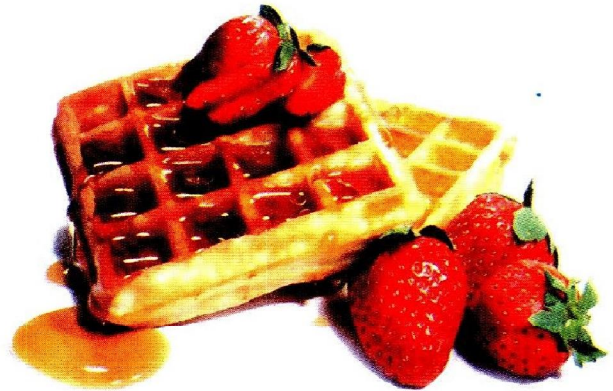


All About Food

UNIT
1



Getting Ready

Discuss the following questions with a partner.

- 1 What foods do you see in the pictures?
- 2 Which ones do you like? Which ones don't you like?
- 3 Do you like to cook? What dishes can you cook?

UNIT 1

CHAPTER 1 A Restaurant for Change

Before You Read

Learning to Cook



Reading Skill

Predicting

Before reading, good readers think about what they are going to read. And while reading, they think about what comes next. This helps them better understand what they are reading.

A Think about answers to the following questions.

- 1 What are some ways people learn how to cook?

- 2 Which of these ways would be useful for someone learning how to cook as a job?

B Discuss your answers with a partner.

A Look at the pictures and title of the passage on the next page. Then answer this question.

How can a restaurant change a person's life?

B Read paragraphs 1 and 2 in the passage. Then answer the following questions.

- 1 Were your predictions in A correct?
- 2 What kind of training do you think the young chefs at Fifteen get?

C Read paragraph 3 in the passage. Then answer the following questions.

- 1 Were your predictions in B correct?
- 2 Why do you think the restaurant is named Fifteen?

D Read the last paragraph in the passage. Was your prediction in C correct? Now read the entire passage carefully. Then answer the questions on page 14.

Factors of success. Successful readers read fluently. To be fluent, you should be able to read 200 words per minute with at least 70 percent comprehension. In this chapter, see if you can achieve this goal. Achieving the goal will contribute to your success.

A Restaurant for Change

1 Jamie Oliver wants to change peoples' lives and he is using food to do it. Oliver, a chef, is well-known for sharing his secrets of cooking **healthy** food through his magazine, cookbooks, and television shows. He is also
5 changing lives through his Italian restaurant, Fifteen.



2 Fifteen started in London, England, as a place to train young adults to work in a kitchen. Oliver's idea was to create a professional **kitchen** that can help young people get a fresh start and a chance to become professional chefs.

3 10 Every September, a new group of 18- to 24-year-olds start work at Fifteen. When **they** start, they are usually not **qualified** for a restaurant job, but that will change quickly. In the 12 months
15 of training, the student chefs study cooking at college and get **hands-on** training at the restaurant. Besides learning kitchen skills, they learn the importance of using fresh **ingredients** and how to create their own **recipes**.
20 And their education doesn't stop with preparing and **servng** food. The students also learn how to manage money and deal with difficult customers. Overall, the program **encourages** them to believe in themselves and enables them to look forward to a future in the restaurant business.



4 25 The restaurant's name, Fifteen, comes from the number of students the restaurant had when it started in 2002. Today, Oliver has three of these restaurants, and a few hundred students have finished the program. Around 90 percent of the graduates are still working in the food industry. Some own restaurants or work in some of the best kitchens around the world. Others are now starring in their own TV shows. They're all great examples of what young
30 people can do if they're given the opportunity and support.

Reading Comprehension

Check Your Understanding

A Choose the correct answers for the following questions.

- Jamie Oliver _____ the Fifteen restaurant.
a is a chef at
b is the owner of
c was a student at
- Oliver uses Fifteen to help young people _____.
a eat healthy food b find jobs c become rich
- In lines 12–13, *When they start, they are usually...*, who does **they** refer to?
a students at Fifteen b TV chefs c customers
- Today, most Fifteen graduates are working in the _____ industry.
a building b education c food

B Number these events (1–4) in the order they happen.

- _____ The student chefs graduate from their training.
- _____ The student chefs get hands-on training at a top restaurant.
- _____ In September, a new group of 18- to 24-year-olds start work.
- _____ The student chefs use their training to find jobs.

C Discuss the following questions with a partner.

- Jamie Oliver started Fifteen to help young people get a fresh start in their lives. How could restaurant training make a young person's life better?
- How does learning to manage money and difficult customers help someone in the restaurant business?



Critical Thinking

Vocabulary Comprehension

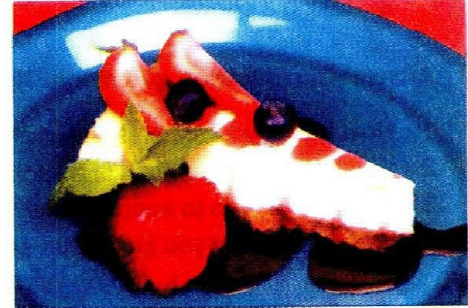
Words in Context

A Complete each sentence with the best answer. The words in blue are from the passage.

- Qualified people are usually _____ to work.
a trained b not trained
- The café near my home serves _____.
a good chefs b delicious food
- Which of these are **ingredients**?
a forks and spoons b carrots and tomatoes
- Since this is **hands-on** training, you'll need to _____.
a travel to the place b use your computer
- Our English teacher **encourages** us _____.
a to watch movies in English b not to do our homework
- Some examples of **healthy** foods are _____.
a french fries and potato chips b fruits and vegetables

Before You Read

Famous Treats



A Think about answers to the following questions.

- 1 Can you name the desserts above? Have you ever eaten them?
- 2 What are your favorite desserts? Can you make them at home?

B Discuss your answers with a partner.

Reading Skill

Scanning

Scanning is looking through a passage for information you need. For example, most people do not read a newspaper from beginning to end. They scan the headlines to find what they want to read. This saves time because you only read the information you want.

A Scan the passage on the next page. Then answer the following questions.

- 1 Find the list of things you need to make blueberry muffins. How many different ingredients are needed? _____
- 2 How many steps are there in making blueberry muffins? _____

B Which step of the recipe uses each of these things? Scan the passage again and write the number of the step.

- | | | | |
|---------------|-------|-----------------|-------|
| 1 salt | _____ | 3 egg | _____ |
| 2 blueberries | _____ | 4 cooking spray | _____ |

C Now read the entire passage carefully. Then answer the questions on page 18.

Let's Make Blueberry Muffins!

Muffins are pastries¹ that were first popular in England, Germany, and America in the 1800s. Today, muffins can be both sweet and savory.² Most people add fruit and vegetables to add flavor. These muffins are full of juicy blueberries and make a delicious breakfast meal.



Here's what you need:

1½ cups all-purpose flour
2 teaspoons baking powder
½ teaspoon salt
¾ cup white sugar
¼ cup butter
⅓ cup milk
1 large egg
2 teaspoons vanilla extract
1 cup fresh blueberries.

Makes 8 muffins

a muffin tin
an electric mixer
cooking spray

Step 1: Get the oven ready. _____

- 5 Heat the oven to 400°F (200°C) and **spray** the muffin tin with cooking spray.

Step 2: Mix the dry ingredients. _____

In a large bowl, **mix** the flour, baking powder, salt, and 1/2 cup sugar together with a fork. When the ingredients are mixed well, make a hole in the center.

Step 3: Brown the butter. _____

- 10 **Melt** the butter in a pan over medium heat. When the butter melts, use a spoon to stir it. The butter will start to brown and smell nutty. When this happens, take the butter away from the stove.

Step 4: Make the batter. _____

- Pour** the butter and the milk into the hole you made in the flour. Mix everything together with the electric mixer. **Add** the egg and keep mixing. Then, add the vanilla. Don't mix the batter
15 too much. A few lumps are OK. Add the blueberries and use a spoon to stir. Be careful not to squish³ the blueberries.

Step 5: Get ready to bake. _____

Pour the batter into each section of the muffin tin. Sprinkle⁴ the remaining sugar over each muffin.

Step 6: Bake it!

- 20 Bake for about 16 to 20 minutes. The tops of the muffins will be golden brown. **Check** that they're done by inserting a toothpick into the middle of the muffin. If it comes out with a few (quite dry) crumbs, they're ready. Let the muffins **cool** in the tin for a few minutes before serving.

¹ A **pastry** is a kind of sweet food made of flour, butter, and water, and baked in the oven.

² **Savory** food tastes salty or spicy, not sweet.

³ If you **squish** something, you press down on it, breaking it.

⁴ If you **sprinkle** something on something else, you put small pieces of it on the other thing.

Reading Comprehension

Check Your Understanding

A Choose the correct answers for the following questions.

- Which of these is NOT used in making blueberry muffins?
a bacon b butter c blueberries
- Which ingredient is melted?
a salt b butter c vanilla
- What ingredient goes on top of the muffins before baking?
a baking powder b vanilla c sugar
- How long it takes to make the muffins from start to finish?
a less than 16–20 mins b 16–20 mins c more than 16–20 mins

B Number the actions from the recipe in the correct order.

- _____ Melt the butter in a pan over medium heat.
- _____ Add the blueberries and use a spoon to stir.
- _____ Put the muffin tin in the oven.
- _____ Spray the muffin tin with cooking spray.
- _____ Mix the flour, baking powder, salt, and $\frac{1}{2}$ cup sugar.
- _____ Put a little sugar on top of the muffins.

C Discuss the following questions with a partner.

- What makes blueberry muffins healthy? What makes them unhealthy?
- How would you change this recipe to make it healthier?



Critical Thinking

Vocabulary Comprehension

Words in Context

A Complete the following sentences with the correct words from the box. The words are from the passage.

add	bake	cool	check
melt	mix	pour	spray

- You _____ an apple pie.
- You _____ the answer to a question.
- You _____ water into a glass.
- You _____ a wall with paint.
- You _____ yellow and red to get orange.
- You _____ chocolate over a fire.
- You _____ sugar to something to make it sweeter.
- You wait for hot soup to _____ before you drink it.

B Answer the following questions, then discuss your answers with a partner. The words in blue are from the passage.

- 1 What else can be melted?
- 2 How can you check if something is cooked properly?
- 3 What can you add to a dish to make it taste better?

A Look at the list of irregular verbs below. Write the simple past tense in the chart. Use your dictionary to help you. Can you think of two more?

Base form	Simple past	Base form	Simple past
break		have	
bring		keep	
buy		know	
come		lose	
cut		put	
do		ride	
eat		spread	
feel		take	
get			
go			

B Compare your list with a partner's. Do you notice any patterns in how any of these verbs are formed?

C Complete the following sentences with the correct form of the words from A.

- 1 Ken _____ a chocolate cake to my party. It was delicious!
- 2 Can I use your glass? Mine _____ yesterday.
- 3 Maria _____ into the kitchen to get something to drink.
- 4 My mother _____ me a new cell phone so I would call her more often.
- 5 I collected over 100 old newspapers off the street and I _____ them to the recycling center.
- 6 I _____ three pieces of candy last night. It's difficult to eat only one!

Vocabulary Skill

Irregular Past Tense Verbs

Regular verbs are formed in the past tense by adding *-ed* to the end of the verb; for example, *play/played*, *watch/watched*. Irregular verbs are not formed in this way; for example, *shut/shut*, *break/broke*. Many irregular verbs are very common, so it is important to know them.

irLanguage.com

Learning new vocabulary can be fun. Learning new vocabulary can be one of the most enjoyable parts of becoming a good reader. In addition to the vocabulary that is explicitly taught in this chapter, are there other words related to this topic that you would like to learn?

Real Life Skill

Reading Food Labels

In many countries, food labels give important information about what is in the foods we buy. Reading and understanding the labels can help you to eat more healthily.

A The words in **blue** are sometimes found on food labels. Write each word next to the correct definition.

The **ingredients** of onion soup are onions, butter, water, salt, and pepper.

Minerals like calcium are important for your body.

Additives are used to change the color or taste of a food.

Oranges contain **vitamin C**.

This bread contains **preservatives** so it stays fresh for a longer time.

That piece of cake had 129 **calories** in it.

- 1 things that your body needs, such as iron _____
- 2 B, C, and D are examples of these _____
- 3 these keep a food from going bad _____
- 4 things added to a food _____
- 5 the things used to make a food _____
- 6 units of energy in your food _____

B Read the labels for these food bars and complete the following sentences.

*No added sugar
No additives*

High protein
for an active life
Power up

**Lots of vitamins
and minerals,
and all the
energy you need!**

*The taste you
love...*

Chocoblock

**Ingredients: sugar,
honey, butter,
cocoa, peanuts,
salt, preservatives**

A complete meal—only
200 calories

**SLIM
QUICK**

Strawberry-yogurt flavor

Fiber and protein to help
you feel full longer—low
in calories to help you lose
weight faster!

- 1 A seven-year-old child would eat _____
because _____.
- 2 A person trying to lose weight would eat _____
because _____.
- 3 A football player would eat _____
because _____.



What do you think?

- 1 Do you think it is healthier to eat at home or at a restaurant? Why?
- 2 Should children and older people eat the same foods? How should our food choices change as we age?
- 3 Vegetarians (people who don't eat meat) are becoming more common in some countries. Why do you think this is?