

1. _ is the opposite of *sad*. Happy Hungry Surprised Tired

2. I'm going to bed because I'm _ .

 surprised excited tired thirsty

3. Wendy is _ because she's watching a horror film.

 bored happy frightened hungry

4. _ is a vegetable, similar to lettuce.

 Cabbage Salad Fish Chicken

5. We make juice from _ .

 chocolate oranges onions chips

6. John's mark in English this term is 90. He's _ because he doesn't usually receive high marks.

 surprised hungry bored sad

7. _ is from milk.

 Cheese Chicken Lettuce Ham

8. _ are small and red.

 Strawberries Potatoes Oranges Cucumbers

9. _ is a type of pasta.

 Spaghetti Juice Fruit salad Salad

10. I'm _ . Let's do something!

 thirsty bored happy hungry

11. I'm very _ because tomorrow is my birthday!

 thirsty tired hungry excited

12. _ are a long orange vegetable.

 Mushrooms Carrots Bananas Onions

13. I drink tea with _ .

 olives sugar cheese onions

14. Cola is a type of _ .

 ham salad ice cream fizzy drink

15. Vegetarians don't eat _.

lettuce

chips

meat

olives

16. _ are red. People often put them in salads and sandwiches.

Bananas

Chips

Tomatoes

Sandwiches

17. _ is a type of hot drink.

Salad

Sauce

Lettuce

Tea

18. _ come from chickens.

Apples

Mushrooms

Eggs

Onions

19. _ is a popular Asian food. It comes from a plant.

Ham

Fish

Chicken

Rice

20. People often eat _ on birthdays.

cake

ham

fish

chicken

1 Find the names of food items in the puzzle. Then match the words to the pictures.

olives spaghetti salad tomato cheese sandwich soup tea egg mushroom carrot onion bread orange ham



1.

2.

3.

4.

5.



6.

7.

8.

9.

10.



11.

12.

13.

14.

15.



1 Choose the correct feeling.



1. happy / hungry / bored

2. frightened / angry / tired

3. sad / thirsty / surprised



4. angry / bored / excited

5. happy / surprised / sad

3 How do you feel in the situations below? Write a feeling from Exercises 1 and 2 for each situation.

1. Your best friend moves to a different country.
2. Your brother takes your phone and leaves it at school.
3. It's your birthday and your friends make a big party for you.
4. You get 100 in your English test.
5. Your parents decide to take you to the USA for a holiday.
6. You haven't got any food to eat.

SPEAKING

Talking About Likes and Dislikes

4 Complete the dialogue with the words below.



make us some • How about • don't mind

I hate • Let's • Do you like • ham

A: ^{1.} have dinner.

B: OK. What have you got?

A: ^{2.} salad?

B: No, I don't. ^{3.} salad.

A: ^{4.} chicken sandwiches?

B: ^{5.} I chicken. But I love
^{6.} sandwiches.

A: I like ham sandwiches, too. My dad can

^{7.}

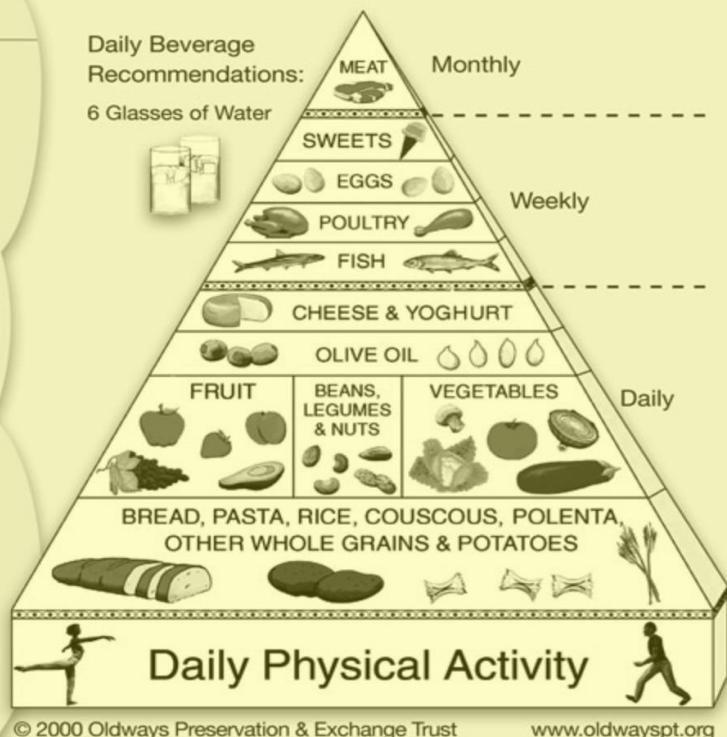
5 Read the text. Then tick (✓) the sentences T (true) or F (false).

Mediterranean Diet

People eat differently in different countries, but are there any countries with very healthy diets? Yes, there are. In Greece, for example, people usually have a very healthy diet. The Mediterranean Diet Pyramid shows the traditional Greek diet and it shows how often to eat different food items to stay healthy.

It's easy to follow a traditional Greek diet with the Mediterranean Diet Pyramid. In Greece, there aren't often meals with meat, and people rarely eat cakes or chocolate. But they are never hungry or bored by their food. They eat fruit and vegetables three or four times a day. In a traditional Greek meal, there is usually chicken, cheese or fish with some salad and there is bread, rice, polenta or couscous. In many

Greek recipes, there is some lemon juice and there are olives. For example, in Greek potato salad there are potatoes, black olives and lemon juice. Try it!



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1. Greece is the only country with a healthy diet.
2. The Greek diet comes from the Mediterranean Diet Pyramid.
3. You can learn how to eat healthy meals with the Mediterranean Diet Pyramid.
4. Traditional Greek meals don't usually include cake.
5. People in Greece only have vegetables at dinner time.

T	F
.....
.....
.....
.....
.....

6 Choose the correct answer.

1. Which food item is only a very small part of the Greek diet?
a. cheese b. meat c. rice
2. How often do Greek people eat fruit?
a. rarely b. sometimes c. every day
3. What do people in Greece often have with fish?
a. chocolate b. chicken c. salad
4. What is a popular food item in Greek recipes?
a. lemon juice b. potato salad c. polenta
5. What's special about Greek potato salad?
a. It isn't healthy. b. There are olives in it. c. It's in the Mediterranean Diet Pyramid.