |
| 5 fresh | meals |

22.2 Complete these sentences using the collocations from exercise 22.1 to fill the gaps.

- 1 such as artificial flavours and colouring can cause allergies.
- 2 may be unhealthy, but it's quick and easy and fills you up.
- 3 People who don't have much time to cook often buy from the supermarket.
- 4 It's always better to buy instead of canned or frozen foods.
- 5 The is usually cheaper than ordering dishes separately in a restaurant.

22.3 Read these remarks by different people, then answer the questions.

- Logan: I've got some cheese and milk. Is there a fridge here I could put them in?
Connor: I feel so hungry! I can't believe it!
Layla: I've been sick and my stomach is aching. Must be something I ate.
Michael: No matter how much I eat, I always want more.
Scarlett: All these vegetables have been grown without any chemicals at all.
Bella: I always enjoy my food and look forward to it.

	name
1 Who has organic food?	
2 Who has an insatiable appetite?	
3 Who has perishable food?	
4 Who has a healthy appetite?	
5 Who has food poisoning?	
6 Who is dying of hunger?	

22.4 Replace the underlined words with suitable collocations from the opposite page.

- 1 Foods which are changed or treated as part of an industrial operation may damage our health in the long term.
- 2 Some people always have three full, satisfying meals a day, but I prefer a large breakfast and then a small meal around midday and a more sizeable meal in the evening.
- 3 There are some overpriced restaurants in the city centre, but down at the beach, there are some nice, not too expensively priced ones.
- 4 On my birthday my parents took me out for a big, good meal. They wanted to go for a very high quality meal but I said I'd prefer something more ordinary.
- 5 Iced tea is a drink that cools you and makes you feel less tired on a hot day, and is probably better for you than non-alcoholic drinks such as cola or lemonade.
- 6 Let me take you out to dinner on your birthday. Or would you prefer a meal prepared at home? I could make dinner for you at my place.