



<https://quizlet.com/51ytdd>

Ex.1 Which word is being defined?

- 1 Remove the skin _____.
- 2 Cut into many pieces _____.
- 3 Put something with another thing _____.
- 4 Press and mix until soft and smooth _____.
- 5 Cook in water _____.
- 6 Cook in oil _____.
- 7 Cook in the oven without oil or fat _____.
- 8 Cook in the oven with oil or fat _____.

Ex.2 Complete the words in each sentence.

- 1 I've got a good r_____ spaghetti Bolognese, so we just need to buy the i_____.
- 2 A_____ the meat to the vegetables and fry it for about 10 minutes.
- 3 The frying p_____ is fine, but I need a larger d_____ to serve the meat on.
- 4 You have to b_____ the cake in the o_____ for about 40 minutes
- 5 If you add some f_____, it will make the sauce thicker.
- 6 Add the s_____, then s_____ the rice continuously while it cooks.

Ex.3 Complete the sentences.

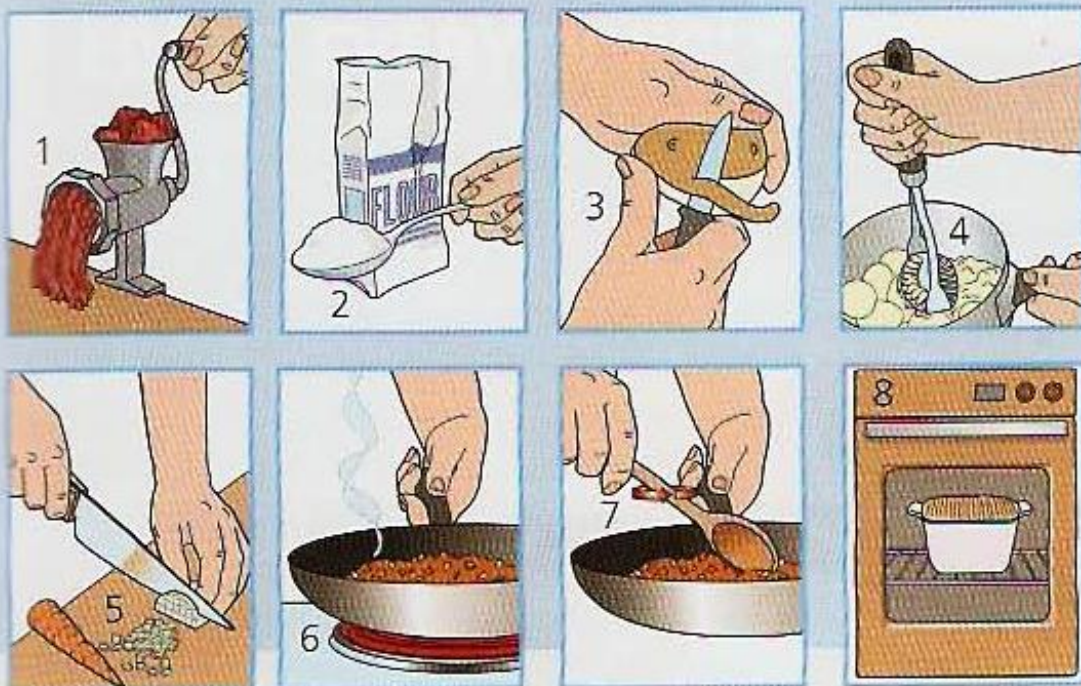
1. They're both going _____ a diet.
2. She's cut down _____ chocolate.
3. I tried to diet but couldn't keep it _____.
4. That diet was a waste _____.
5. He's put _____ a lot of weight.
6. We've got plenty _____ orange juice.

Ex.4 Complete the sentences with a suitable word. And answer these questions about yourself.

- 1 You should drink _____ of water: about 6 to 8 glasses a day.
- 2 You should get plenty of _____. One good way is going to the gym.
- 3 It's difficult to _____ down on the amount of salt you eat.
- 4 Doing lots of exercise is better than going on a _____.
- 5 I think diets are a _____ of time and money.
- 6 The problem with diets is that most people can't _____ them up.

Look at three pictures with ingredients and decide what dishes you can cook out of these products. Make up recipes. Read a text as an example.

Recipe for Cottage Pie



Ingredients

300 g **minced**¹ beef
 300 g potatoes
 1 large onion
 1 carrot
 2–3 chopped tomatoes
 300 ml beef **stock**
 1 tablespoon of **flour**²
 butter, salt, and pepper

Peel³ the potatoes and **boil** until just cooked. Then **mash**⁴ them with butter. **Chop**⁵ the onion and carrot. **Fry**⁶ the meat and vegetables quickly, then **stir**⁷ in the flour and cook for one minute. **Add** the stock, tomatoes, salt and pepper, and let it all cook slowly for 20 minutes. Then put it in a large **dish**, cover with the mashed potato and some butter, and **bake** in a hot **oven**⁸ for 30 minutes.

