

SUBJECT: The truth about food

Dzisiaj pracujemy na powyższej str (książka str 51 i 52):

I can use future time clauses to talk about future plans, predictions and conditions

1 In pairs, discuss whether you think the sentences are true or false. Then read **The truth about food** and check your ideas.

- 1 Carrots are better for your eyes than other vegetables.
- 2 Bananas give you more energy than sugar.
- 3 Breakfast is just as important as lunch and dinner.

THE TRUTH ABOUT FOOD



Has anybody ever said to you 'If you eat your carrots, you'll have better eyesight'? Well it's not really true. Carrots contain Vitamin A and this is important for healthy eyes. But lots of different fruit and vegetables contain Vitamin A. **As long as** you have a balanced diet, you'll get all the vitamins you need.

¹⁰ Another common belief is that you'll get more energy **if** you eat sugar. Actually, **when** you need an energy boost, a banana will work better than sugar. Sugar will give you a short boost.

¹⁵ However, **as soon as** it goes out of your bloodstream, you'll feel tired again.





Some people think that missing breakfast can help you lose weight. In fact, **if** you don't have a good breakfast, ²⁰ you'll probably feel hungry by mid-morning and eat fattening snacks. You won't lose weight successfully **unless** you eat three healthy meals a day.

2 Look at the sentences in the text with the conjunction in blue. Answer the questions.

- 1 Are the sentences about past, present or future events?
- 2 Which tense do you use after the conjunction?
- 3 Can you put the conjunction at the beginning as well as in the middle of the sentence?

3 Read the GRAMMAR FOCUS and check your answers in Exercise 2.

GRAMMAR FOCUS

Future time clauses

When you are talking about the future, you use the present tense after the conjunctions **if, when, unless, before, after, until, as soon as** and **as long as**.

As long as you have a balanced diet, you'll get all the vitamins you need.

You won't lose weight successfully unless you eat three healthy meals a day.

Materiał wyłącznie na użytek nauczyciela. Zabrania się kopiowania oraz dystrybuowania

MORE TRUTH ABOUT FOOD



Do you know the expression: 'If you ¹ **eat / eat** fish, you ² **are / 'll be** more intelligent'? Well, fish is certainly good for you, and it contains Omega 3 which is important for the brain. But fish won't make ⁵ you more intelligent unless you ³ **also study / 'll also study** a lot.

Some people say you'll live longer if you ⁴ **'ll eat / eat** chocolate. In fact, dark chocolate can be good for you. However, you won't live longer unless you ¹⁰ **'s have / 'll have** a healthy lifestyle and long living genes.



My granny used to say: 'As long as you ⁶ **'ll eat / eat** garlic, you ⁷ **won't get / don't get** a cold!' She was wrong. When you ⁸ **'ll cook / cook** with garlic, you'll certainly add flavour – however, garlic won't prevent ¹⁵ colds because colds are caused by viruses.

5 Choose an appropriate conjunction to complete the sentences. In each case, decide who is speaking: a parent (P) or a child (C)?

- 1 You won't get any ice cream **when / if / until** you finish your vegetables.
- 2 **As soon as / Unless / Before** this programme finishes, I promise I'll do my homework.
- 3 I'll lend you money **unless / as long as / until** you pay me back.
- 4 **Unless / If / As long as** you do some revision, you won't pass your exams.
- 5 Will you call me **as soon as / if / until** you get there?
- 6 We'll get a dog **before / when / if** you promise to look after it.

6 Complete the text with appropriate verb forms. Will you do similar things today after school?

As soon as I get home today

As soon as I ¹ **get** (get) home today, I ² _____ (have) a snack. Then, if there ³ _____ (not be) anybody at home I ⁴ _____ (watch) television for a bit. However, if my parents ⁵ _____ (be) at home, I ⁶ _____ (go) to my room. In my room, I'll switch on my computer and I ⁷ _____ (probably/listen) to music unless my friends ⁸ _____ (be) online. If my friends ⁹ _____ (be) online, I ¹⁰ _____ (chat) with them. When I ¹¹ _____ (finish) chatting, it ¹² _____ (probably/be) time for dinner. Finally, if there ¹³ _____ (not be) anything else to do, I ¹⁴ _____ (do) my homework.

7 Complete the sentences with your own ideas. Then compare with a partner.

- 1 When school finishes today, ...
When school finishes today, I'll go for a bike ride.
- 2 If it's raining at the weekend, ...
- 3 I'll always live in this area as long as ...
- 4 I'll stop studying English as soon as ...
- 5 I probably won't get a job until ...

SUBJECT: The truth about food

Dzisiaj pracujemy na powyższej str (książka str 52):

Matching

I can understand people talking about their diets

- In pairs, look at the photos in the leaflet and decide whether they show healthy or unhealthy diets.
- Take the *Healthy Diet Test* and compare your answers with a partner.

The Healthy Diet Test

Remember, the more ticks you get, the healthier you are!

- 1 I don't eat too much salt (e.g. in crisps and fast food).
- 2 I don't eat too much sugar (e.g. in sweets and fizzy drinks).
- 3 I am not a fussy eater.
- 4 I have a balanced diet – I eat a variety of different kinds of fresh food.
- 5 I eat fish at least once a week.
- 6 I don't eat red meat more than three times a week.
- 7 I feel well – I have plenty of energy.
- 8 I look well – my skin and my hair look healthy.

- CD-2.23 MP3-68** Listen to a nutritionist giving advice. Which statement in the *Healthy Diet Test* does she *not* mention at all?
- The nutritionist says 'A healthy meal is a colourful one'. How many different coloured fruit and vegetables can you think of? In pairs, make a list.

Yellow: banana, lemon, corn, ...
 Orange: mango, carrots, ...

EXAM FOCUS Matching

5 CD-2.24 MP3-69 Listen to four people talking about their diets. Match statements A–E with speakers 1–4. There is one extra statement.

- Speaker 1:
 Speaker 2:
 Speaker 3:
 Speaker 4:

The speaker's diet ...

- A is based on fresh local produce.
- B doesn't involve any cooking.
- C used to include lots of sweet things.
- D is based on Mediterranean produce.
- E changed when he/she was thirteen.

6 CD-2.24 MP3-69 Answer the questions. Is it speaker 1, 2, 3 or 4? Listen again and check.

- a Who couldn't become a vegetarian?
- b Who has a lot of energy?
- c Who supports animal rights?
- d Who rarely eats with his/her family?
- e Who doesn't use animal products?
- f Who has tried to give up eating dessert?

7 Answer the questions in Exercise 6 about your family and friends. Compare your answers with a partner.

PRONUNCIATION FOCUS

8 CD-2.25 MP3-70 Listen and repeat the words. Notice that the green vowels have the same sound in each group.

- 1 coffee orange cauliflower
- 2 beef beans _____
- 3 grapes cakes _____
- 4 banana avocado _____
- 5 cabbage spinach _____

9 CD-2.26 MP3-71 Add the words in the box to the correct group in Exercise 8. Then listen, check and repeat.

cauliflower lettuce potato
sardines tomato

WORD STORE 4E

10 CD-2.27 MP3-72 Complete WORD STORE 4E. In each case, put a tick to show which adjectives collocate with the nouns. Then listen, check and repeat.

Lesson 12

Subject: Easter

Proszę obejrzeć i zrobić poniższe quizy i zdjęciem wysłać mi wyniki:

<https://en.islcollective.com/video-lessons/the-easter-bunny>

<https://en.islcollective.com/video-lessons/british-easter-traditions-1>

Zad. 1.

Masz 5 kategorii, wpisz do nich wyrazy z ramki oraz dopisz 5 innych wyrazów.

Zad 2. Odpowiedz na pytania: (będziemy o tym rozmawiać na lekcji na Discordzie)

Zad. 3 Przeczytaj tekst i wybierz właściwa alternatywę.

Zad 4. Co to znaczy : Fussy eaters? I Czy ty byłaś Fussy eaters kiedy byłaś dzieckiem. Co lubiłaś jeść a czego nie. (**będziemy o tym rozmawiać na lekcji na Discordzie**)

Homework:
Ćwiczeniówka str 50

LESSON 8

30.03 – 03.04.2020

SUBJECT: Food- słownictwo

Dzisiaj pracujemy ze str 49 w książce.

Go to WORD STORE 4 page 9

WORD STORE 4A

7 **CD2-20 MP3-54** Complete WORD STORE 4A. Label the pictures with the words in red from the text. Then listen, check and repeat.

8 Add the words in WORD STORE 4A to an appropriate column in the table below. Then add two more food items to each column.

I often eat this	I sometimes eat this	I rarely or never eat this

9 In pairs, compare the food items you have listed in Exercise 8. Are your tastes in food similar or different?

WORD STORE 4B

10 **CD2-20 MP3-55** Complete WORD STORE 4B. Match underlined adjectives from the text with their antonyms. Then listen, check and repeat.

11 Complete the sentences with an adjective from WORD STORE 4B. Then tick the sentences that are true for you.

- I tried an Indian curry once. It was too spicy for me.
- My friend likes anything _____; she particularly loves ice cream and chocolate.
- The taste of dark chocolate or strong coffee is too _____ for me.
- If we have any old, _____ bread, we feed the birds.
- I've never tried sushi. I don't like _____ fish.
- I think _____ vegetables taste better than frozen or tinned vegetables.
- I don't like bananas that are too _____. I prefer them to be white and firm.

WORD STORE 4C

12 **CD2-21 MP3-56** Complete the table in WORD STORE 4C with the highlighted adjectives in the text. Then listen, check and repeat.

13 In pairs, list three food items you can describe with each adjective from WORD STORE 4C.

crispy > chips, fried bacon, ...

14 In pairs, you are going to write a menu for the most disgusting or delicious meal you can imagine.

- Think about some disgusting or delicious food.
- Use words in WORD STORE 4 A-C and your own ideas.
- Write a menu with a starter, a main course and a dessert.
- Who has the worst or best menu in the class?

WORD STORE 4D

15 **CD2-22 MP3-57** Complete WORD STORE 4D. Translate the Words for free. Then listen and repeat.

16 In pairs, write true example sentences for each of the Words for free.

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Zad 4. Przeczytaj i zaznacz True/ False

Zad 11 Uzupełnij tekst przymiotnikiem.

Homework:
Ćwiczeniówka str 51

LESSON 9

30.03 – 03.04.2020

SUBJECT: Food- Jedzenie Spotkanie na Discordzie

Bardzo proszę być obecnym na platformie Discord w piątek o godzinie 12.00. sprawdzimy wtedy tydzień pracy. Proszę przygotować odpowiedzi do zadań.