

FOOD

VOCABULARY

WORDS

appetizer ⇒ a small amount of food eaten before a meal

We ordered a variety of appetizers to share.

artisan ⇒ a person skilled in making high-quality food products by hand

The bakery is known for its artisan breads, baked fresh daily.

cuisine ⇒ a style or method of cooking, especially as characteristic of a particular country or region

Italian cuisine is known for its pasta and pizza dishes.

dine ⇒ to eat dinner

We like to dine out on special occasions.

garnish ⇒ a small amount of food used to decorate or add flavour to a dish

She garnished the soup with fresh parsley before serving.

infusion ⇒ the process of extracting flavours by soaking ingredients in a liquid

Herbal teas are made by the infusion of herbs in hot water.

marinate ⇒ to soak food in a seasoned liquid before cooking to add flavour or tenderness

I like to marinate chicken in lemon juice and herbs before grilling it.

nutrition ⇒ the process of providing or obtaining the food necessary for health and growth

Good nutrition is essential for maintaining energy throughout the day.

- **nutrient** ⇒ a substance that plants, animals, and people need to live and grow

Fruits and vegetables are rich in essential nutrients.

savoury ⇒ having a salty or spicy flavour, rather than sweet

Savoury snacks like pretzels and chips are popular at parties.

- **savour** ⇒ to enjoy or appreciate something fully, often by taking your time

She took a moment to savour the rich flavours of the chocolate cake.

seasoning ⇒ salt, herbs or spices added to food to enhance its flavour

A pinch of salt is all the seasoning you need for this dish.

PHRASES/IDIOMS

A piece of cake ⇒ something very easy to do

The exam was a piece of cake; I finished it in half an hour.

Cherry on top ⇒ something extra that makes a good situation even better

The free tickets to the concert were the cherry on top of a perfect day.

Couch potato ⇒ someone who spends a lot of time sitting and watching TV

He's become a real couch potato since he started working from home.

In a pickle ⇒ in a difficult or troublesome situation

She was in a pickle when she lost her passport abroad.

Not my cup of tea ⇒ something that one does not like or is not interested in

Heavy metal music is not my cup of tea.

Spill the beans ⇒ to reveal a secret or disclose something confidential

Come on, spill the beans! What did you get for the surprise party?

VOCABULARY

CHEESE TALK

accidentally/by chance ⇨ случайно

I accidentally met an old friend at the supermarket.

ancient ⇨ древний

They found ancient artifacts buried in the desert.

contain ⇨ содержать

This drink contains natural ingredients only.

cultivate ⇨ культивировать

Farmers cultivate crops to feed their communities.

curd ⇨ творог

Curd is often used in traditional dishes across many cultures.

discover ⇨ обнаружить

Scientists discovered a new species of bird in the rainforest.

drain ⇨ осушать/процеживать (дренаж)

After boiling the pasta, drain the water from the pot.

fairly ⇨ весьма/довольно

The exam was fairly difficult, but everyone managed to pass.

fermentation ⇨ ферментация

Fermentation is a key process in making yogurt and cheese.

likely/probably ⇨ вероятно

It's likely to rain tomorrow, so bring an umbrella.

liquid ⇨ жидкость

Water is a liquid that is essential for life.

release ⇨ выпускать

The company will release a new smartphone next month.

remove ⇨ удалять/снимать

Please remove your shoes before entering the house.

ripe/mature ⇨ спелый/зрелый

The apple is ripe enough to eat now.

scientific ⇨ научный

He published a scientific paper on climate change.

several ⇨ несколько

She bought several books on art and history.

solid substance ⇨ твердое вещество

Ice is a solid substance formed from water.

VOCABULARY

GERMANY'S BUG BURGERS

acquaintance ⇨ знакомство/знакомый

I met an old acquaintance at the coffee shop yesterday.

blessed ⇨ благословенный

She felt blessed to have such a loving family.

breeder ⇒ ЗАВОДЧИК

The dog breeder had a new litter of puppies this spring.

○ **breeding** ⇒ РАЗВЕДЕНИЕ

They are breeding horses on the farm.

cattle ⇒ КРУПНЫЙ РОГАТЫЙ СКОТ

The rancher owns a large herd of cattle.

consist ⇒ СОСТОЯТЬ

The cake consists of flour, sugar, and eggs.

consumption ⇒ ПОТРЕБЛЕНИЕ

The consumption of sugar has increased over the years.

○ **consumer** ⇒ ПОТРЕБИТЕЛЬ

The consumer bought fresh vegetables at the market.

cumin ⇒ ТМИН

She added cumin to the soup for extra flavour.

darkling beetle ⇒ ЧЕРНОТЕЛКА

The darkling beetle is commonly found in dry climates.

dried out ⇒ ВЫСУШЕННЫЙ

The flowers dried out after a week without water.

edible ⇒ СЪЕДОБНЫЙ

Are these mushrooms edible?

emission ⇒ ВЫБРОСЫ

Car emissions contribute to air pollution.

encounter ⇒ СТАЛКИВАТЬСЯ

I encountered a bear while hiking in the forest.

feed ⇒ КОРМИТЬ

Please feed the cat while I'm away.

flash-frozen ⇒ МГНОВЕННО ЗАМОРОЖЕННЫЙ

The vegetables are flash-frozen to keep them fresh.

fraction ⇒ ДОЛЯ/ЧАСТЬ

Only a small fraction of the population speaks this language.

glance ⇒ ВЗГЛЯНУТЬ МЕЛЬКОМ

He took a quick glance at his watch.

grain ⇒ ЗЕРНО

Farmers harvested the grain in late summer.

ground-up ⇒ ИЗМЕЛЬЧЕННЫЙ

The recipe calls for ground-up almonds.

harvest ⇒ УРОЖАЙ

The corn harvest begins in September.

in the meantime ⇒ В ЭТО ВРЕМЯ

Dinner will be ready in an hour; in the meantime, let's relax.

insect larvae ⇒ ЛИЧИНКИ НАСЕКОМЫХ

The fish ate the insect larvae in the pond.

mainly ⇒ В ОСНОВНОМ

This park is mainly used by families.

manufacture ⇒ ПРОИЗВОДСТВО

They manufacture cars in that factory.

- o **manufacturer** ⇒ производитель
The manufacturer released a new smartphone model.

meal worms ⇒ мучные черви
Some birds enjoy eating meal worms.

patties ⇒ котлеты
She cooked the hamburger patties on the grill.

require ⇒ требовать
This job requires good communication skills.

recently ⇒ недавно
I recently moved to a new city.

VOCABULARY

RESTAURANT REVIEWS

access ⇒ доступ
You need a password to access the website.

ale ⇒ эль
He ordered a cold ale at the pub.

avoid ⇒ избегать
I try to avoid junk food.

- o **to avoid something at all costs** = regardless of any cost or effort involved ⇒ избегать что-то любой ценой
She wanted to avoid the traffic at all costs.

clumsily ⇒ неуклюже
He clumsily dropped the glass on the floor.

complain ⇒ жаловаться
She likes to complain about the weather.

considerably ⇒ значительно
The price has increased considerably this year.

- o **to take into consideration** ⇒ брать в учёт/иметь в виду
We need to take into consideration everyone's opinions.

conventional ⇒ традиционный/общепринятый
They had a conventional wedding with many guests.

crisp batter ⇒ хрустящее тесто
The fish was served with a crisp batter.

daily basis ⇒ ежедневно
I exercise on a daily basis.

decent ⇒ приличный
He found a decent job after college.

delighted ⇒ получивший удовольствие
She was delighted to see her friends again.

disabled ⇒ неполноценный/люди с ограниченными возможностями
The park has special paths for disabled people.

diverse ⇒ разнообразный
The city has a diverse population.

end up ⇒ завершить/оказаться

If you keep driving, you might end up lost.

enhance ⇒ усиливать

The new features enhance the app's usability.

even though ⇒ несмотря на то

Even though it was raining, we went for a walk.

exceptionally ⇒ исключительно

She is exceptionally talented in music.

extensive ⇒ обширный

He has extensive knowledge of history.

good value for money ⇒ хорошее соотношение цены и качества

This hotel offers good value for money.

gravy ⇒ подливка

I like to put gravy on my mashed potatoes.

greet ⇒ приветствовать

He always greets his neighbours with a smile.

heat ⇒ подогревать

Please heat the soup before serving it.

impression ⇒ впечатление

She made a good impression at the interview.

journey ⇒ путешествие

The journey to the mountain took three hours.

justify ⇒ оправдывать

He tried to justify his decision to leave early.

○ **the cost is not justified** ⇒ стоимость не оправдана

The cost of the ticket is not justified for such a short event.

literally ⇒ буквально

I was literally frozen with fear during the movie.

mouth-watering ⇒ слюнки текут

The cake looked mouth-watering.

nevertheless ⇒ тем не менее

It was cold; nevertheless, we went for a swim.

note down ⇒ записывать

Please note down the important points.

partial ⇒ частичный

The report was only a partial overview of the project.

pass by ⇒ проходить мимо

I saw her pass by the window.

passing trade ⇒ попутная торговля

The shop relies on passing trade for customers.

pick up = lift ⇒ подобрать

Can you pick up that box for me?

pitiful ⇒ жалкий

His excuses were pitiful and not convincing.

pop in ⇒ заходить/заскочить

I'll pop in to see you later.

propose ⇒ предложить

He plans to propose to her next month.

reason ⇒ причина/решать/рассуждать

The reason for his absence was unclear.

○ **reasonably** ⇒ разумно

The price is reasonably low for such quality.

refund = compensation ⇒ возврат/возмещение

I asked for a refund for the faulty product.

regrettably ⇒ к сожалению

Regrettably, we can't attend the party.

rug = carpet ⇒ ковёр

The living room has a beautiful rug.

serve ⇒ обслуживать

They serve breakfast until 11 AM.

spouse ⇒ супруг

My spouse and I love to travel together.

stand out ⇒ выделяться

Her bright dress made her stand out in the crowd.

steep ⇒ отвесный/крутой

The hill was too steep to climb.

superb ⇒ превосходно

The meal was superb and very delicious.

swear ⇒ клясться/ругаться

He tends to swear when he's angry.

○ **to swear under someone's breath** ⇒ выругаться себе под нос

He swore under his breath when he dropped his phone.

tempting ⇒ заманчиво

The dessert looked very tempting.

to be worth it ⇒ стоить чего-либо

The trip was long, but it was worth it.

ultimately ⇒ в конечном счете/в итоге

Ultimately, the decision is yours to make.

upsetting ⇒ расстраивает

It was upsetting to hear the bad news.

utterly ⇒ крайне

I was utterly shocked by the results.

whereas ⇒ тогда как/в то время как

She loves tea, whereas I prefer coffee.

without a doubt ⇒ без сомнения

He is, without a doubt, the best player on the team.

worn = tattered ⇒ изношенный

The old book had a worn cover.

authentic ⇒ **подлинный** (genuine or real, not false or imitation)

The museum displayed an authentic painting by Van Gogh.

explore ⇒ **исследовать** (to investigate or travel through a place or subject in order to learn more about it)

They decided to explore the ancient ruins during their vacation.

gentle ⇒ **нежный** (kind and mild in manner or approach, not harsh or severe)

The gentle breeze was perfect for a walk along the beach.

simmer ⇒ **томиться, кипеть на медленном огне**

Let the soup simmer on low heat for 20 minutes to bring out all the flavours.

VOCABULARY

FOOD PROBLEMS AND IMPACT

amount ⇒ **количество**

The amount of water we have is very low.

distribute ⇒ **распространять**

The teacher will distribute the books to the students.

droughts ⇒ **засухи**

Many crops die during long droughts.

ensure ⇒ **гарантировать**

We must ensure everyone has clean drinking water.

issue ⇒ **проблема**

Air pollution is a big issue in many cities.

malnutrition ⇒ **недоедание**

Children with malnutrition often feel weak and tired.

nutrition ⇒ **питание**

Good nutrition helps us stay healthy.

obesity ⇒ **ожирение**

Obesity can cause health problems.

poverty ⇒ **бедность**

Many families in poverty struggle to buy food.

reduction ⇒ **снижение**

There has been a reduction in pollution this year.

sustainability ⇒ **экологический образ жизни/устойчивость**

Sustainability means using resources in a way that doesn't harm the planet.

yields ⇒ **урожайность**

Farmers hope for good yields this harvest season.

VOCABULARY

THE HARVEST

ancestors ⇒ **предки**

Our ancestors' traditions are still important today.

approach ⇒ **приближаться**

We need to approach the problem carefully.

field ⇒ поле

Farmers work in the field all day long.

rotate ⇒ вращать(ся)

The Earth rotates on its axis.

struggle ⇒ бороться / испытывать трудности

They struggled to find food during the drought.

survive ⇒ выживать

Animals adapt to survive in harsh conditions.

village ⇒ деревня

My grandparents live in a small village.



LISTENING

CHEESE TALK

Listen to a person giving a talk about Cheese and how it is made.

TASK 1

Choose whether the statement is true or false.

	T	F
1. Cheese was first made more than 3,000 years ago.	<input type="checkbox"/>	<input type="checkbox"/>
2. Cheese contains vitamins.	<input type="checkbox"/>	<input type="checkbox"/>
3. Most cheese in America is made from goat's milk.	<input type="checkbox"/>	<input type="checkbox"/>
4. Cheese does not contain any water.	<input type="checkbox"/>	<input type="checkbox"/>
5. Fermentation is a process to produce cheese.	<input type="checkbox"/>	<input type="checkbox"/>
6. Cheese making process was likely discovered accidentally.	<input type="checkbox"/>	<input type="checkbox"/>
7. Pasteurized milk contains bacteria.	<input type="checkbox"/>	<input type="checkbox"/>
8. The bacteria cultures never release carbon dioxide.	<input type="checkbox"/>	<input type="checkbox"/>
9. Curd is a liquid.	<input type="checkbox"/>	<input type="checkbox"/>
10. Curd forms the basis of the cheese.	<input type="checkbox"/>	<input type="checkbox"/>

TASK 2

Number the steps from №1 to №6.

- № ___ The milk forms a solid substance.
№ ___ Specially cultivated bacteria are added to the milk.
№ ___ The cheese is ready once the substance is dried.
№ ___ The milk is heated to remove all bacteria.
№ ___ The curd is removed and drained.
№ ___ The milk is kept warm to help the cultures grow.

GERMANY'S BUG BURGERS

Watch the VIDEO about Burgers made of insects.
<https://www.youtube.com/watch?v=5eibeYxRt5w>

TASK 1

Match the words that go together.

- meat
- insect
- meal-
- human
- sustainable
- only
- to encounter
- spice
- cattle
- the idea
- consumption
- the lifestyle
- patty
- feed
- a fraction
- larvae
- mixture
- worms
- source of energy

- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____

- to adopt

TASK 2

Choose the correct answer.

1. What is special about the Bug Burger? ____
 - A. Half of the patty is made of ground insect larvae
 - B. It has no meat, only vegetables
 - C. It is fully made of insects larvae
 - D. It's a traditional burger with extra spices
 - E. It's more than 50% plant-based
2. The student who tries the burger ____.
 - A. comments that it looks just as an ordinary hamburger
 - B. has some friends who would love the taste of it
 - C. notes that it's appearance seems old and out of date
 - D. says that it is fantastic
 - E. thinks it is alright
3. What is the origin of the main ingredient in the burger? ____, ____
 - A. A mixture of mealworms and crickets
 - B. Ground mealworms from the darkling beetle
 - C. Insects that are used by different kind of industries
 - D. Insects that come from dead animals
 - E. Lesser mealworms
 - F. Ordinary beetles that are farmed
4. How long have insect manufacturers been operating? ____
 - A. Four years
 - B. Over a decade
 - C. Nearly forty years
 - D. Two hundred years
 - E. They have just recently started breeding insects
5. What does plant manager say about eating insects in Europe? ____
 - A. In Europe around 2 million people eat insects every day
 - B. Insect dishes will be banned for safety concerns
 - C. Insect food is quite famous among Europeans
 - D. Insects will become a common ingredient in foods within five years
 - E. Very few people around the world eat insects
6. These worms ____.
 - A. are 3 times more useful than protein
 - B. are frozen before being sold to customers
 - C. contain 15% protein
 - D. contain more than 50% water
 - E. require a lot of water
7. The founders of the company ____.
 - A. did not think that their business was such a great idea
 - B. earn almost 10 000 euros a month for selling insects
 - C. learned about eating insects during their trip
 - D. started to employ a lot of people
 - E. wanted to try those bug burgers immediately
8. The development of their patties ____.

- A. costs between 12 and 17 euros
 - B. has a huge impact on the environment already
 - C. involves secret ingredient
 - D. took them less than a year
 - E. was inspired by developing countries as a role model
9. What do the founders hope for with their burger? ____
- A. Developing countries will fully adopt McDonald's lifestyle of the western culture
 - B. It will help bring back traditional beef burgers
 - C. It will lead to higher meat consumption
 - D. It will lower the need for traditional meat
 - E. People will eat more grain
 - F. Western countries will start eating insects to fit developing countries lifestyle
10. What future change is expected in Germany concerning insect food products? ____
- A. Insect-based products will be illegal completely
 - B. Only certain types of insects will be allowed in food
 - C. Only few restaurants will sell these burgers
 - D. Restaurants will need special permits for insect dishes
 - E. Selling insect food will be allowed starting next year
- 

RESTAURANT REVIEWS

Read the text below. Read restaurant reviews from five different clients.

#1: We stopped here for dinner during a long family cruise. My spouse ordered the lasagne, whereas I went with a steak and ale pie. We waited over forty minutes for our food, but when my pie finally arrived, it was chicken and mushroom. After they brought the correct pie, I picked up the gravy and found that it was totally cold. I went to the bar and asked for it to be heated. When I proposed that we should get a partial refund for all our troubles, the barman swore under his breath. By the time I finally started eating, my wife had already finished her meal. Avoid this eatery at all costs.

#2: We decided to come here for our Sunday lunch. Honestly, the prices were a bit steep, but we reasoned that if the food was good enough, money would be worth it. Regrettably, we were disappointed. Our sausages were utterly burnt and so dry that we could not even cut them in half. My partner's pork was even worse. Without a doubt, the cost was not justified. The place was not even pleasant enough to spend afternoon. The walls needed re-painting, the chairs were uncomfortable and the rug was old-fashioned and worn. Exceptionally upsetting.

#3: We were passing by and felt hungry, so we stopped here for a meal. Our impressions of the extensive menu and the wide selection of beers were enhanced by the warm welcome we received when we entered. The dishes were mostly traditional, and not very bold nor unique. The menu was decent, reasonably priced and well presented. We were served quickly, taking into consideration there were eight of us. The staff were so well-mannered. Overall, it was good value for money. We would definitely come here again.

#4: We popped in, since the pub looked very tempting from the outside, with a large car park, disabled access and an attractive garden. Location on the main road draws a lot of passing trade, but I would not come here on a daily basis, even if I was local. Even though the prices were typical, we did not get much for our money. My garlic mushrooms were literally that - three small mushrooms with a dry salad, the kind you get from a bag. For the main course we ordered fish and chips, and my fish was considerably smaller than my husband's. When we complained, we were not offered a compensation nor at least a new piece of fish. There are better places to eat in the area.

#5: We ended up at this restaurant for our Sunday brunch, because the pub we were going to eat at had failed to note down our reservation. Nevertheless, ultimately we felt very delighted about this error. We were greeted by a friendly young lady behind the bar, who allowed us to sample a few of the beers before we made our final choices. I ordered fish and chips. The fish was fresh and served in a lovely, crisp batter. My friends were also very happy with their roast dinners. The desserts were mouth-watering. In general, the superb service and friendliness of all the staff made this visit to stand out.

TASK 1

Match words with their synonyms.

WORDS	SYNONYM
1. attractive	<input type="checkbox"/> adventurous
2. bold	<input type="checkbox"/> at the end
3. completely	<input type="checkbox"/> charming
4. conventional	<input type="checkbox"/> cruise/trip
5. delicious	<input type="checkbox"/> daily basis
6. disappointing	<input type="checkbox"/> delighted
7. diverse	<input type="checkbox"/> excellent
8. eatery	<input type="checkbox"/> mouth-watering
9. held up	<input type="checkbox"/> present
	<input type="checkbox"/> restaurant

- 10. journey
- 11. pleased
- 12. polite
- 13. regrettably
- 14. regularly
- 15. serve
- 16. superb
- 17. to pop in
- 18. ultimately
- 19. worn

- tattered
- to visit briefly
- totally
- traditional
- unfortunately
- upsetting
- varied
- wait
- well-mannered

TASK 2

Choose the correct client for each comment.

- " The pub's inside was not charming. # ___
- " The staff was rude and disrespectful. # ___
- " The menu was diverse. # ___ # ___
- " The menu was conventional. # ___
- " The food sizes were very poor. # ___
- " The food was well-priced. # ___
- " The food was pitiful value for money. # ___ # ___
- " The food was well-prepared and delicious. # ___
- " The food was clumsily presented. # ___
- " The client asked for part of their money back. # ___

CULINARY JOURNEY

Read the text below.

One summer, Maria decided to travel to Italy to experience its famous cuisine. She was excited to try authentic Italian dishes like pasta, pizza and gelato. On her first night, she went to a small restaurant in Rome. The waiter suggested starting with an appetizer, so she ordered bruschetta. As she waited, the smell of fresh tomatoes, garlic and basil filled the air.

When her food arrived, it was just as she imagined, mouth-watering and beautifully garnished with herbs. She savoured every bite. Next, she ordered handmade pasta with a rich tomato sauce. The waiter explained that the chef used artisan methods to make the pasta, and the sauce had been simmering for hours to release its flavours.

The next day, Maria decided to explore a small village by the sea. By chance, she found a hidden family-owned restaurant. The owner invited her in and served fresh fish that had been marinated with lemon and olive oil. It was the best seafood she had ever tasted. As she dined, the gentle sound of the waves and the view of the sunset made the moment unforgettable.

On her way back, Maria couldn't stop thinking about how food was such an important part of Italian culture. Every dish told a story, and her journey was filled with these delicious memories.

TASK 1

Complete the sentences with the correct words from the text.

1. She ordered bruschetta, which was _____ with herbs.
2. Maria _____ every bite of her food.
3. The pasta was made using _____ methods.

4. Maria was excited to experience Italy's famous _____.
5. At the family-owned _____, Maria was served fresh fish.
6. The fish was _____ with lemon and olive oil.
7. The sauce had been simmering for hours to release its _____.
8. The gentle sound of the waves made the moment _____.
9. Every dish told a story during Maria's food _____.
10. She enjoyed trying different Italian _____ like pizza and pasta.



FAVOURITE FAMILY RECIPE

Write an informal letter about your favourite family recipe. It might be famous Grandma's pie or delicious Christmas muffins you bake yourself. Share your thoughts on what the ingredients list is composed of and steps to prepare the dish. Use 20 words from the Vocabulary.

STRUCTURE OF LAYOUT

1. GREETING/SALUTATION

Start with a friendly greeting appropriate for the person you're writing to. For example:

Hi [Name],

2. INTRODUCTION

Briefly introduce the purpose of your letter. Mention that you are writing to share your favourite family recipe and why it is special to you.

I hope you're doing well! I wanted to share with you one of my all-time favourite family recipes that's been passed down through generations in our family.

3. DESCRIPTION OF THE RECIPE

3.1. Clearly state the name of the dish.

The dish I'm talking about is our traditional [name of the dish].

3.2. List the ingredients needed, but in a conversational tone rather than a formal list.

You'll need some basic ingredients like [ingredient 1], [ingredient 2], and of course, our secret ingredient: [special ingredient].

3.3. Describe how to prepare the dish. Keep the steps clear and concise, but allow some personal touches to show how you or your family make it unique.

First, you'll need to [step 1]. Then, make sure to [step 2], and don't forget to [step 3]—this is what makes the dish really special!

4. PERSONAL CONNECTION

Explain why this recipe is important to you and your family. Share a memory or story associated with the dish.

This recipe is close to my heart because my grandmother used to make it every Sunday. It always reminds me of family gatherings and the warmth of home.

5. CONCLUSION

Summarize your thoughts, express hope that the reader will try the recipe, and offer to share more if they're interested.

I hope you get a chance to try this recipe - I'm sure you'll love it as much as we do! Let me know how it turns out, or if you want more recipes, I'm happy to share.

6. SIGN-OFF

End with a friendly closing.

Take care/Best wishes/Warm regards, [Your Name].

RECOMMENDATIONS

- ✓ **TONE AND REGISTER** - Ensure the tone is informal, friendly, and warm. Use contractions (e.g., *I'm*, *you'll*) and colloquial expressions to maintain an informal style.
- ✓ **CONTENT** - Address all parts of the task. Make sure you describe the recipe in enough detail, share why it is special, and engage the reader with a personal touch.
- ✓ **ORGANISATION** - Follow a logical structure with clear paragraphs. Each section of your letter (introduction, recipe description, personal connection, and conclusion) should be distinct yet connected smoothly.
- ✓ **LANGUAGE USE** - Use varied vocabulary and sentence structures to keep the letter interesting. Incorporate idiomatic expressions or phrases that fit the informal style.
- ✓ **ACCURACY** - Pay attention to grammar, spelling, and punctuation.
- ✓ **LENGTH** - Keep within the word count limit of 140-190 words. Don't make it too short or too long.

CULTURAL FOOD TOUR

Write a plan for a food tour to introduce people to different cuisines around the world.
Use the words from the vocabulary to describe the following:

CUISINE

Choose three countries and describe one traditional dish from each. Be sure to mention:

- ✓ What is served as an appetizer?
- ✓ What seasoning or special garnish is used?
- ✓ How the food is prepared (Is it marinated, cooked with artisan methods, etc.)?

NUTRITION

Explain the nutritional value of the dishes you selected.

- ✓ Do they contain good sources of proteins, carbohydrates or other important nutrients?
- ✓ How do these dishes contribute to healthy eating habits?

DINING EXPERIENCE

Describe the atmosphere of the places where people would dine.

- ✓ Will it be a fancy restaurant, a family-owned small café or a street food stand?
- ✓ How do these environments enhance the cultural experience?

SPEAKING

NUTRITION

TASK 1

Compare and contrast the pictures.



- What type of food do you usually eat?
- Do you think your diet is healthy? Why or why not?

TASK 2

Talk about the statement for no longer than 2 minutes. Mention your own examples and experiences.

"You are what you eat."

- What do you think this statement means?
- Do you agree? Why or why not?

TASK 3

Answer the questions in the monologue style.

1. Are there any foods which you enjoy but try to avoid? Why do you try not to eat those things?
2. How often do you eat fast food? Do you think that is okay?
3. How often do you buy organic food? Why not more often?
4. Do you have a sweet tooth? What kind of sweet foods do you like?
5. Are there any foods you can't eat? Is it difficult to avoid them?
6. Have you tried any unusual foods recently? What was unusual about it?

THE BURGER BLUNDER

In pairs, imagine that one person is a restaurant manager and the other is an angry customer. The customer unknowingly ordered a "bug burger," which is made using insect protein as a sustainable and eco-friendly alternative to traditional meat. However, the customer wasn't informed about this when they placed the order, and now they are furious after discovering the ingredients. The restaurant manager must handle the situation calmly and professionally, while the customer expresses their frustration.

RESTAURANT MANAGER

Apologise and take responsibility for the misunderstanding, while trying to explain the concept of the bug burger in a way that is respectful and calm.

"I am so sorry about the confusion. We should have been clearer about the ingredients on the menu. I understand your reaction completely."

"The bug burger is part of our sustainable menu options, as insect protein is highly nutritious and environmentally friendly, but I realize that isn't something everyone is comfortable with."

Offer solutions, such as replacing the meal, providing compensation, or offering more information about why the restaurant uses insect protein.

"I'd be happy to replace your meal with something else, or offer you a refund. We deeply apologize for the misunderstanding."

Stay professional and empathetic throughout the conversation, and try to de-escalate the situation.

CUSTOMER

Express your shock and anger after realizing the burger contained insects, something you were not comfortable eating.

"I cannot believe I just ate a burger made of insects! I would have never ordered it if I had known. How could you not tell me?!"

"You need to explain how something like this happens. I feel tricked, and I'm disgusted!"

Demand answers: Why weren't you informed? How could the restaurant serve such a dish without warning?

"What are you going to do about this? I want my money back, and honestly, I'm thinking of never coming here again."

Feel free to be dramatic, but be open to hearing the manager's response, even if you're not ready to forgive easily.

OUTCOME: At the end of the role-play, the angry customer should decide whether they are satisfied with the manager's response and solution. The manager should aim to retain the customer's trust, and perhaps turn this unfortunate event into an opportunity to promote the restaurant's eco-friendly initiatives more clearly in the future.

FOOD PROBLEMS AND IMPACT

Read the text below and form a word that fits each gap, using the word given in brackets.

Food-related problems are significant issues in our world today. One major problem is ¹ _____ (hungry). Many people do not have enough food to eat, especially in ² _____ (poverty) countries. Malnutrition is another serious issue, where people do not get the right balance of ³ _____ (nutrition) from their diet, leading to health problems. Another issue is food waste. In many parts of the world, large amounts of food are ⁴ _____ (throw) away every day. This happens in homes, restaurants, and supermarkets. ⁵ _____ (reduction) food waste could help feed more people and protect the environment. Climate change also affects food ⁶ _____ (produce). Changes in weather patterns can lead to poor crop yields and droughts. This makes it harder for farmers to grow enough food. Additionally, the ⁷ _____ (usage) of pesticides and other chemicals in farming can harm the environment and health. Obesity is a problem in many ⁸ _____ (develop) countries, where people consume too much food, especially unhealthy food high in sugar and fat. This can lead to health issues like diabetes and heart disease. To address these problems, we need better food ⁹ _____ (distribute), less waste and more ¹⁰ _____ (sustainability) farming practices. Education about healthy eating is also important to ensure everyone gets the nutrients they need.

THE HARVEST

Read the text below and think of the word which best fits each gap. Use only one word in each gap.

Jacob was a hardworking farmer living ¹ _____ a small village. Each year, he carefully planted his crops, hoping ² _____ a good harvest. His land mainly grew wheat, and the rich soil always ensured a decent yield. However, this year was different. A long drought had dried ³ _____ his fields, and the crops were struggling to survive.

One day, while checking his fields, Jacob met an old farmer passing ⁴ _____. The old man shared an ancient farming technique he had learned ⁵ _____ his ancestors. "You need to save the little water you have by using a special drain system and rotating your crops," he explained. Jacob had never heard ⁶ _____ this method, but he decided to try it.

The results were surprising. His wheat began to grow ⁷ _____ stronger, and he noticed his other crops were healthier too. As harvest time approached, Jacob saw that his fields were greener than they had been in years. The crop yield was exceptional, even ⁸ _____ less water.

Jacob realised that modern farming wasn't just about planting and hoping for rain. It required knowledge, planning and careful use ⁹ _____ resources. His encounter with the old farmer had not ¹⁰ _____ saved his crops but also taught him the importance of sustainable farming. His small harvest became the talk of the village, and other farmers soon visited Jacob to learn his secret. That year, Jacob's crops didn't just bring food - they brought hope.