

UNIT 4

EAT WELL! FEEL GOOD!

A. What to eat

Task 1

Before you read on, ask each other in pairs.

1. Where do you meet with your friends after school?
2. Do you ever go to cafeterias?
3. How often do you go there?

Task 2

Read the dialogue below to find out where the TEE students and their teacher are.

Tony, Harry, Elena, Gina, George, Nick and their teacher, Miss Anna Stratou, are at a cafeteria in a nearby town during a school outing.

Nick: I'm hungry and thirsty. It's time we ate and drank something.
Elena: Me too.
Harry: It's a lovely cafeteria.
Miss Anna: Let's have a look at the menu.
Gina: I need to drink something.
George: I'd like an ice-cream.
Miss Anna: Let me see. What shall I have?
Tony: Why don't you try a fruit cocktail, Miss?
Miss Anna: Shall I? Do you want something Harry? What will you have Nick?
Nick: I'll have pizza ...
Elena: Er... the quarter pizza, or how do you call it?
Miss Anna: What quarter pizza?
Nick: No, Miss. Not a quarter. She means the "Quattro Stagioni" pizza I prepare myself!
Miss Anna: Do you? That's very interesting. Will you bring the recipe to class tomorrow, please?
Nick: Yes, Miss. I'll be happy to do this.
They are all busy reading the menu.
Miss Anna: Are you ready? Let's call the waitress. Waitress!
Waitress: Yes, Miss? Have you chosen?
Miss Anna: Almost. One fruit cocktail for me, an ice-cream for George ...
George: I'd prefer the ice-cream with the cherry on top in the pretty blue-pink bowl you serve it in.

Waitress: Anything else?
Miss Anna: Elena, Tony, Gina, Nick, Harry, what will you have?
Elena: I'll have a salad and a sandwich.
Tony: I'll have a coke.
Gina: Me, too.
Nick: I'll have a nice piece of fruitcake and an ice-cream like George's.
Harry: I'd like a milk shake.
Waitress: OK. Anything else?

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Miss Anna: No, thank you. Er, wait, please, there's another boy coming on his bicycle. Hey, Bill, shall we order something for you? ... What? ... OK. A fresh orange juice for the boy, please.

VOCABULARY

school outing= σχολική εκδρομή
it's time we ate and drank something= είναι
ώρα να φάμε και να πιούμε κάτι
recipe= συνταγή
waiter-waitress= σερβιτόρος-σερβιτόρα
to choose-chose-chosen= διαλέγω

to order= παραγγέλω
What shall I have?= Τι να πάρω;
I 'll have= θα πάρω
to prepare= ετοιμάζω, προετοιμάζω

Task 3

Answer these questions. Read the text again if it is necessary.

1. Why did Nick want to drink something?
2. What does Tony propose to his teacher for a drink?
3. What is the “Quattro Stagioni”?
4. Why does Miss Anna want Nick to bring the pizza recipe to class?
5. Where is ice-cream served in this cafeteria?
6. What kind of ice-cream does George prefer?

ANSWERS:

1. He is thirsty.
2. A fruit cocktail.
3. It is a pizza
4. Because Nick prepares the pizza himself.
5. It is served in a pretty blue-pink bowl.
6. The ice-cream with the cherry on top.

Task 2

Here is a recipe for making a Four Seasons pizza. Read on and match the pictures to what is said. Check the correct order with your partner and your teacher. You can find the details of the ingredients and toppings in the Appendices, Unit 4.



Rub the margarine or olive oil with your finger-tips into the flour until it looks like bread-crumbs.



Take a large mixing bowl. Put the wholemeal flour in it. Mix the plain flour, the salt and the baking powder and sieve them into the bowl.



Add enough milk to make all ingredients join up when you gather the mixture together with your hands. Try not to get it too sticky, but if it does, add some more flour. Roll the dough out into a circle and place it on a greased baking dish or baking sheet.



Break the egg into a cup and beat it with a fork. Add the egg to the mixture and knead everything well.



5. Put the pizza into the oven and bake it for about 15 minutes at 220°C.

ANSWERS:

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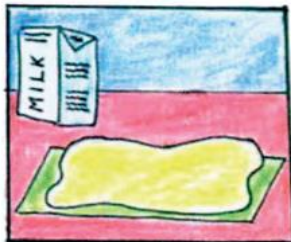
Take a large mixing bowl. Put the wholemeal flour in it. Mix the plain flour, the salt and the baking powder and sieve them into the bowl.



Rub the margarine or olive oil with your finger-tips into the flour until it looks like bread-crumbs.



Break the egg into a cup and beat it with a fork. Add the egg to the mixture and knead everything well.



Add enough milk to make all ingredients join up when you gather the mixture together with your hands. Try not to get it too sticky, but if it does, add some more flour. Roll the dough out into a circle and place it on a greased baking dish or baking sheet.



5. Put the pizza into the oven and bake it for about 15 minutes at 220°C.

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Task 3

Now that you have matched pictures and instructions find a word/phrase that fits each of the following definitions. The first is done for you.

1. put things together and mix them well so that they become a single substance	join up
2. flour which is made from the complete grain of the wheat plant	
3. press and squeeze the dough with your hands so that it becomes smooth and ready to cook	
4. spread a very thin layer of oil on the surface of a dish	
5. a rather firm mixture of flour, water and fat that can be cooked	
6. make the flour go through a tool with a net which allows only the fine pieces of the flour to go through it	

ANSWERS: 2 wholemeal flour, 3 knead, 4 grease, 5 dough, 6 sieve.

Task 2

Read the text that follows and compare what you said about food with the information in it. What title would you give to the text? To help you understand this article, here are some words with their Greek translation.

nutrient=θρεπτικό συστατικό
maintain=διατηρώ
saturated fat=κεκορεσμένο λίπος
demand=απαιτώ
dairy products=γαλακτοκομικά προϊόντα
fibre=ίνα
emotional=συναισθηματικός
poultry=πουλερικά

Our body needs food in order to develop and live. Eating the right food can help our body grow naturally and normally. This is why we should try to make sure that our diet is as full of nutrients as possible. More and more people are beginning to discover that certain kinds of food can be good for our body and can help it maintain its good

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condition and fight illnesses, while other kinds of food are not good for it. Such food is called 'junk food', which is high in saturated fat and has a lot of sugar and salt.

All of us know that our nutritional needs vary a lot depending on our age, general life style and the demands the way we live places on our body. As a result, not everything suits everybody. Instead, we need to be aware of the products that are best for us and do good to our health.

Scientists and doctors say that beauty may result from a healthy diet, a lifestyle with no stress and regular exercise, which may also create a beauty within. The way our body looks reflects the state of our health and our emotional life.

What should our diet include to keep our body healthy? The good news is that we do not lack the information that tells us which food can cover our needs and be good for our health. Studies inform us that a healthy diet is one that provides the necessary water, fibre and nutrients that our body needs. They divide food into five big categories to which we can add a sixth one, which is not closely related to food. These are:

1. fruit and vegetables
2. carbohydrate foods
3. dairy products
4. meat, poultry, fish, beans, eggs and nuts
5. fatty and sugary foods and
6. water (and regular exercise)

Title

Now compare your opinion on food to the article.

Possible titles: A healthy diet, healthy eating habits.

GRAMMAR: 1st Conditional,-Simple Future- Present Perfect-Time Prepositions- Comparison of adjectives

A. 1st Conditional

E. How language holds together and works

In this part of Unit 4, you will practise **Grammar** (how words relate to each other) and **Syntax** (in what order we put words next to each other) in order to be able to communicate. In this unit you will also practise English sounds (**pronunciation**).

“If” sentences

Task 1

Study what the doctor said to Bill’s mother who is fat and wants to lose weight.

- a. If you eat less, you will certainly lose weight.
- b. If you don’t change eating habits, you won’t lose weight.

Write the tense of the first part of the sentence in the ‘If’ arrow below and the tense of the second part in the ‘R’ (result) arrow.



ANSWERS: If + Simple Present – will + infinitive

Task 3

Complete the if sentences (1st type of conditional) from 1-8 below with the verbs in parentheses and finish off numbers 9-12 as you wish.

- 1. If he plenty of fruit, he any more problems. (eat – not have)
- 2. If it, we warmer clothes. (snow – need)
- 3. If you the key left, the engine (turn – stop)
- 4. If Susan her shoes, she the carpet. (clean – not dirty)
- 5. If they now, they the train. (start – not miss)
- 6. If we computers, our eyes(overuse – become sore)
- 7. If you our products, you fit and healthy. (try – keep)
- 8. If Peter the problem, it worse. (face – not get)
- 9. If they don’t water the flowers,
- 10. If you don’t explain the rules to me,
- 11. If Jim goes to the doctor,
- 12. If you tell me when you arrive,

ANSWERS: 1. eats, won’t have. 2 snows, won’t need. 3. turn, will stop. 4. cleans, will not dirty. 5. start, won’t miss. 6. overuse, will become sore. 7. try, will keep. 8. faces, will not get

B. Simple Future

Simple Future: it is used in the 1st Conditional (1^{ος} Υποθετικός Λόγος) and after the verbs promise, think πχ I promise I will do my homework

ΚΑΤΑΦΑΣΗ	ΑΡΝΗΣΗ	ΕΡΩΤΗΣΗ
I will do	I won't do	Will I do?
You will do	You won't do	Will you do?
He/she/it will do	He/she/it won't do	Will he/she/it do?
We/you/they will do	We/you/they won't do	Will we/you/they do?

C. Present Perfect

Task 4

Read on.

Bill is back home after the school outing (pages 55-56). He is in the sitting room. He is writing a postcard to a friend of his. His mother is talking on the phone near the kitchen entrance.

This is Bill's answer to a question of hers.

I have not called my Aunt Lucy and I haven't prepared for school yet.

Why do you think Bill uses the form *I have* + past participle (*called/prepared*)?

Tick the correct explanation below.

- a) Because he does not want to call his aunt and does not want to do his homework.
- b) Because he did not have time to call his aunt and do his homework up to the moment his mother asked him.

ANSWER: 1b

Task 5

Circle the sentence that describes the correct use of the Present Perfect Simple (*I + have* + past participle of the verb).

The Present Perfect Simple

- a) describes an action which usually happens as a matter of habit.
- b) describes an action that is completed in the past at an exact time.
- c) describes an action which is still incomplete up to now.

ANSWER: 1c

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Ο **Present Perfect** χρησιμοποιείται για μια πράξη που ξεκίνησε στο παρελθόν και συνεχίζεται μέχρι τώρα. Συνδέει το παρελθόν (past) με το παρόν (present). Σχηματίζεται με βοηθητικό ρήμα το have/has και την παθητική μετοχή του κυρίου ρήματος. Η παθητική μετοχή των ομαλών ρημάτων σχηματίζεται με την κατάληξη ed όπως και ο Simple Past ενώ των ανωμάτων ρημάτων δεν ακολουθεί αυτό τον κανόνα και είναι η τρίτη στήλη (πίνακας ανωμάτων ρημάτων).

ΚΑΤΑΦΑΣΗ	ΑΡΝΗΣΗ	ΕΡΩΤΗΣΗ
I have looked/written	I haven't looked/written	Have I looked/written?
You have looked/written	You haven't looked/written	Have you looked/written?
He/she/it has looked/written	He/she/it hasn't looked/written	Has he/she/it looked/written?
We/you/they have looked/written	We/you/they haven't looked/written	Have we/you/they looked/written?

Task 6

The conversation between Bill and his parents continues. Fill in the missing parts of what they say. Use the Present Perfect Tense of the verbs in parentheses.

- Mother: Bill's bicycle? (you - repair)
 Father: No, I the spare parts yet. I'll buy them soon. (not - buy)
 Mother: Do you know what's on Channel 3?
 Father: No, I don't, I at the TV guide. I'll do it later. Is my white shirt ready for tomorrow? (not - look)
 Mother: Yes, I washed it yesterday, but I it yet. (not - iron)
 Father: Er... where is the cat? It its food at all today. (not - touch)
 Bill: It was here last night. I fed it myself, dad.
 Father: By the way, our neighbours from Italy. Their lights are still out. (not - come back)
 Mother: How is Philip?
 Father: He'll stay in hospital for another week. He from the accident. (not - recover)
 Mother: Bill, Aunt Lucy your present yet. Is that all right? (not - buy)
 Bill: It's fine. Don't worry, mum.

ANSWERS:

1. Have you repaired?
2. haven't bought
3. haven't looked
4. haven't ironed
5. hasn't touched
6. haven't come back
7. hasn't recovered
8. hasn't bought

D. Time Prepositions (Χρονικές Προθέσεις)

Task 7

Read the following dialogue and notice how the words *for* and *since* are connected with the Present Perfect Tenses.

Bill: When did Uncle Philip enter the hospital?
 Bill's father: Last Monday. He has been there **for** eight days. Your Aunt Lily has been by his side, day and night, **since** then.

Tick the word that shows *how long* an action *lasts*.

for

since

Tick the word that shows *when* an action *started*.

for

since

ANSWERS: for-how long an action lasts. since-when an action started

Fill in the spaces below with *for* or *since*.

1. Our television has been out of order _____ Saturday. Our grandma has not seen all her favourite programmes _____ four days.
2. We have lived in Manchester _____ I was born.
3. Peter has known his friends _____ he was a child.
4. It has not snowed in our city _____ more than five years. Actually, it has not snowed _____ 1998.
5. I have dreamed about visiting New York _____ I was six.
6. My uncle's business has improved _____ he moved near the city centre.
7. Jim and Lynda have worked hard _____ the past two years in order to make extra money.
8. We have lived in this house _____ more than eight years.

Notice that the actions in the above sentences started in the *past* and go on up to the *present*. Remember that the Present Perfect Tense connects *past* with *present*.

ANSWERS:

1.	since, for
2.	since
3.	since
4.	for, since
5.	since
6.	since
7.	for
8.	for

D2. More Time Prepositions

1. in + month, year, season
2. on+ days
3. at+ time
4. during + noun (κατά τη διάρκεια)

Complete the missing time prepositions (in, on, at, during)

1. My birthday is ___ June.
2. You are not allowed to eat _____ class.
3. I 'll see you ___ Monday.
4. It snows _____ winter.
5. The football match starts ___ 8 o'clock.
6. My sister was born _____ 2020.
7. The party is _____ Saturday.
8. Your appointment is ___ 2 'oclock.

ANSWERS:

1. in
2. during
3. on
4. in
5. at
6. in
7. on
8. at

E. Comparison of adjectives

Task 8

The cafeteria where Tony, Harry, Elena, Gina, George, Nick, Bill and their teacher Miss Anna Stratou sat has the following three sizes of blue-pink bowls in which it serves ice-creams.



- Bowl A is not as big as bowl B. Bowl A is smaller than bowl B. Bowl B is bigger than bowl A.
- Bowl B is smaller than bowl C. Bowl C is bigger than bowl B.
- Bowl C is the biggest of all three bowls.
- Bowl A is the smallest of all three bowls.

Write the endings that we add to adjectives in order to compare qualities of things and answer the questions below.

	<ul style="list-style-type: none"> • 1st ending (comparative degree) • 2nd ending (superlative degree) <p>What word follows after <i>smaller</i> or <i>bigger</i>?</p> <p>What word comes before <i>biggest</i> or <i>smallest</i>?</p> <p>What word follows after <i>biggest</i> or <i>smallest</i>?</p>	
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ANSWERS:

er
est
than
the
of all/ in the world etc

Task 9

This is how we form the comparative and superlative degree of adjectives when they have more than two syllables.

1. “Erin Brockovich” is an interesting film.
2. Last week I saw a more interesting film than “Erin Brockovich”.
3. “The Remains of the Day” is the most interesting film I have ever seen.

Read the examples above again and write the words used in 2. and 3. which we use to form the comparative and superlative degree of adjectives with more than two syllables, e.g. *interesting*.

	<p>1st word (comparative degree)</p> <p>2nd word (superlative degree)</p>	
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ANSWERS:

more	comparative degree
the most	superlative degree

Task 10

Complete the sentences with the adjectives in parentheses in the right form.

1. Do you know where I can buy a dress? The one I am wearing is than the one I bought last year. I would like to buy a dress which is the of all. (cheap)
2. This bicycle is The one that Bill bought was than this. The one that his cousin bought was the of all. (expensive)
3. Miss Anna Stratou had a holiday this summer. Elena's holiday was than Anna's. Harry had the holiday of all. (nice)
4. My grandma is John's grandma is than mine. Miss Anna's grandma, however, is the of all. (old)
5. Our maths teacher asked us to solve a problem. Nick said it was than yesterday's and the he had solved so far. (difficult)
6. Gina's hair is Petra's hair is than Gina's. Evelyn's hair is of all 3. (long)

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ANSWERS:

1. cheap, cheaper, the cheapest
2. expensive, more expensive, most expensive
3. nice, nicer, nicest
4. old, older, oldest
5. difficult, more difficult, most difficult
6. long, longer, the longest

Task 11

In these two short dialogues the words in the exchanges are not in the correct order. Put them in an order that can make sense.

A: table / two / a / I'd / for / like / tonight / for / , please B: out / is / question / afraid / this / I'm / of / the A: that / is / why? B: , sir / fully / are / we / because / booked	A: chosen / have / you? B: yet / the / seen / have / menu / I / not A: are / here / you B: special / I'll / pizza / have / a A: else / anything?
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ANSWERS:

A: I'd like a table for two for tonight, please.	A: Have you chosen?
B: I'm afraid this is out of the question.	B: I have not seen the menu yet.
A: Why is that?	A: Here you are.
B: Because we are fully booked, sir.	B: I'll have a special pizza.
	A: Anything else?

Task 3

Write the *male* or the *female* word that is missing in the table below. The first is done for you.

male	female	male	female
1. waiter	waitress	9.	woman
2.	daughter	10. god	
3. actor		11.	policewoman
4.	wife	12. brother	
5. cock		13.	madam
6.	aunt	14. gentleman	
7. nephew		15.	spinster
8.	mum	16. boy	

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ANSWERS:

male	female	male	female
1. waiter	waitress	9. man	woman
2. son	daughter	10. god	goddess
3. actor	actress	11. policeman	policewoman
4. husband	wife	12. brother	sister
5. cock	hen	13. sir	madam
6. uncle	aunt	14. gentleman	lady
7. nephew	niece	15. bachelor	spinster
8. dad	mum	16. boy	girl

G. Make your point

In this section you will make your point by using English without thinking of mistakes. Try to use your knowledge of English to do things like expressing your feelings about images, impressions, thoughts you made and words that challenged your thinking. You may also do follow-up work (projects), and/or cross-curricular activities (activities where you will need to use information from other school lessons) and mediation tasks (where you use information from Greek texts).

Task 1

Send an e-mail or a mobile message to invite friends to a vegetarian party.

Your e-mail/mobile message




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ΘΕΜΑΤΑ ΑΠΟ ΤΡΑΠΕΖΑ ΘΕΜΑΤΩΝ-17132, 17182

ΘΕΜΑ 1. ΚΑΤΑΝΟΗΣΗ ΓΡΑΠΤΟΥ ΛΟΓΟΥ

Read the text and decide if each statement (1-10) is True (A) or False (B).

Tony, Harry, Elena, Gina, George, Nick and their teacher, Miss Anna Stratou, are at a cafeteria in a nearby town during a school day trip. They are all busy reading the menu.



Miss Anna: Are you ready? Let's call the waitress. Waitress!
 Waitress: Yes, Miss? Have you chosen?
 Miss Anna: Almost. One fruit cocktail for me, an ice-cream for George...
 George: I'd prefer the ice-cream with the cherry on top in the pretty blue-pink bowl you serve it in.
 Waitress: Anything else?
 Miss Anna: Elena, Tony, Gina, Nick, Harry, what will you have?
 Elena: I'll have a salad and a sandwich.
 Tony: I'll have a coke.
 Gina: Me too.
 Nick: I'll have a nice piece of fruitcake and an ice-cream like George's.
 Harry: I'd like a milk shake.
 Waitress: OK. Anything else?
 Miss Anna: No, thank you. Er, wait, please, there's another boy coming on his bicycle. Hey, Bill, shall we order something for you? ... What? ... OK. A fresh orange juice for the boy, please.

STATEMENTS		A	B
		TRUE	FALSE
1.	The students are outside an ice-cream shop.		
2.	The teacher is sitting at a different table from the students.		
3.	All students choose to have ice-cream for dessert.		
4.	The teacher calls the waitress to take their order.		
5.	Two of the students want to share a salad.		
6.	George wants to have his ice-cream in a bowl.		
7.	The last person who places an order is Bill.		
8.	Nick orders the same thing with Miss Anna.		
9.	Bill is going to join the group.		
10.	Bill would like to have a fruit salad.		

ΘΕΜΑ 2^ο. ΛΕΞΙΚΟΓΡΑΜΜΑΤΙΚΗ

Fill each gap in sentences 11-20 with the correct word from the box below (A-J). Use each word only once.

A.	trip	B.	menu	C.	served	D.	waitress	E.	milkshakes
F.	cocktails	G.	prefers	H.	order	I.	nearby	J.	pretty

11.	She is working as a <input type="text"/> at a nearby restaurant at the moment.
12.	She <input type="text"/> watching tennis to playing it.
13.	Rosie is going on a class <input type="text"/> to the Wildlife Park today; that's why she is so excited!
14.	Many <input type="text"/> buildings were damaged by the explosion in the shopping centre.
15.	Breakfast is <input type="text"/> in our restaurant between 7.00 and 11.00.
16.	"May I take your <input type="text"/> now?" asked the waiter.
17.	We were all in the bar sipping <input type="text"/> when we heard a loud noise and ran to the window.
18.	"What's on the <input type="text"/> today?" asked the man. "Roast beef with fresh vegetables, sir" said the waiter.
19.	That's a <input type="text"/> hat you're wearing. Where did you get it from?
20.	Drinks such as chocolate <input type="text"/> have minimal nutritional value but can easily contribute to a calorie intake that is much higher than the one recommended by doctors.

KEY

1	B	11	D
2	B	12	G
3	B	13	A
4	A	14	I
5	B	15	C
6	A	16	H
7	A	17	F
8	B	18	B
9	A	19	J
10	B	20	E

ΘΕΜΑ 1. ΚΑΤΑΝΟΗΣΗ ΓΡΑΠΤΟΥ ΛΟΓΟΥ

Read the text and decide if each statement (1-10) is True (A) or False (B).

All of us know that our nutritional needs vary a lot depending on our age, general life style and the demands the way we live places on our body. As a result, not everything suits everybody. Instead, we need to be aware of the products that are best for us and do good to our health. Scientists and doctors say that beauty may result from a healthy diet, a lifestyle with no stress and regular exercise, which may also create a beauty within. The way our body looks reflects the state of our health and our emotional life. What should our diet include to keep our body healthy? The good news is that we do not lack the information that tells us which specific kinds of food can cover our needs and be good for our health. Studies inform us that a healthy diet is one that provides the necessary water and nutrients that our body needs. They divide food into five categories to which we can add a sixth one, which is not closely related to food. These are:



1. fruit and vegetables
2. carbohydrate foods
3. dairy products (milk, yogurt, cheese)
4. meat, poultry, fish, beans, eggs and nuts
5. fatty and sugary foods and
6. plenty of water (and regular exercise)

(Words: 214)

STATEMENTS		A	B
		TRUE	FALSE
1.	Nutritional needs are the same for all people of the same age.		
2.	The same diet must be followed by people having a similar lifestyle.		
3.	It is really important to know the foods that are good for our health		
4.	According to the text, our diet can have an impact on our appearance.		
5.	Our body can be kept in a good condition even if we eat whatever we like.		
6.	Specific information on what we should eat to remain healthy is publicly available.		
7.	A healthy diet gives people the nutrients and amount of water needed to survive.		
8.	According to studies, food is divided into nine main categories.		
9.	A healthy diet should not include any cheese.		
10.	A healthy diet includes a lot of water.		

ΘΕΜΑ 2^α. ΛΕΞΙΚΟΓΡΑΜΜΑΤΙΚΗ

Match each of the phrases below (11-20) with a word from the box that has a similar meaning (A-J). Use each word only once.

A.	include	B.	beauty	C.	result	D.	divide	E.	demand
F.	place	G.	provide	H.	regular	I.	know	J.	condition

11.	The quality of being pleasing to look at.
12.	A strong request.
13.	To put something in a particular position.
14.	To have specific information in your mind.
15.	Something that happens or exists because of something else.
16.	Happening or doing something often, for example once a week, a month, etc.
17.	The particular state that something or someone is in.
18.	To make something part of something else.
19.	To give someone something that they need
20.	To separate into parts or groups.

KEY

1	B	11	B
2	B	12	E
3	A	13	F
4	A	14	I
5	B	15	C
6	A	16	H
7	A	17	J
8	B	18	A
9	B	19	G
10	A	20	D